

iQ

SUMMER '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	445	21	3	0	74	57	10	30	14	6	15	204	2
ALMOND BROTHERS organic almond butter (unsweetened), toasted almonds, banana, coconut, dates, almond milk (unsweetened)	V	GF	479	27	7	0	77	57	10	28	11	6	15	314	3
THE NOTORIOUS G.R.E. 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
PEACHES + GREEN peaches, cashews, kale, spinach, banana, lemon juice, coconut water	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
BLUE MAGIC 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)
AVOCADO TOAST 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
AVOCADO TOAST 2.0 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
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
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 lemonnaise (organic unsweetened almond butter, kozlik's daily dijon mustard, turmeric, curry, lemon juice, grapeseed oil, h2O, salt), red grapes, celery, toasted almonds	-	GF	305	18	2	0	724	8	2	4	28	28	4	49	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

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 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)

-

GF

528

22

3

0

200

68

12

17

18

1

2

141

2

BOWLS

Nutritional information for Boxes is exclusive of dressings

MISSION CHICKEN

oven roasted chicken, feta, avocado, jicama, fresh raw corn, chayote, watermelon radish, jalapeños, cilantro, brussels sprouts, brown rice, lime, jalapeño lime vinaigrette

-

GF

545

19

7

0

947

65

11

6

34

93

61

118

3

PIMENTO

aged white cheddar, avocado, red peppers, fresh raw corn, red radish, lime green cabbage, New Farm spicy mix greens, green ranch dressing

-

GF

274

18

7

0

402

21

8

9

12

249

113

275

2

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

498

19

5

0

884

65

10

13

21

811

38

220

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

564

38

7

0

861

20

6

4

35

531

118

309

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

550

23

3

0

1346

76

18

18

18

556

113

219

6

LIMA

oven roasted chicken, spicy corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, lime green cabbage, cilantro, lime wedge, brown rice, hot sauce

-

GF

737

29

13

0

1399

77

12

7

47

212

60

461

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

516

28

8

0

1246

36

6

8

34

120

18

151

3

APPLE COBB

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

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)	
MISO MISO	-	GF	533	20	3	0	917	69	10	6	24	554	83	155	3	
roasted steelhead salmon, roasted sweet potato, charred broccoli, avocado, pickled ginger, watermelon radish, toasted sesame seeds, lime wedge, brown rice, arugula, ginger miso dressing																



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	251	25	3	0	257	6	0	5	1	0	4	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	126	9	1	0	89	8	2	5	4	0	5	28	0
SPICY CAESAR DRESSING	60 ml	V	GF	251	24	3	0	410	1	0	0	1	8	2	3	0
** GREEN RANCH DRESSING	60 ml	V	GF	259	26	3	0	277	1	0	0	1	6	3	5	0
** JALAPEÑO LIME VINAIGRETTE	60 ml	V	GF	244	27	3	0	40	2	0	1	0	39	9	9	0

BAKE SHOP

VEGAN BREAKFAST COOKIE		V		267	9	1	0	96	44	8	16	7	49	7	99	2
organic old fashioned oats, organic millet, banana puree, apple puree, toasted almonds, cashews, currants, sunflower seeds, pumpkin seeds, goji berries, cinnamon, baking powder																
DATE + ORGANIC OAT COOKIE		-	-	178	8	4	0	38	27	2	17	2	43	0	35	1
organic old fashioned oats, dates, chia, brazil nuts, butter, organic cane sugar, molasses, organic spelt flour, baking powder, salt																
GINGER MOLASSES COOKIE		-	-	264	11	7	0	124	39	3	22	3	87	2	37	1
orange, ginger, molasses, chia, cinnamon, organic spelt flour, organic wheat flour, organic cane sugar, organic corn starch, butter, baking soda, salt																
SWEET POTATO BROWNIE		V	GF	241	12	3	0	151	33	6	19	6	209	6	92	2
sweet potatoes, organic almond butter (unsweetened), chia, Pefferlaw Creek Farms organic maple syrup, fair trade organic chocolate chips, apple puree, cocoa, salt, baking soda																
CRACK SQUARES		V	GF	235	20	10	0	9	14	3	9	3	1	0	49	1
organic cacao, organic almond butter (unsweetened), dates, organic coconut oil, Pefferlaw Creek Farms maple syrup, almonds, pecans, salt																



BEVERAGES

















	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)
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	10	0	0	0	17	3	0	1	0	0	13	18	0
WATERMELON FIZZ watermelon juice, lime, fizzy water		V	GF	29	0	0	0	15	8	1	5	1	102	21	24	0

INGREDIENTS

GREENS + GRAINS																
	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)
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
** SPICY MIX GREENS (FULL PORTION)	40 g			5	0	0	0	2	1	0	0	1	66	2	14	1
PROTEINS																
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
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

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)
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	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
LIME GREEN CABBAGE	50 g			13	0	0	0	181	3	1	2	1	3	19	20	0
ORGANIC MICROGREENS	5 g			3	0	0	0	0	0	0	0	0	0	0	0	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
** BRUSSELS SPROUTS	20 g			9	0	0	0	5	2	1	0	1	8	17	8	0
** CHAYOTE	35 g			7	0	0	0	1	2	1	1	0	0	3	6	0
** JICAMA	35 g			13	0	0	0	1	3	2	1	0	0	7	4	0
** FRESH RAW CORN	40 g			34	1	0	0	6	7	1	3	1	4	3	1	0
** RED PEPPERS	60 g			19	0	0	0	2	4	1	3	1	94	77	4	0
** RED RADISH	55 g			9	0	0	0	21	2	1	1	0	0	8	14	0
** WATERMELON RADISH	20 g			3	0	0	0	8	1	0	0	0	0	3	5	0
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

** Indicates seasonal item

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

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

** GREEN RANCH DRESSING

dill
parsley
garlic powder
onion powder
kosher salt
vegan mayonnaise
green onion
lemon juice
water

** JALAPEÑO LIME VINAIGRETTE

jalapeños
cilantro
dijon mustard
honey
lime juice
grapeseed oil

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

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

PICKLED THINGS

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

WATERMELON FIZZ

watermelon juice
lime
sparkling water
ice

EVERYTHING ELSE

ALMOND LEMONNAISE

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

LIME GREEN CABBAGE

green cabbage
lime juice
kosher salt

DRESSED CAESAR MIX

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**