

iQ

WINTER '19

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.

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.

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.

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

GOLDEN CARROT SOUP (CUP) turmeric roasted carrots blended smooth w/ red curry, lime + coconut milk	V	GF	292	24	16	0	963	21	4	9	3	985	10	51	1
GOLDEN CARROT SOUP (BOWL)	V	GF	429	34	24	0	1436	29	6	12	5	1368	15	72	2
WINTER TURKEY CHILI (CUP) lean ground turkey chili, topped w/ skyr, avocado + pico (pickled onions, jalapenos, cilantro)	-	GF	291	14	3	0	1148	28	9	7	16	109	18	116	3
WINTER TURKEY CHILI (BOWL)	-	GF	434	20	4	0	1794	42	13	11	25	177	24	176	5
AVOCADO TOAST mashed avocado, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough	-	-	291	14	3	0	1148	26	8	2	5	27	12	27	2
AVOCADO TOAST 2.0 mashed avocado, pickled turnips, red radish, organic microgreens, shichimi togarashi, sourdough	V	-	434	20	4	0	1794	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)	-	-	527	28	12	0	149	62	9	21	14	1	22	24	3
CHIA PUDDING chia seeds, coconut milk, Pefferlaw Creek Farms maple syrup, vanilla, salt, h2O + fresh fruit	V	GF	344	21	11	0	108	38	10	22	6	1	15	188	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

- GF 288 19 5 0 255 23 10 10 9 36 7 329 3

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

- GF 326 20 2 0 640 7 1 4 30 16 4 45 1

HAPPY EGGS

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

- GF 143 10 3 0 142 1 0 0 13 160 0 56 2

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)

- 528 22 3 0 200 68 12 17 18 1 2 141 2

Nutritional information for Boxes is exclusive of dressings

BOWLS

EL NEMO

roasted steelhead salmon, avocado, red radish, lime green cabbage, jalapeños, blue corn tortilla chips, cilantro, brown rice, san diego crema, lime wedge

- GF 573 25 4 0 1306 66 11 6 23 24 81 124 3

PIRI PIRI

oven roasted chicken, piri piri cauliflower, roasted grape tomatoes, pickled onions, parsley, arugula, brown rice, piri piri dressing, lemon wedge

- GF 457 12 2 0 920 58 7 10 33 126 84 120 3

MARKET BOWL

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

- GF 473 19 4 0 849 59 8 10 20 463 32 184 4

SPICY KALE CAESAR

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

- GF 579 38 7 0 901 20 9 4 38 534 118 311 3

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

v GF 510 19 2 0 1121 76 16 17 17 742 116 173 5

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, 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)
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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
SPICY CAESAR DRESSING	60 ml	V	GF	251	24	3	0	410	1	0	0	1	8	2	3	0
** PIRI PIRI DRESSING	60 ml	V	GF	173	17	2	0	278	6	1	3	1	98	66	9	0
**** SAN DIEGO CREMA	60 ml	V	GF	277	27	3	0	263	1	0	0	1	7	3	3	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
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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		241	12	3	0	151	33	6	19	6	209	6	92	2
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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
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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
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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
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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		270	23	3	0	404	10	3	1	4	438	97	91	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
** LIME GREEN CABBAGE	100 g		26	0	0	0	362	6	3	3	1	5	38	41	0
** PARSLEY	6 g		2	0	0	0	3	0	0	0	0	25	8	8	0
** PIRI PIRI CAULIFLOWER	70 g		64	5	1	0	112	5	2	2	2	19	53	20	0
** RED RADISH	80 g		52	5	1	0	215	3	1	2	1	0	13	20	0
** ROASTED GRAPE TOMATO	38 g		19	1	0	0	29	2	1	2	1	27	9	6	0

** 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
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
** BLUE CORN TORTILLA CHIPS	15 g		78	4	0	0	24	10	1	0	1	0	0	13	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
lemon juice

apple cider vinegar

HERB VINAIGRETTE

basil
cilantro
parsley
apple cider vinegar
extra virgin olive oil
honey
kosher salt

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

SPICY CAESAR DRESSING

garlic

capers

umeboshi plum

nutritional yeast

hot sauce

tamari

red wine vinegar

lemon juice

vegan mayonnaise

** SAN DIEGO CREMA

vegan mayonnaise

lime juice

cilantro

caper juice

** PIRI PIRI DRESSING

garlic

lemon juice

crushed chili peppers

kosher salt

red peppers

extra virgin olive oil

maple syrup

paprika

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

** GOLDEN CARROT SOUP

carrot

extra virgin olive oil

white onion

garlic

turmeric

coconut milk

red curry paste

lime juice

kosher salt

water

** WINTER TURKEY CHILI

white onion

extra virgin olive oil

garlic

ground turkey

kosher salt

chili powder
 paprika
 cayenne pepper
 cumin
 organo
 tomato
 tomato paste
 pinto beans
 red kidney beans

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

** PIRI PIRI CAULIFLOWER

cauliflower
 extra virgin olive oil
 kosher salt
 piri piri dressing

** ROASTED GRAPE TOMATO

grape tomatoes
 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
 spicy caesar dressing

SPICY CORN

corn
 lime juice
 cumin
 chili peppers
 hot sauce

SPICY SUNFLOWER SEEDS

sunflower seeds
 lime juice
 cumin powder
 hot sauce

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

** BLUE CORN TORTILLA CHIPS

organic stone ground corn
 organic canola oil
 organic sunflower oil
 sea salt
 calcium hydroxide (hydrated lime)

** LIME GREEN CABBAGE

green cabbage
 lime juice
 kosher salt

** RED CURRY PASTE

red chili pepper
 garlic
 lemongrass

galangal (thai ginger)

salt
 dehydrated shallot
 coriander root
 kaffir lime peel

** RED RADISH

red radish
 extra virgin olive oil
 lemon juice
 kosher salt

** Indicates seasonal item