

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

21B St. Clair Avenue West  
hello@marybekitchen.com

416 792 7596  
@marybekitchen

This is a cashless establishment.

## WEEKEND BRUNCH

AVAILABLE UNTIL 2:30

### 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)

AVAILABLE UNTIL 12:30

### 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<sup>+</sup> 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

Saturdays, Sundays and holidays

### 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

### MBK Ricotta Toast 9.85

Sourdough toast, whipped ricotta, lemon zest, maple syrup, sea salt, housemade seasonal fruit compote, toasted hazelnut crumb

### 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 <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 8.98

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