

Personalized Meals

S (12 oz): \$13.99 | L (24 oz): \$22.99

Minimum order of 4 meals | 24-hours notice required

Chicken

Chicken Cacciatore with Fresh Spinach (GF, NF, SF)

Chicken Marsala with Sweet Potato Wedges & Asparagus (GF, NF, SF)

Chicken Piccata with Angel Hair Pasta & Asparagus (GF, NF, SF)

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

Mango Chicken with Lentil & Asparagus (GF, DF)

Herb Grilled Chicken with Sweet Potato Wedges & Broccoli (GF, DF, NF, SF)

Herb Grilled Chicken with Brown Rice & Portobello Mushrooms (GF, DF, NF)

Herb Grilled Chicken over Penne Pasta with Pesto Sauce (SF)

Marinated Grilled Chicken with Sweet Potato Wedges & Broccoli (GF, DF, NF, SF)

Chicken Florentine with Sweet Potato Wedges & Green Beans (GF, NF, SF)

Chicken Parmesan with Sweet Potato Wedges & Green Beans (GF, NF, SF)

Sun-Dried Tomato Chicken with Quinoa & Broccoli (GF, NF, SF)

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

Chicken Teriyaki Meatballs with Brown Rice & Green Beans (GF, NF)

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

Chicken Roll-Up Lasagna with Green Beans (NF, SF)

Mediterranean Grilled Chicken with Green Beans (GF, DF, NF)

Sriracha Chicken with Rio Grande Quinoa (GF, DF, NF)

Thai Chicken over Brown Rice (GF, DF)

Arroz Con Pollo with Roasted Peppers (GF, DF, NF, SF)

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

Eggplant Rollatini Stuffed with Grilled Chicken (GF, DF, SF)

Meatless/Vegetarian

Eggplant Parmesan with Green Beans (GF, NF, SF)

Quinoa Burger with Sweet Potato Wedges (GF, DF, NF, SF, VG, V)

Spinach Roll Up Lasagna with Green Beans (VG, NF, SF)

Turkey

Sliced Turkey Breast with Sweet Potato Mash & Broccoli (GF, DF, NF)

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

Turkey Salisbury Steak with Sweet Potato Wedges & Asparagus (GF, DF, NF)

Sweet & Sour Turkey Meatballs with Brown Rice & Green Beans (GF, DF, SF)

Turkey Spinach Meatballs with Butternut Squash (GF, DF, NF, SF)

Beef

Sirloin Steak Fajita with Brown Rice (GF, DF, NF)

Sirloin Steak Marsala with Sweet Potato Wedges & Broccoli (GF, NF)

Bison Burger with Sweet Potato Wedges & Asparagus (GF, DF, NF, SF)

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

Fish

Maple Ginger Salmon with Brown Rice & Broccoli (**GF, DF, NF**)

Salmon Croquette with Lentil Salad & Broccoli (**GF, DF, NF, SF**)

Mediterranean Flounder with Green Beans (**GF, DF, NF, SF**)

Blackened Flounder with Sweet Potato Wedges & Broccoli (**GF, DF, NF, SF**)

Mediterranean Cod with Brown Rice & Broccoli (**GF, DF, NF, SF**)

Almond Crusted Cod with Brown Rice & Broccoli (**GF, SF**)

Keto

S (12 oz): \$13.99 | L (24 oz): \$22.99

Choose one protein and one fiber starch.

Choose a Protein:

Salt and Pepper Salmon | Sliced Turkey Breast | Herb Grilled Chicken
Mediterranean Cod | Mediterranean Flounder

All are GF, DF, NF & SF.

Choose a Fiber Starch:

Steamed Broccoli | Green Beans w/Almonds | Sautéed Spinach
Roasted Garlic Asparagus

All are GF, V, VG, NF & SF.

Family Style

One Size (32oz) for \$19.99 | Feeds 2-4 people

Spinach Lasagna (**VG, NF, SF**)

Baked Ziti (**VG, NF, SF**)

Ready to order?

Call us at (813) 265-4951

*14374 N. Dale Mabry Hwy
Tampa, FL 33618*

Café Hours:

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

Sun: 9:00AM - 7:00PM

Dine-in | Take-out | Catering

abbyshealthfood.com/cafe-eden

**GF= Gluten Free | DF= Dairy Free | VG= Vegetarian
NF= Nut Free | SF= Soy Free**