

Spring 2024

LUNCH & DINNER

Daily, 11:30 am to close



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

1 Protein & 2 sides	18.98
3 Sides	16.87
1 Seasonal stew	11.98
2 Sides	12.66
Smashed Avo Toast & 1 Side	15.89
2 Proteins & 3 Sides (Serves 4) (Takeout only)	68.18

Additional side 6.37 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

🌸 Moroccan Chicken (gf) ADD \$2

With chickpeas, tomatoes and veg, served over organic quinoa and topped with chermoula, fresh cilantro and toasted almonds

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 watermelon radish, cucumber, fresh herbs, pumpkin seeds & house apple cider vinaigrette

🌸 Sesame Noodles (v)

Soba noodles, red cabbage, broccoli, shaved bok choy, carrots, red pepper, scallions, cilantro, mint, sesame seeds & sesame-ginger dressing

🌸 Grilled Asparagus Salad (v/gf)

Grilled asparagus, green peas, radish, organic quinoa, watercress, Napa cabbage, endive, pickled red onions, fresh tarragon, pecans & lemon-mint vinaigrette

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 (v/gf)

Coconut Corn Chowder

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

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⁺ smoked salmon (+1) or grilled flank steak (+3)

California Breakfast (gf) 11.89

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

Add turkey sausage⁺ 4.8

Add smoked salmon 4.9

Sunrise Breakfast 10.76

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

Add Market Leafy Greens 4.9

ABC Toast (v) 7.93

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

Smashed Avo Plate 14.92

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 8.89

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⁺ 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 2.7

Grilled Half Avocado 4.9 (poached or scrambled)

Smashed Avo Toast 9.9 ⁺contains wheat

MBK SPECIALTY DRINKS

SMOOTHIES

Shake 8.98

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

Mocha 9.98

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

Greensicle 9.98

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

Energizer 9.98

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

Add grass fed New Zealand whey protein 2.5 Add vegan protein 2.5

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

Chai Latte / Iced Chai Latte 4.90

Hot Chocolate 4.90

Mary Be Mocha 5.20

Housemade Raspberry-Lime Fresca 4.35

Elderberry Fizz 4.35

Housemade Maple-Ginger Lemonade 4.35

Matcha Lemonade 5.20

Jasmine / Black Tea Lemonade 4.35

Organic Kombucha 5.72

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