

iQ

FALL '18

We love calories. The good ones at least. We're always looking for healthy ways to fuel our movement and understand that good and nutrient dense food is often highly caloric. A single tablespoon of extra virgin olive oil contains 120 calories. Half of an avocado clocks in at about 160 calories. And both foods are considered amongst the healthiest fats on the planet.

While we're huge proponents of eating lots of the good stuff, we also recognize that there may be times when monitoring caloric intake is a priority for some. If you're looking to keep things light, we've got a few suggestions.

PRO TIPS

LEMON JUICE IN LIEU OF DRESSING



Many of our dressings are made with extra virgin olive oil. Ask for a fresh squeeze of lemon juice instead.

GO LIGHT ON THE DAIRY



We love cheese. We could eat platters of it (with a little vino of course). But we also know it can be pretty caloric. If you're looking to keep things light, hold the queso.

GREENS INSTEAD OF GRAINS



While fibrous and full of energy, grains like brown rice and quinoa (technically a seed) are also quite caloric. Substitute leafy greens like arugula, kale, or spinach in their place for a little colour.

DON'T GO NUTS



Nuts (and seeds) are rich in healthy monounsaturated fats, magnesium, potassium and antioxidants like vitamin E. They're also quite caloric. If you're mindful of the numbers, ask for a half portion.



VEGAN



GLUTEN FREE



CALORIES



FAT (G)



SATURATED FAT (G)



TRANS FAT (G)



SODIUM (MG)



CARBS (G)



FIBRE (G)



SUGARS (G)



PROTEIN (G)



VITAMIN A



VITAMIN C (MG)



CALCIUM (MG)



IRON (MG)

SMOOTHIES

	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
MR. PEANUT organic peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened)	V	GF	397	21	3	0	74	42	8	22	14	4	9	201	2
ALMOND BROTHERS organic almond butter (unsweetened), toasted almonds, banana, coconut, vanilla, dates, almond milk (unsweetened)	V	GF	452	30	7	0	76	43	9	20	12	4	9	325	3
THE NOTORIOUS G.R.E. spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple	V	GF	90	1	0	0	120	19	4	10	3	303	76	137	2
PEACHES + GREEN peaches, cashews, kale, spinach, banana, lemon juice, coconut water	V	GF	198	5	1	0	82	35	6	23	5	292	45	78	2
BLUE MAGIC blueberries, dates, organic almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water	V	GF	289	13	2	0	61	42	9	24	6	4	9	125	2

SNACKS

	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
LENTIL SOUP (CUP) our house soup, lentils, vegetables + spices. super clean + nourishing	V	GF	115	2	0	0	601	19	8	4	6	150	7	58	2
LENTIL SOUP (BOWL)	V	GF	172	3	0	0	901	28	12	6	10	220	11	86	3
TRIPLE MUSHROOM SOUP (CUP) porcini, shiitake + button mushroom soup garnished w/ sesame oil + raw shiitakes (almond milk based dairy free)	V	GF	91	7	1	0	548	6	2	3	3	1	4	126	1
TRIPLE MUSHROOM SOUP (BOWL)	V	GF	127	9	1	0	800	9	3	4	5	1	5	184	1
AVOCADO TOAST mashed avocado, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on blackbird organic wheat pullman	-	-	276	19	3	0	540	26	8	2	5	27	12	27	2
AVOCADO TOAST 2.0 mashed avocado, pickled turnips, red radish, organic microgreens, shichimi togarashi, sesame spelt sourdough toast	-	-	295	15	2	0	653	38	9	6	6	6	16	36	2
ORGANIC OATS organic steel-cut oats (raw + soaked in h2O), cashew cream (cashews, raw wildflower honey, vanilla, coconut, salt) + fresh fruit (contains nuts)	-	-	439	23	8	0	131	54	7	17	12	1	22	25	3
CHIA PUDDING chia seeds, coconut milk, Pefferlaw Creek Farms maple syrup, vanilla, salt, h2O + fresh fruit	V	GF	270	16	9	0	83	31	8	18	4	1	15	145	2

NUTRITIONAL DATA



VEGAN



GLUTEN FREE



CALORIES



FAT (G)



SATURATED FAT (G)



TRANS FAT (G)



SODIUM (MG)



CARBS (G)



FIBRE (G)



SUGARS (G)



PROTEIN (G)



VITAMIN A



VITAMIN C (MG)



CALCIUM (MG)



IRON (MG)

PEANUT BUTTER CHOCOLATE CHIA PUDDING

organic peanut butter (unsweetened), almond milk (unsweetened), chia, raw wildflower honey, organic cacao, vanilla, salt, h2o, garnished w/ fruit + organic cacao nibs

ALMOND CHICKEN SALAD

grilled chicken, almond lemonnaisse (organic unsweetened almond butter, kozlik's daily dijon mustard, turmeric, curry, lemon juice, grapeseed oil, h2o, salt), red grapes, celery, toasted almonds

HAPPY EGGS

free run, hard-boiled eggs from our friends at Homestead Farms (Newmarket, ON)

PEANUT BUTTER OATS

organic steel-cut oats (raw + soaked in h2o), chia seeds, organic peanut butter (unsweetened), almond milk (unsweetened), raw wildflower honey, salt, garnished w/ organic peanut butter (unsweetened), banana + cacao nibs (contains nuts)

Nutritional information for Boxes is exclusive of dressings

BOWLS

BIG CARROT

roasted carrots, pickled carrots, heirloom carrots, avocado, pickled onions, cucumbers, shredded brussels sprouts, cilantro, jalapeños, lime wedge, brown rice, roasted carrot tahini dressing

MAPLE GREENS

oven roasted chicken, mariposa goat cheese, maple roasted squash, charred green beans, green apple, spicy pumpkin seeds, organic baby kale, organic quinoa, balsamic vinaigrette

MARKET BOWL

arugula, heirloom carrots, watermelon radish, pickled turnips, cucumbers, avocado, organic microgreens, free-run hard boiled eggs, brown rice, lemon wedge, herb vinaigrette

CHICKEN KALE CAESAR

chopped caesar (nero kale, curly kale, brussel sprouts, vegan caesar dressing), oven roasted chicken, parmesan, grape tomatoes, roasted chickpeas, spicy sunflower seeds, lime wedge, vegan caesar dressing

SABABA

sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, spicy sunflower seeds, lemon wedge, cilantro, organic baby kale, brown rice, spicy tahini dressing

NUTRITIONAL DATA



	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
LIMA oven roasted chicken, spicy corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, pickled cabbage, cilantro, lime juice, brown rice, hot sauce	-	GF	691	24	9	0	1142	76	11	7	47	165	53	308	4
SPARTA oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives (w/ pits), pickled onions, basil, arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar	-	GF	560	30	8	0	1173	38	6	9	40	120	21	158	3
APPLE COBB oven roasted chicken, aged white cheddar, double red apple, dried cranberries, toasted almonds, spinach, organic quinoa, honey dijon vinaigrette	-	GF	660	23	8	0	677	72	10	27	46	378	25	338	5
MISO MISO roasted steelhead salmon, roasted sweet potato, charred broccoli, avocado, pickled ginger, watermelon radish, toasted sesame seeds, lime wedge, brown rice, arugula, ginger miso dressing	-	GF	520	17	3	0	1119	71	11	7	26	598	81	197	5

	AMOUNT	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)

All of our dressings are served on the side - and we'd prefer to give you more than less so you can decide how much is right for you (some like things saucy, others not so much). The amounts below are reflective of a large container of dressing. If you're looking to keep things light, opt for a few squeezes of fresh lemon or lime.

DRESSINGS

EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR	45 ml	V	GF	265	29	4	0	3	2	0	2	0	0	0	4	0
GINGER-MISO DRESSING	60 ml	-	GF	270	26	3	0	969	10	0	8	1	0	3	7	0
HERB VINAIGRETTE	60 ml	-	GF	303	34	5	0	75	3	0	2	0	49	9	20	1
HONEY DIJON VINAIGRETTE	60 ml	-	GF	305	28	4	0	91	10	0	7	0	0	0	1	0
HOT SAUCE	45 ml	V	GF	0	0	0	0	576	0	0	0	0	180	0	0	0
SPICY TAHINI DRESSING	60 ml	V	GF	134	9	2	0	95	9	2	6	4	0	5	31	0
VEGAN CAESAR DRESSING	60 ml	V	GF	248	24	3	0	367	1	0	0	1	0	2	3	0
** BALSAMIC VINAIGRETTE	60 ml	V	GF	234	25	4	0	16	4	0	4	0	0	0	6	0
**ROASTED CARROT TAHINI DRESSING	60 ml	V	GF	65	4	1	0	36	7	2	3	2	379	6	23	0

BAKE SHOP

VEGAN BREAKFAST COOKIE organic old fashioned oats, organic millet, banana puree, apple puree, toasted almonds, cashews, currants, sunflower seeds, pumpkin seeds, goji berries, cinnamon, baking powder		V		267	9	1	0	96	44	8	16	7	49	7	99	2
DATE + ORGANIC OAT COOKIE organic old fashioned oats, dates, chia, brazil nuts, butter, organic cane sugar, molasses, organic spelt flour, baking powder, salt		-	-	178	8	4	0	38	27	2	17	2	43	0	35	1

NUTRITIONAL DATA



	AMOUNT	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
GINGER MOLASSES COOKIE orange, ginger, molasses, chia, cinnamon, organic spelt flour, organic wheat flour, organic cane sugar, organic corn starch, butter, baking soda, salt		-	-	264	11	7	0	124	39	3	22	3	87	2	37	1
SWEET POTATO BROWNIE sweet potatoes, organic almond butter (unsweetened), chia, Pefferlaw Creek Farms organic maple syrup, fair trade organic chocolate chips, apple puree, cocoa, salt, baking soda		V	GF	243	12	3	0	87	34	6	19	6	176	3	90	2
CRACK SQUARES organic cacao, organic almond butter (unsweetened), dates, organic coconut oil, Pefferlaw Creek Farms maple syrup, almonds, pecans, salt		V	GF	235	20	10	0	9	14	3	9	3	1	0	49	1
LIL' ZUCC LOAF zucchini, org spelt flour, org maple syrup, almond milk (unsweetened), mission figs, org coconut oil, org old fashioned oats, coconut (unsweetened), sunflower, chia + pumpkin seeds, org millet, flax, cider vinegar, salt, cinnamon, baking powder + soda		V	-	379	17	10	0	442	53	8	26	8	2	4	185	3
KABOCHA SQUASH + OLIVE OIL LOAF kabocha squash, pumpkin seeds, K2 Milling organic all-purpose flour, free run eggs, olive oil, organic cane sugar, fair trade organic chocolate chips, apple cider vinegar, cinnamon, nutmeg, salt baking powder + soda		-	-	402	24	6	0	282	42	2	26	6	40	4	66	2

INGREDIENTS

GREENS + GRAINS

ORGANIC BABY KALE (FULL PORTION)	50 g			25	0	0	0	22	5	1	0	2	385	60	68	1
ORGANIC BABY KALE (HALF PORTION)	25 g			13	0	0	0	11	3	1	0	1	192	30	34	0
SPINACH (FULL PORTION)	60 g			14	0	0	0	47	2	1	0	2	281	17	59	2
SPINACH (HALF PORTION)	30 g			7	0	0	0	24	1	1	0	1	141	8	30	1
BABY ARUGULA (FULL PORTION)	50 g			13	0	0	0	14	2	1	1	1	60	8	80	1
BABY ARUGULA (HALF PORTION)	25 g			6	0	0	0	7	1	0	1	1	30	4	40	0
BROWN RICE (FULL PORTION)	115 g			194	2	0	0	169	39	2	0	4	0	0	20	1
BROWN RICE (HALF PORTION)	58 g			98	1	0	0	85	20	1	0	2	0	0	10	0
ORGANIC QUINOA (FULL PORTION)	115 g			195	4	0	0	168	33	4	0	7	1	0	27	2
ORGANIC QUINOA (HALF PORTION)	58 g			98	2	0	0	85	17	2	0	4	0	0	13	1
CHOPPED CAESAR (FULL PORTION)	140 g			151	10	1	0	183	12	3	1	4	518	123	110	2

NUTRITIONAL DATA



AMOUNT



VEGAN



GLUTEN FREE



CALORIES



FAT (G)



SATURATED FAT (G)



TRANS FAT (G)



SODIUM (MG)



CARBS (G)



FIBRE (G)



SUGARS (G)



PROTEIN (G)



VITAMIN A



VITAMIN C (MG)



CALCIUM (MG)



IRON (MG)

PROTEINS

OVEN ROASTED CHICKEN	90 g		139	3	1	0	356	1	1	0	25	25	2	12	1
ROASTED STEELHEAD SALMON	68 g		128	6	1	0	242	2	1	1	17	38	1	45	2
ORGANIC TEMPEH	68 g		184	11	3	0	13	9	4	2	17	40	8	90	2
FREE RUN EGGS	2 eggs		143	10	3	0	142	1	0	0	13	160	0	56	2
SWEET POTATO BEAN CAKES	2 cakes		98	1	0	0	236	18	3	2	4	283	8	38	2

DAIRY

AGED WHITE CHEDDAR	30 g		121	10	6	0	186	0	0	0	7	80	0	216	0
FETA (COW'S MILK)	30 g		80	7	5	0	290	2	0	0	4	40	0	44	0
GOAT CHEESE	34 g		91	7	5	0	125	2	0	0	6	68	0	25	0
PARMESAN CHEESE	15 g		59	4	3	0	96	0	0	0	5	43	0	177	0

PRODUCE

AVOCADO SMASH	50 g		67	6	1	0	148	4	3	0	1	3	5	5	0
BASIL	2 g		0	0	0	0	0	0	0	0	0	5	0	4	0
BLACK BEANS	55 g		65	1	0	0	180	12	3	1	5	0	0	22	1
CHARRED BROCCOLI	45 g		30	1	0	0	47	4	2	1	2	20	57	30	0
CHICKPEAS	30 g		52	1	0	0	20	8	2	1	3	0	1	14	1
CILANTRO	3 g		1	0	0	0	1	0	0	0	0	10	1	2	0
CORN (SPICY CORN)	55 g		49	0	0	0	134	12	1	1	2	12	4	3	0
CUCUMBERS	34 g		5	0	0	0	1	1	0	1	0	2	1	5	0
GRAPE TOMATOES	65 g		12	0	0	0	3	3	1	2	1	27	9	7	0
JALAPEÑOS	10 g		3	0	0	0	0	1	0	0	0	5	12	1	0
KALAMATA OLIVES	15 g		17	2	0	0	110	1	1	0	0	3	0	13	1
ORGANIC MICROGREENS	5 g		3	0	0	0	0	0	0	0	0	0	0	0	0
PICKLED CABBAGE	35 g		3	0	0	0	0	1	0	0	0	5	12	1	0
PICKLED CARROTS	30 g		20	0	0	0	163	5	1	3	0	251	2	10	0
PICKLED GINGER	40 g		0	0	0	0	429	1	0	0	0	0	0	0	0
PICKLED TURNIPS	40 g		32	0	0	0	350	8	1	6	1	0	10	16	0
PICKLED RED ONIONS	35 g		30	0	0	0	244	7	1	5	1	0	3	11	0
RED APPLE	68 g		69	0	0	0	1	18	3	14	0	4	6	8	0
ROASTED CAULIFLOWER	77 g		41	2	0	0	77	5	2	2	2	0	53	24	0
ROASTED SWEET POTATOES	50 g		70	1	0	0	68	14	2	3	1	506	2	21	0
WATERMELON RADISH	20 g		3	0	0	0	8	1	0	0	0	0	3	5	0
** CHARRED GREEN BEANS	32 g		23	1	0	0	24	4	1	2	1	18	6	19	1
** GREEN APPLE	34 g		18	0	0	0	0	5	1	4	0	1	2	2	0
** HEIRLOOM CARROTS	30 g		12	0	0	0	21	3	1	1	0	251	2	10	0
** MAPLE ROASTED SQUASH	140 g		142	3	0	0	100	29	5	8	2	1201	47	113	2
** ROASTED CARROTS	70 g		60	2	0	0	123	11	3	5	1	946	7	37	0
** SHREDDED BRUSSELS SPROUTS	40 g		17	0	0	0	10	4	2	1	1	15	34	17	1
** SPICY PUMPKIN SEEDS	10 g		56	5	1	0	13	1	1	0	3	0	0	5	1

** Indicates seasonal item

** Amounts in grams represent cooked weights (if applicable)

NUTS, SEEDS + OTHER

DRIED CRANBERRIES	20 g		62	0	0	0	1	16	1	13	0	0	0	2	0
HUMMUS	40 g		151	14	2	0	192	5	2	1	2	0	2	14	0
ROASTED CHICKPEAS	20 g		71	3	0	0	58	9	3	2	3	0	1	15	1
SPICY SUNFLOWER SEEDS	14 g		81	7	1	0	15	3	1	1	3	0	0	11	1
TOASTED ALMONDS	7 g		40	3	0	0	0	2	1	0	1	0	0	18	0
TOASTED WHITE SESAME SEEDS	2 g		11	1	0	0	0	0	0	0	0	0	0	20	0

** Indicates seasonal item

** Amounts in grams represent cooked weights (if applicable)

RECIPE DETAILS

DRESSINGS

EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR

extra virgin olive oil
balsamic vinegar

HONEY DIJON VINAIGRETTE

extra virgin olive oil
honey
dijon mustard

apple cider vinegar

GINGER-MISO DRESSING

ginger
garlic
tamari
sesame oil
miso paste
lime juice
honey
grapeseed oil
rice wine vinegar

HOT SAUCE

water
chili peppers
vinegar
salt
spices
0.1% sodium benzoate

HUMMUS

chickpeas
tahini
lemon juice

garlic
extra virgin olive oil
kosher salt

SPICY TAHINI DRESSING

tahini
dijon mustard
lemon juice
hot sauce

VEGAN CAESAR DRESSING

vegan mayonnaise
lemon juice
red wine vinegar

tamari
nutritional yeast

capers
umeboshi plum
garlic
tabasco

** BALSAMIC VINAIGRETTE

basalmic vinegar
extra virgin olive oil
dijon mustard
maple syrup
water

** ROASTED CARROT TAHINI DRESSING

heirloom carrots
carrot juice
lime juice
tahini
maple syrup
extra virgin olive oil
kosher salt

PROTEINS

OVEN ROASTED CHICKEN

chicken breast
kosher salt
paprika
mustard powder
garlic powder
coriander
cayenne pepper

ROASTED STEELHEAD SALMON

steelhead salmon
kosher salt
maple flakes
paprika
garlic powder

ORGANIC TEMPEH

organic tempeh
ginger
scallions
garlic
red peppers
crushed chili peppers
sesame oil
tamari
maple syrup
kosher salt
pepper

SWEET POTATO BEAN CAKES

sweet potato
adzuki beans
red quinoa
white quinoa
chia seeds

kosher salt
cumin
coriander
parsley
extra virgin olive oil

SOUPS

LENTIL SOUP

red lentil
water
tomato
white onion
carrot
celery
extra virgin olive oil
kosher salt
cumin
crushed chili peppers
paprika
turmeric
coriander
cinnamon

** TRIPLE MUSHROOM SOUP

dried porcini mushrooms
button mushrooms
shiitake mushrooms
water
white onion
garlic
extra virgin olive oil
sage
kosher salt
almond milk

ROASTED VEG

CHARRED BROCCOLI

broccoli
extra virgin olive oil
kosher salt

ROASTED CAULIFLOWER

cauliflower
extra virgin olive oil
kosher salt

ROASTED SWEET POTATO

sweet potato
extra virgin olive oil
kosher salt

**ROASTED CARROTS

heirloom carrots
extra virgin olive oil
kosher salt

PICKLED THINGS

PICKLED CABBAGE

red cabbage
rice wine vinegar
maple syrup

PICKLED CARROTS

carrot
rice wine vinegar
maple syrup

PICKLED RED ONIONS

red onions
rice wine vinegar
maple syrup

PICKLED TURNIPS

white turnips
red beets
rice wine vinegar
maple syrup

BEVERAGES

** NANO ICED TEA

ontario peach tea
water

EVERYTHING ELSE

ALMOND LEMONNAISE

grapeseed oil
organic almond butter
dijon mustard
lemon juice
curry powder
kosher salt
turmeric

CHOPPED CAESAR

nero kale
curly kale

brussels sprouts
vegan caesar dressing

ROASTED CHICKPEAS

chickpeas
extra virgin olive oil
kosher salt

SPICY CORN

corn
lime juice
cumin
chili peppers
hot sauce

SPICY SUNFLOWER SEEDS

sunflower seeds
lime juice
cumin powder
hot sauce

TABASCO

distilled vinegar
red peppers
salt

UMEBOSHI PLUM

japanese plums
red shiso
sea salt

VEGAN MAYONNAISE

grapeseed oil
filtered water
brown rice syrup
apple cider vinegar
soy protein
sea salt
mustard flour
lemon juice concentrate

** CHARRED GREEN BEANS

green beans
extra virgin olive oil
balsamic vinegar
kosher salt

** MAPLE ROASTED SQUASH

butternut squash
extra virgin olive oil
apple cider vinegar
maple syrup
kosher salt

** SPICY PUMPKIN SEEDS

pumpkin seeds
egg whites
maple syrup
kosher salt
liquid smoke
cayenne pepper

** Indicates seasonal item