



14374 N. Dale Mabry, Tampa, FL 33618 | (813) 265-4951

**A La Carte Meals Order Form**

**Made Fresh Daily, Call Ahead for Availability.**

**All Orders Must Be Prepaid in Advance | Orders Taken From 8:00 AM—8:00 PM**

**Three Sizes Available Unless Otherwise Noted: S, M and L. Indicate Size on the Designated Line.**

**DF= Dairy Free | GF= Gluten Free**

**VEGAN:**

- \_\_\_\_\_ Mujaddara- \$10.99/lb (DF, GF)
- \_\_\_\_\_ Cranberry Rice- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Avocado Salad \$13.99/lb (DF, GF)
- \_\_\_\_\_ Green Beans \$8.99/lb (DF, GF)
- \_\_\_\_\_ Coleslaw- \$8.99/lb (DF, GF)
- \_\_\_\_\_ Asparagus- \$15.99/lb (DF, GF)
- \_\_\_\_\_ Roasted Cauliflower- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Mashed Cauliflower- \$8.99/lb (DF, GF)
- \_\_\_\_\_ Sweet Potato Mash- \$9.99/lb (DF, GF)
- \_\_\_\_\_ Herb Roasted Potatoes- \$6.99/lb (DF, GF)
- \_\_\_\_\_ Sweet Potato Wedges- \$9.99/lb (DF, GF)
- \_\_\_\_\_ Beet Salad- \$9.99/lb (DF, GF)
- \_\_\_\_\_ Kale Salad- \$17.99/lb (DF, GF)
- \_\_\_\_\_ Orzo Salad- \$11.99/lb (DF)
- \_\_\_\_\_ Quinoa Burger- \$3.99/each (DF, GF)
- \_\_\_\_\_ Rio Grande- \$12.99/lb (DF, GF)
- \_\_\_\_\_ Butternut Squash Explosion- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Spaghetti Squash- \$8.99/lb (DF, GF)
- \_\_\_\_\_ Meatloaf- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Sausage and Pepper- \$11.99/lb (DF, GF)

**SOUP:**

**SM \$3.69 | MD \$5.99 | LG \$9.99**

- \_\_\_\_\_ Soup of the Day

**NON-VEGAN:**

- \_\_\_\_\_ Chicken Salad- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Cranberry Chicken Salad- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Curry Chicken Salad- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Toasted Turkey Breast- \$14.99/lb (DF, GF)
- \_\_\_\_\_ Turkey Meatloaf- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Greek Meatballs- \$11.99/lb (GF)
- \_\_\_\_\_ Bison Burger- \$19.99/lb (DF, GF)
- \_\_\_\_\_ Tuna Salad- \$14.99/lb (DF, GF)
- \_\_\_\_\_ Chicken Parmesan- \$11.99/lb
- \_\_\_\_\_ Chicken Tenders- \$8.99/lb (DF, GF)
- \_\_\_\_\_ Egg Salad- \$10.99/lb (DF, GF)
- \_\_\_\_\_ Chicken Kabob- \$12.99/lb (DF, GF)
- \_\_\_\_\_ Turkey Salisbury Steak- \$11.99/lb (DF, GF)
- \_\_\_\_\_ Seabass- \$36.99/lb (DF, GF)
- \_\_\_\_\_ Thai Basil Chicken- \$11.99/lb (DF, GF)

**SALADS:**

**All salads are one size.**

- \_\_\_\_\_ Tossed Organic Mixed Greens- \$5.99
- \_\_\_\_\_ Tossed Organic Mixed Greens + Protein- \$7.99

**Protein Options:** Tuna Salad, Egg Salad, Chicken Salad, Curry Chicken Salad, Cranberry Chicken Salad or Grilled Chicken Breast

**All Salads Include:** Organic Mixed Greens, Tomato, Bell Pepper, Cucumber, Shredded Carrot and Onion

**SANDWICHES:**

**Pick your base:**

- Wild Salmon- \$11       Tuna Salad- \$9 (DF, GF)
- Chicken Salad- \$8 (DF, GF)       Egg Salad- \$8 (DF, GF)
- Cold Cut Turkey- \$8       Hummus- \$8
- Veggie- \$7       Build Your Own- \$9

**Choose your bread:**

- Spinach Wrap       Sun-Dried Tomato Wrap
- Whole Wheat Wrap       Ezekiel Bread
- Zucchini Wrap (GF)       Sweet Potato Wrap (GF)

**Choose your vegetables:**

- Alfalfa Sprouts       Bell Peppers       Carrots
- Cucumber       Tomatoes       Red Onion
- Baby Greens       Spinach       Zucchini

**Condiments Available:** Mustard, Ketchup, Vegenaize, Himalayan Salt and Pepper.

**OTHER:**

- Sambazon Acai Bowl- \$6.99       Rotisserie Chicken- \$9.99
- Chicken Burrito Bowl- \$8.99

The burrito bowl comes with cilantro brown rice, black beans, grilled chicken and roasted vegetables.

**Add-on Options Include at No Additional Cost:** Pico de Gallo, Lettuce, Cheese, Dairy Free Sour Cream, Salsa Verde and Avocado (add \$.99).

**BAKERY:**

- Chocolate Chip Cookie \$1.49/each
- Vegan Chocolate Chip Cookie \$2.49/each (GF)
- Oatmeal Cranberry Cookie \$1.49/each
- Oatmeal Raisin Cookie \$1.49/each
- Blueberry Muffin \$1.99/each (GF)
- Chocolate Muffin \$1.99/each (GF)
- Vegan Banana Muffin \$1.99/each
- Chocolate Macaroons (2 pack) \$2.49 (GF)

**SMOOTHIES:**

**Classic: SM \$5.59 | MD \$6.99 | LG \$8.99**

- Very Berry Berry       Tropical Temptation
- Eden’s Date       Fruit Fantasia
- Mango Madness       Almondina Lover
- Peanut Butter Dates Banana

**Specialty: SM \$6.49 | MD \$7.99 | LG \$9.99**

- Abby’s Favorite       The Hulk
- Acai Smoothie       The Spartan
- Green Smoothie       High Protein Shake
- Wellness Smoothie       The Shermanator

**Add a booster to any smoothie for \$.99/each.**

**Options include:** Whey or Plant Protein Powder (Chocolate or Vanilla), \*Bee Pollen, Spirulina, \*Maca, Perfect Raw Food Greens, \*Avocado, \*Chia Seeds, \*Hemp Seeds, \*Moringa, CBD Oil, MCT Oil, \*Almond Butter and Ginseng. \*= Organic

**JUICES:**

**SM \$5.49 | MD \$6.99 | LG \$9.29**

- The Rejuvenator       Apple Pizazz
- Vic’s Vibrance       Higher Mind
- Purifier       Master Detoxifier
- Carrot + Wheatgrass       Green Juice

**Add the Flu Shot to any smoothie for \$.99.**

**SHOTS:**

- Wheatgrass Shot
- 1oz: \$2.99       2oz: \$5.49
- Power Shot
- 2oz: \$3.99
- Flu Shot
- 1oz: \$2.99

**For a list of ingredients in each of our juices and smoothies, visit: [abbyshealthfood.com/cafe-eden/menu/](http://abbyshealthfood.com/cafe-eden/menu/)**