

Personalized Meals

S (12 oz): \$11.99 | L (24 oz): \$19.99

Meals require a 24-hour notice.

Chicken

Chicken Cacciatore with Spinach (GF, DF)

Chicken Marsala with Sweet Potato and Asparagus (GF, DF)

Chicken Piccata with Angel Hair Pasta and Asparagus (GF, DF)

Stir Fry Chicken with Brown Rice (GF, DF)

Mango Chicken with Lentil and Asparagus (GF, DF)

Marinated Grilled Chicken with Sweet Potato Wedges and Broccoli (GF, DF)

Chicken Florentine with Sweet Potato Wedges and Green Beans (GF)

Chicken Parmesan with Sweet Potato Wedges and Green Beans (GF)

Sun-Dried Tomato Chicken with Quinoa and Broccoli (GF)

Chicken, Peas and Carrots with Brown Rice (GF, DF)

Chicken Teriyaki Meatballs with Brown Rice and Green Beans (GF)

Chicken Sausage and Peppers with Green Beans (GF, DF)

Chicken Roll-Up Lasagna with Green Beans

Mediterranean Grilled Chicken with Green Beans (GF, DF)

Sriracha Chicken with Fiesta Quinoa (GF, DF)

Thai Chicken over Brown Rice (GF, DF)

Arroz Con Pollo with Roasted Peppers (GF, DF)

Stir Fry Grilled Chicken with Brown Rice (GF, DF)

Meatless / Vegetarian

Eggplant Parmesan with Green Beans (GF)

Spinach Roll Up Lasagna with Green Beans

Quinoa Burger with Sweet Potato Wedges (GF, DF)

Turkey

Turkey Breast with Sweet Potato Mash and Broccoli (GF, DF)

Turkey Meatloaf with Sweet Potato Mash and Broccoli (GF, DF)

Turkey Salisbury Steak with Sweet Potato and Asparagus (GF, DF)

Sweet and Sour Meatballs with Rice and Green Beans (GF, DF)

Turkey and Spinach Meatballs with Butternut Squash (GF, DF)

Beef

Sirloin Steak Fajita with Brown Rice (GF, DF)

Sirloin Steak Marsala with Sweet Potato and Broccoli (GF)

Jalapeño Bison Burger with Sweet Potato and Asparagus (GF, DF)

Stir Fry Beef and Broccoli with Brown Rice (GF, DF)

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Fish

Maple Ginger Salmon with Brown Rice and Broccoli (GF, DF)

Salmon Croquette with Lentil and Broccoli (GF, DF)

Mediterranean Flounder with Green Beans (GF, DF)

Blackened Flounder with Sweet Potato and Broccoli (GF, DF)

Mediterranean Cod Fish with Rice and Broccoli (GF, DF)

Keto

Choose a Protein:

Salmon

Turkey Breast

Marinated Chicken

Mediterranean Cod Fish

Choose a Fiber Starch:

Broccoli

Green Beans

Spinach

Asparagus

Family Style

ONE SIZE (32OZ) FOR \$19.99 | FEEDS 2-4 PEOPLE

Spinach Lasagna

Baked Ziti

READY TO ORDER?

Call us at (813) 265-4951

14374 N. Dale Mabry Hwy
Tampa, FL 33618

Café Hours:

Mon-Sat: 8:00 AM - 8:00 PM

Sun: 9:00 AM - 7:00 PM

Dine-in | Take-out | Delivery | Catering

ABBYSHEALTHFOOD.COM/CAFE-EDEN

GF= GLUTEN FREE | DF= DAIRY FREE