

# iQ

## SPRING '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)
<b>MR. PEANUT</b> organic peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened)	V	GF	445	21	3	0	74	57	10	30	14	6	15	204	2
<b>ALMOND BROTHERS</b> organic almond butter (unsweetened), toasted almonds, banana, coconut, vanilla, dates, almond milk (unsweetened)	V	GF	479	27	7	0	77	57	10	28	11	6	15	314	3
<b>THE NOTORIOUS G.R.E.</b> spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple	V	GF	94	2	0	0	120	19	4	10	3	303	76	142	2
<b>PEACHES + GREEN</b> peaches, cashews, kale, spinach, banana, lemon juice, coconut water	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
<b>BLUE MAGIC</b> blueberries, dates, organic almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water	V	GF	339	15	2	0	61	51	10	28	7	5	12	139	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)
<b>SPRING BORSCHT (CUP)</b> roasted golden beets w/ napa cabbage + vegetable broth topped w/ skyr + fresh dill	-	GF	161	7	1	0	1118	21	5	13	5	19	19	80	2
<b>SPRING BORSCHT (BOWL)</b>	-	GF	235	11	2	0	1673	31	8	20	7	23	28	108	2
<b>TORTILLA SOUP (CUP)</b> our take on a classic. oven roasted chicken, corn + zucchini in a spiced tomato broth topped w/ avocado, jalapeno + blue corn tortilla chips	-	-	271	13	2	0	882	25	6	8	18	129	27	81	2
<b>TORTILLA SOUP (BOWL)</b>	-	-	359	15	2	0	1245	34	8	12	26	191	35	116	2
<b>AVOCADO TOAST</b> mashed avocado, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper, sourdough	V	-	276	19	3	0	540	26	8	2	5	27	12	27	2
<b>AVOCADO TOAST 2.0</b> mashed avocado, pickled turnips, red radish, organic microgreens, shichimi togarashi, sourdough	V	-	300	15	2	0	695	39	10	7	7	6	19	41	2
<b>ORGANIC OATS</b> 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
<b>CHIA PUDDING</b> 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)

	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)	
<b>PEANUT BUTTER CHOCOLATE CHIA PUDDING</b>	-	GF	288	19	5	0	255	23	10	10	9	36	7	329	3	
organic peanut butter (unsweetened), almond milk (unsweetened), chia, raw wildflower honey, organic cacao, vanilla, salt, h2o, garnished w/ fruit + organic cacao nibs																
<b>ALMOND CHICKEN SALAD</b>	-	GF	305	18	2	0	724	8	2	4	28	28	4	49	1	
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																
<b>HAPPY EGGS</b>	-	GF	143	10	3	0	142	1	0	0	13	160	0	56	2	
free run, hard-boiled eggs from our friends at Homestead Farms (Newmarket, ON)																
<b>PEANUT BUTTER OATS</b>	-	GF	528	22	3	0	200	68	12	17	18	1	2	141	2	
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

<b>DAILY COBB</b>	-	GF	355	15	7	0	783	19	4	8	37	528	60	163	3	
oven roasted chicken, mariposa dairy goat cheese, free-run hard boiled egg, pickled onions, grape tomatoes, red radish, cucumbers, baby spinach, organic baby kale, honey dijon vinaigrette																
<b>FATTOUSH</b>	-	-	277	14	5	0	618	31	6	8	11	473	109	171	6	
roasted zucchini, feta, grape tomatoes, cucumbers, red radish, pita chips, sumac, mint, organic baby kale, olive oil + lemon																
<b>MARKET BOWL</b>	-	GF	498	19	5	0	884	65	10	13	21	811	38	220	4	
arugula, heirloom carrots, watermelon radish, pickled turnips, cucumbers, avocado, organic microgreens, free-run hard boiled eggs, brown rice, lemon wedge, herb vinaigrette																
<b>SPICY KALE CAESAR</b>	-	GF	564	38	7	0	861	20	6	4	35	531	118	309	3	
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)																
<b>SABABA</b>	V	GF	550	23	3	0	1346	76	18	18	18	556	113	219	6	
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)
<b>LIMA</b> oven roasted chicken, spicy corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, pickled cabbage, cilantro, lime juice, brown rice, hot sauce	-	GF	656	22	8	0	1149	77	12	7	42	176	60	313	4
<b>SPARTA</b> 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	516	28	8	0	1246	36	6	8	34	120	18	151	3
<b>APPLE COBB</b> oven roasted chicken, aged white cheddar, red apple, dried cranberries, toasted almonds, spinach, organic quinoa, honey dijon vinaigrette	-	GF	623	21	8	0	720	72	11	28	40	388	24	341	5
<b>MISO MISO</b> 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	533	20	3	0	917	69	10	6	24	554	83	155	3

	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

<b>EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR</b>	45 ml	V	GF	265	29	4	0	3	2	0	2	0	0	0	4	0
<b>GINGER-MISO DRESSING</b>	60 ml	-	GF	270	26	3	0	969	10	0	8	1	0	3	7	0
<b>HERB VINAIGRETTE</b>	60 ml	-	GF	303	34	5	0	75	3	0	2	0	49	9	20	1
<b>HONEY DIJON VINAIGRETTE</b>	60 ml	-	GF	251	25	3	0	257	6	0	5	1	0	4	1	0
<b>HOT SAUCE</b>	45 ml	V	GF	0	0	0	0	576	0	0	0	0	180	0	0	0
<b>SPICY TAHINI DRESSING</b>	60 ml	V	GF	126	9	1	0	89	8	2	5	4	0	5	28	0
<b>SPICY CAESAR DRESSING</b>	60 ml	V	GF	251	24	3	0	410	1	0	0	1	8	2	3	0
<b>** EXTRA VIRGIN OLIVE OIL + LEMON</b>	45 ml	V	GF	255	29	4	0	0	1	0	0	0	0	4	1	0

## BAKE SHOP

<b>VEGAN BREAKFAST COOKIE</b> 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
<b>DATE + ORGANIC OAT COOKIE</b> 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 241 12 3 0 151 33 6 19 6 209 6 92 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 - 413 18 11 0 482 58 8 28 9 2 4 202 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

- - 439 26 6 0 307 46 2 29 7 44 4 72 2

## BEVERAGES

### COCONUT FIZZ

coconut water, sparkling water, ice, lime slice

V GF 14 0 0 0 77 3 1 2 0 0 4 30 0

### GRAPEFRUIT FIZZ

grapefruit juice, lime, sparkling water, ice

V GF 26 0 0 0 17 7 0 0 0 13 25 22 0

### LEMON GINGER FIZZ

lemon juice, ginger juice, sparkling water, ice

V GF 12 0 0 0 19 3 0 1 0 0 13 18 0

## 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

# 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)

	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)
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
<b>PROTEINS</b>																
OVEN ROASTED CHICKEN	80 g			123	3	1	0	316	1	0	0	22	23	1	11	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
<b>DAIRY</b>																
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
<b>PRODUCE</b>																
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	55 g			10	0	0	0	3	2	1	1	0	23	8	6	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			13	0	0	0	56	3	1	2	1	20	20	16	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	30 g			23	0	0	0	209	6	1	4	0	0	3	8	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
** MINT	3 g			1	0	0	0	1	0	0	0	0	6	0	6	0
** RED RADISH	60 g			39	3	1	0	161	2	1	1	0	0	10	15	0
** ROASTED ZUCCHINI	120 g			50	3	0	0	82	5	2	4	2	17	31	27	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
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
** PITA CHIPS	20 g	96	4	0	0	192	13	1	1	2	0	0	0	4
** SUMAC	2 g	0	0	0	0	4	0	0	0	0	0	0	0	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

### \*\* EXTRA VIRGIN OLIVE OIL + LEMON

extra virgin olive oil  
lemon juice

## 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

### \*\* SPRING BORSCHT

white onions  
yellow beets  
turmeric  
kosher salt  
extra virgin olive oil  
water  
vegetable broth  
napa cabbage

skyr

dill

### \*\* TORTILLA SOUP

white onions  
yellow beets  
extra virgin olive oil  
tomato paste  
chili powder  
kosher salt  
zucchini  
oven roasted chicken  
canned tomatoes  
water  
chicken broth  
spicy corn  
jalapeños  
avocado  
blue corn tortilla chips

## 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 ZUCCHINI

zucchini  
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

### COCONUT FIZZ

coconut water  
lime  
sparkling water  
ice

### GRAPEFRUIT FIZZ

grapefruit juice  
lime  
sparkling water  
ice

### LEMON GINGER FIZZ

lemon juice  
ginger juice  
lime  
sparkling water  
ice

## 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

### \*\* RED RADISH

red radish  
extra virgin olive oil  
lemon juice  
kosher salt

**\*\* Indicates seasonal item**