

Winter 2023

## LUNCH & DINNER

Daily, 11:30 am to close



PICK  
YOUR  
COMBO

BE SQUARE  
BE GREEN  
BE COZY  
BE LIGHT  
BE SMASHED  
BE TOGETHER

1 Protein & 2 sides	17.57
3 Sides	15.87
1 Seasonal stew	10.92
2 Sides	11.80
Smashed Avo Toast & 1 Side	14.98
2 Proteins & 3 Sides (Serves 4) (Takeout only)	63.54

Additional side 5.97 Extra dressing/sauce 1.00

### PROTEINS

Grilled Scallion-Ginger Organic Tofu (v/gf)

Grilled Chicken Breast with salsa verde (gf)

Grilled Flank Steak (gf) (+2)

Grilled Salmon (gf) (+3)

À la carte proteins :

Chicken 8      Tofu 7  
Steak 9      Salmon 11

### STEW S

Red Lentil Dahl (v/gf)

With warm Indian spices, coconut milk & tomatoes, served over Turmeric Rice and topped with fresh cilantro

❄️ Caribbean Braised Beef Stew (gf) ADD \$2

With coconut milk, warm spices & harvest veg, topped with a fresh herb slaw

### COOL SIDES

Kale & Red Cabbage Caesar Salad (gf)

With smokey sunflower seeds & Greek yogurt dressing

Mediterranean Chopped Salad  
(V without feta)

Farro (wheat berries), radicchio, cucumber, cherry tomatoes, sweet peppers, minced red onion, feta cheese (optional), kalamata olives, oregano & lemon-sumac vinaigrette

❄️ Market Leafy Greens (v/gf)

With shaved fennel, clementine, pickled red onion, toasted pecans & house apple cider vinaigrette

❄️ Roasted Root Salad (v/gf)

Maple-roasted carrots & parsnips, French lentils, watercress, Napa cabbage, fresh mint, pickled onion, pumpkin seeds & 8-spice vinaigrette

❄️ Seasonal menu items   v • Vegan   gf • Gluten-free

### WARM SIDES

Roasted Sweet Potatoes (v/gf)

With extra virgin olive oil, southwest spices & Sunshine Sauce (on the side)

Turmeric Rice (v/gf)

Spiced basmati, currants, lemon, fresh cilantro & toasted almonds

Masala-Roasted Cauliflower (v/gf)

With roasted red onions & fresh cilantro

Grilled Half Avocado (v/gf) With sumac & lemon

Grilled Broccoli (v/gf) With chili-garlic oil

Mary's Mac + Cheese

With sharp cheddar, gruyere & crispy panko

❄️ Seasonal Soup (gf)

Potato Leek

### MBK GROCERY

Check out our grab-and-go freezer and fridge for housemade specialty grocery items such as soups, stews, ready-to-bake cookies, granola, guacamole, salmon burgers, fruit compotes and coffee beans.

Mary Be Kitchen

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This is a cashless establishment.

## WEEKDAY BREAKFAST

8 am to 11:15 am



### Weekender Breakfast 15.87

Two eggs (poached or scrambled) or grilled tofu, sourdough toast, roasted sweet potatoes, leafy greens and choice of grilled avocado, turkey sausage<sup>+</sup> smoked salmon (+1) or grilled flank steak (+3)

### California Breakfast (gf) 10.89

Quinoa, kale, roasted sweet potatoes, roasted tomatoes, avocado, pickled red onions, scrambled or poached egg or grilled tofu, basil-jalapeno vinaigrette

Add turkey sausage<sup>+</sup> 4.8

Add smoked salmon 4.9

### Sunrise Breakfast 9.76

Housemade red lentil dahl, soft-poached egg or grilled tofu, cilantro, sourdough toast

Add Market Leafy Greens 4.9

### ABC Toast (v) 6.93

Sourdough toast, almond butter, banana, toasted coconut, maple syrup, sea salt

### Smashed Avo Plate 14.48

Sourdough toast, avocado, sumac, lemon, chili-garlic oil, organic sprouts, served with leafy greens and choice of poached or scrambled egg or grilled tofu

### Porridge 7.92

Steel cut and rolled oats, coconut milk, roasted apples, maple syrup, almond butter, cocoa nibs, toasted coconut

### SIDES / ADD ONS

Smoked salmon 4.9 Grilled organic tofu 4.9

Turkey sausage<sup>+</sup> 4.8 Sub gluten free toast 1.25

Lemon-marinated kale 4.9 Sourdough toast 3.8

Market Leafy Greens 4.9 Free-range egg (poached or scrambled) 2.7

Grilled Half Avocado 4.9

Smashed Avo Toast 9.9

<sup>+</sup>contains wheat

## MBK SPECIALTY DRINKS

### SMOOTHIES

#### Shake 8.45

Cashews, banana, dates, vanilla, sea salt, unsweetened almond milk Add ceremonial matcha +2

#### Mocha 9.67

Cashews, banana, dates, vanilla, cocoa, espresso, sea salt, unsweetened almond milk

Add grass fed New Zealand whey protein 2 Add vegan protein 2

#### Greensicle 7.98

Kale, mango, pineapple, coconut milk, dates, kombucha Add ceremonial matcha +2

#### Energizer 9.45

Blueberries, Greek yogurt, banana, chia seeds, dates, cinnamon, unsweetened almond milk

Alt. milks for coffee: Oat, Almond 0.75

#### Lavender Latte / Iced Lavender Latte 5.20

Espresso, milk, housemade lavender syrup

#### Honey-Oat Latte / Iced Honey-Oat Latte 5.76

Espresso, oat milk, Peace River organic honey, cinnamon

#### Toronto Fog / Iced Toronto Fog 4.25

Earl Grey tea, lemon-infused maple syrup, milk

#### Fresh Chai Latte / Iced Fresh Chai Latte 4.90

Black tea, fresh ginger, spices, maple syrup, milk

#### Northern Comfort 5.76

Organic apple cider, ginger, lemon, maple, cinnamon, apple cider vinegar

#### Steamed Organic Apple Cider 5.20

#### Hot Chocolate 4.90

#### Mary Be Mocha 5.20

#### Housemade Maple-Ginger Lemonade 3.90

#### Matcha Lemonade 4.90

#### Jasmine / Black Tea Lemonade 4.25

#### Organic Kombucha 4.90

#### Filtered Sparkling Water 1.90

### COFFEE

Filter (sm / lg) 2.59 / 3.12

Espresso 3.30

Macchiato / Cortado 3.90

Flat White / Cappuccino 4.20

Latte / Iced Latte 4.90

Americano / Iced Americano 3.75

### TEA

Assorted Loose Leaf Tea 2.90

Matcha Latte 4.90

Turmeric-Ginger Latte 5.20

Vanilla Almond Rooibos Latte 4.25