

iQ

WINTER '20

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 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 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, 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)
TURKEY CHILI (CUP) lean ground turkey chili, topped w/ local sour cream, avocado + pico (pickled onions, jalapenos, cilantro)	-	GF	303	14	3	0	1425	31	9	11	16	109	18	116	3
TURKEY CHILI (BOWL)	-	GF	446	20	4	0	2071	46	12	14	25	177	24	176	5
COCONUT CURRY SOUP (CUP) turmeric roasted carrots blended smooth w/ red curry, lime + coconut milk	V	GF	236	19	13	0	778	17	4	7	3	860	9	43	1
COCONUT CURRY SOUP (BOWL)	V	GF	345	28	19	0	1157	24	5	10	4	1180	12	60	1
JAM TOAST choice of cream cheese, almond butter (unsweetened) or peanut butter (unsweetened) w/ blackberry chia jam on sourdough	-	-	261	18	9	0	266	22	3	4	6	166	3	65	1
AVOCADO TOAST avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough	V	-	276	19	3	0	540	26	8	2	5	27	12	27	2
AVOCADO + EGG TOAST avocado smash, sliced egg, salt, pepper, dill on sourdough	-	-	311	19	4	0	601	27	8	3	11	84	11	52	2
AVOCADO + SALMON TOAST avocado smash w/ smoked salmon, cucumber, pickled onion, lemon, black pepper on sourdough	-	-	380	21	4	0	1329	34	9	11	16	7	17	35	2
EVERYTHING TOAST cream cheese + everything bagel spice w/ smoked salmon, cucumber, dill, lemon, black pepper on sourdough	-	-	374	24	10	0	737	23	3	4	17	170	7	66	1
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

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)
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 peanut butter (unsweetened), almond milk (unsweetened), chia, raw wildflower honey, organic cacao, vanilla, salt, h2O, w/ fruit, coconut + organic cacao nibs (contains nuts)	-	GF	288	19	5	0	255	23	10	10	9	36	7	329	3
ALMOND CHICKEN SALAD oven roasted chicken, almond lemon- naise (almond butter (unsweetened), dijon mustard, turmeric, curry, lemon juice, grapeseed oil, h2O, salt), red grapes, celery, toasted almonds (contains nuts)	-	GF	305	18	2	0	724	8	2	4	28	28	4	49	1
HAPPY EGGS free run, hard-boiled eggs	-	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, peanut butter (unsweetened), almond milk (unsweetened), raw wildflower honey, salt, garnished w/ peanut butter (unsweetened), banana + cacao nibs (contains nuts)	-	-	528	22	3	0	200	68	12	17	18	1	2	141	2

BOWLS

PIRI PIRI oven roasted chicken, piri piri cauliflower, roasted grape tomatoes, pickled onions, parsley, arugula, brown rice, piri piri dressing, lemon wedge	-	GF	484	11	2	0	1849	69	6	21	30	123	83	118	3
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	962	66	11	6	23	24	81	124	3
MARKET BOWL arugula, heirloom carrots, watermelon radish, pickled turnips, cucumbers, avocado, 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 (curly kale, brussels sprouts, napa cabbage, spicy caesar dressing), oven roasted chicken, asiago, roasted grape tomatoes, spicy sunflower seeds, black pepper, 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

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	-	GF	737	29	13	0	1399	77	12	7	47	212	60	461	4	
oven roasted chicken, spicy corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, lime green cabbage, cilantro, lime wedge, brown rice, hot sauce																
SPARTA	-	GF	408	16	6	0	1208	34	6	8	36	133	20	153	3	
oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives (w/ pits), pickled onions, basil, arugula, quinoa, hummus, extra virgin olive oil + balsamic vinegar																
APPLE COBB	-	GF	623	21	8	0	720	72	11	28	40	388	24	341	5	
oven roasted chicken, aged white cheddar, red apple, dried cranberries, toasted almonds, spinach, quinoa, honey dijon vinaigrette																
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																

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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	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
** 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	287	28	3	0	247	1	0	0	1	7	3	3	0

BAKE SHOP

CRACK SQUARES		V	GF	220	16	6	0	10	20	3	16	3	0	0	50	2
dates, dark chocolate (organic evaporated cane juice, cocoa mass, cocoa butter, soy lecithin, ground vanilla beans), almonds, organic coconut oil, almond butter, water, pecans, cocoa butter, sea salt																
DATE + OAT COOKIES		V	GF	220	10	6	0	90	32	2	21	3	0	0	40	1
dates, gluten free rolled oats, evaporated cane juice, water, organic coconut oil, gluten free oat flour, nuts (walnuts, pecans or Brazil nuts), blackstrap molasses, chia seeds, non-alum baking powder, sea salt																

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)
BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE <small>buckwheat flour, tapioca flour, baking powder, baking soda, salt, sugar, brown sugar, oil, water, applesauce, dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavor)</small>		V	GF	241	12	3	0	151	33	6	19	6	209	6	92	2
CHOCOLATE CHIP COOKIE <small>all purpose flour, salt, baking powder, baking soda, butter, sugar, brown sugar, eggs, vanilla extract, dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavor)</small>		-	-	365	19	11	0	399	43	3	24	6	120	0	72	4
SAVOURY SCONE <small>all purpose flour (may contain another flour), sugar, baking powder, salt, butter, heavy cream and/or buttermilk & rotating fillings</small>		-	-	433	26	14	0	733	44	2	4	10	1045	5	354	3
SPECIAL COOKIE <small>peanut butter, butter, brown sugar, sugar, honey, eggs, vanilla, all purpose flour, kamut flour, baking soda, salt, peanut brittle (sugar, water, glucose, dark corn syrup, peanuts, butter, baking soda, vanilla, salt)</small>		-	-	375	21	8	0	272	43	2	29	8	90	0	32	1
BLUEBERRY + LEMON SCONE <small>wild blueberries, lemon juice + zest, pure madagascar vanilla extract, organic all purpose flour, unsalted butter, organic sugar, balkan yogurt, 2% buttermilk, whole milk, baking powder, baking soda, kosher salt</small>		-	-	266	8	5	0	403	43	2	12	6	240	1	110	2
CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE <small>smoked provolone cheese, canadian maple syrup, grainy mustard, vidalia onions, organic all purpose flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, olive oil, garlic, canola oil, kosher salt, smoked paprika, chili flakes</small>		-	-	436	22	14	0	932	49	2	6	11	247	2	390	3

BEVERAGES

















COCONUT FIZZ <small>coconut water, sparkling water, ice, lime slice</small>		V	GF	14	0	0	0	77	3	1	2	0	0	4	30	0
GRAPEFRUIT FIZZ <small>grapefruit juice, lime, sparkling water, ice</small>		V	GF	26	0	0	0	17	7	0	0	0	13	25	22	0
LEMON GINGER FIZZ <small>lemon juice, ginger juice, sparkling water, ice</small>		V	GF	10	0	0	0	17	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

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)
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
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
ASIAGO	15 g			59	4	3	0	96	0	0	0	5	43	0	177	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
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

** Indicates seasonal item

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

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)

NUTS, SEEDS + OTHER

DRIED CRANBERRIES	20 g		62	0	0	0	1	16	1	13	0	0	0	2	0
HUMMUS	40 g		24	1	0	0	113	2	1	0	1	0	1	6	18
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 CHIPS	15 g		64	5	1	0	112	5	2	2	2	19	53	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

** PIRI PIRI DRESSING

red peppers
garlic
extra virgin olive oil
maple syrup
red chili flakes
paprika
kosher salt
lemon juice

** SAN DIEGO CREMA

vegan mayonnaise
lime juice
caper juice
cilantro

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

** TURKEY CHILI

onions
garlic
extra virgin olive oil
ground turkey
kosher salt
chili powder
paprika
cayenne pepper
cumin
oregano
tomato paste
tomato
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

ROASTED GRAPE TOMATOES

grape tomatoes
extra virgin olive oil
kosher salt

** PIRI PIRI CAULIFLOWER

cauliflower
extra virgin olive oil
kosher salt
red peppers

GARLIC

maple syrup

red chili flakes
paprika
lemon juice

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

EVERYTHING ELSE

ALMOND LEMONNAISE

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

BLACKBERRY CHIA JAM

blackberries
chia seeds

LIME GREEN CABBAGE

green cabbage
lime juice

cumin
chili peppers
hot sauce

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
extra virgin olive oil
lemon juice
kosher salt

VEGAN MAYONNAISE

expeller-pressed canola 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

**** BLUE CORN CHIPS**

Stone Ground Blue Corn
Oil (Canola, Soybean, and/or Sunflower)
Salt
Lime

**** CARROT GARNISH**

carrots
extra virgin olive oil

**** Indicates seasonal item**