

START HERE

CHOOSE YOUR MEAL

BE LIGHT \$9.90

2 Sides

BE GREEN \$12.95

3 Sides

BE SQUARE \$14.95

2 Sides & 1 Protein

BE COZY \$10.95

1 Seasonal Stew

BE TOGETHER \$49.95

2 proteins & 3 sides
(serves 4, take-out only)

ADD-ONS

Additional side \$4.95

Grilled half avocado \$3.95

WEEKDAYS

Breakfast 8 AM – 10:30 AM
Lunch/dinner 11 AM to 9 PM

WEEKENDS

Breakfast/brunch 9 AM to 3 PM

WARM SIDES

Roasted Sweet Potatoes (V/GF)

With cinnamon, coconut oil & orange

Grilled Broccoli (V/GF)

With chili-garlic oil

Mary's Mac

With sharp cheddar, gruyere & crispy panko

Masala-Roasted Cauliflower (V/GF)

With roasted red onions & fresh cilantro

Turmeric Rice (V/GF)

Spiced basmati, currants, lemon
& toasted almonds

COOL SIDES

Kale & Red Cabbage Caesar (GF)

Green kale, red cabbage, smoky
sunflower seeds & Greek yogurt dressing

Market Leafy Greens (V/GF)

With seasonal veg &
house apple cider vinaigrette

California Quinoa (V/GF)

Quinoa, sweet potato, black beans, corn,
cilantro & basil-jalapeno vinaigrette

Roasted Beets (GF)

With mint-lemon yogurt & toasted hazelnuts

**Maple-Roasted Carrots
& French Lentils (V/GF)**

With fresh herbs & 8-spice vinaigrette

PROTEINS

Grilled Chicken Breast

With salsa verde

**Herb-Grilled
Flank Steak (add \$2)**

Grilled Salmon (add \$3)

**Grilled Scallion-Ginger
Organic Tofu**

Our chicken, beef, and bacon are hormone and antibiotic-free,
from Beretta Farms. Our salmon is ASC-certified.

STEWES

Red Lentil Dahl (V/GF)

With warm Indian spices, coconut milk
& tomatoes, served over Turmeric Rice

Braised Chicken Chili (GF)

With black beans, corn
& tomatoes, served over quinoa

DRINKS ON TAP

Housemade Fresca \$3.95

Housemade Lemonade \$3.95

Beer (16 oz) \$6.95

Wine (5 oz) \$7.95

Filtered Sparkling Water \$2.75

Kombucha \$5.25

GF = GLUTEN FREE (OATS ARE NOT CERTIFIED GLUTEN FREE)

V = VEGAN (BASIL-JALAPENO VINAIGRETTE CONTAINS HONEY)

COFFEE

Filter (sm/lg) \$2.35/\$2.65

Espresso \$2.95

Macchiato \$3.50

Cortado \$3.50

Flat White \$3.70

Latte/Iced \$3.95/\$4.25

Cappuccino \$3.70

Americano/Iced \$2.95

Lavender Latte \$4.95

TEA

**Assorted
Loose Leaf Tea \$2.75**

Fresh Chai Latte \$4.25

Matcha Latte \$4.95

**Turmeric-Ginger
Latte \$4.95**

**Vanilla Almond
Rooibos Latte \$4.25**

Hot Chocolate \$4.25

Dark chocolate
and steamed milk

BREAKFAST & BRUNCH

AVAILABLE EVERY DAY, INCLUDING WEEKENDS

Yogurt & Housemade Granola (GF) \$6.45

Greek yogurt, maple syrup, housemade chia-fruit compote
& housemade pecan-coconut granola

Vanilla-Chai Oats (V/GF) \$6.95

Steel cut oats, vanilla cashew cream, chai masala, maple syrup,
orange & currants, topped with banana & housemade chia-fruit compote

Smashed Avocado Toast (V) \$7.95

Organic multigrain sourdough, avocado, chili-garlic oil, sumac, lemon & sprouts
(add soft-poached egg \$1.95)

Almond Butter Toast (V) \$5.95

Organic multigrain sourdough, almond butter & housemade chia-fruit compote

The California Breakfast (GF) \$9.95

Quinoa, kale, red cabbage, avocado,
two soft-poached eggs & basil-jalapeno vinaigrette

AVAILABLE WEEKENDS ONLY

The Weekender Breakfast \$12.95

Two soft-poached eggs, organic multigrain sourdough toast,
Market Leafy Greens & choice of Beretta bacon, smoked salmon, or grilled avocado

Toasted Coconut Spelt Waffles \$10.95

With Greek yogurt, housemade chia-fruit compote & maple syrup

Breakfast Kale & Red Cabbage Caesar (GF) \$12.95

With Greek yogurt dressing, smoky sunflower seeds,
soft-poached egg & Beretta bacon

Dahl and Eggs \$13.95

Housemade red lentil curry, two soft-poached eggs, yogurt,
cilantro, organic multigrain sourdough toast & Market Leafy Greens

WEEKEND ADD-ONS

Poached egg \$1.95 Toast \$1.75

Beretta bacon/Smoked salmon \$4.25

Grilled half avocado \$3.95

Market Leafy Greens \$4.95 Side Kale Caesar \$4.95



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