

# iQ

## SUMMER '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

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### 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)
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## SMOOTHIES

<b>MR. PEANUT</b> 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> 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
<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, 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

<b>JAM TOAST</b> 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
<b>AVOCADO TOAST</b> 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
<b>AVOCADO + EGG TOAST</b> avocado smash, sliced egg, salt, pepper, dill on sourdough	-	-	311	19	4	0	601	27	8	3	11	84	11	52	2
<b>AVOCADO + SALMON TOAST</b> 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
<b>EVERYTHING TOAST</b> 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
<b>CHIA PUDDING</b> chia pudding (chia, coconut milk, maple syrup, vanilla, salt), blackberry chia jam (just blackberries + chia, no sugar added), almond butter (unsweetened), coconut	V	GF	477	37	20	0	107	34	10	17	9	3	7	196	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)

## ALMOND CHICKEN SALAD

-

GF

305

18

2

0

724

8

2

4

28

28

4

49

1

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)

## ALMOND CHICKEN SALAD

-

GF

305

18

2

0

724

8

2

4

28

28

4

49

1

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)

## HAPPY EGGS

-

GF

143

10

3

0

142

1

0

0

13

160

0

56

2

free run, hard-boiled eggs

## PEANUT BUTTER OATS

-

-

536

25

4

0

112

64

13

17

19

4

8

143

2

organic steel-cut oats, chia seeds,  
peanut butter (unsweetened),  
banana, almond milk (unsweetened),  
honey, salt, topped w/ blackberry  
chia jam (just blackberries + chia, no  
sugar added) + cacao nibs

## BOWLS

### PARALLEL BOWL

-

GF

570

36

9

0

1484

47

21

8

22

409

80

214

6

goat cheese, roasted eggplant +  
zucchini w/ preserved lemon, organic  
black lentils, sesame seeds, italian  
parsley + mint, organic baby kale,  
arugula, pomegranate vinaigrette,  
parallel tahini

### SPICY KALE CAESAR

-

GF

328

16

5

0

480

17

6

4

33

777

66

297

3

oven roasted chicken, asiago, roasted  
grape tomatoes, spicy sunflower seeds,  
black pepper, lime wedge, spicy caesar  
dressing (vegan), chopped romaine,  
organic baby kale

### SABABA

V

GF

507

18

2

0

1226

76

16

15

17

818

128

183

5

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

### LIMA

-

GF

658

22

8

0

1183

76

12

6

42

288

51

316

4

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

### SPARTA

-

GF

461

17

6

0

1205

45

7

7

36

136

19

176

4

oven roasted chicken, grape to-  
matoes, cucumbers, feta, kalamata  
olives (w/ pits), pickled onions, basil,  
arugula, quinoa, hummus, extra virgin  
olive oil + balsamic vinegar

# 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>DAILY COBB</b> oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, organic baby kale, spinach, lemon wedge, honey dijon vinaigrette	-	GF	383	18	7	0	865	20	4	8	38	621	75	174	3
<b>MISO MISO</b> roasted steelhead salmon, roasted sweet potato, steamed broccoli, avocado, pickled ginger, red radish, toasted sesame seeds, brown rice, arugula, lime wedge, ginger miso dressing	-	GF	592	25	4	0	848	72	11	7	24	650	71	178	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</b>	30 ml	V	GF	240	28	4	0	0	0	0	0	0	0	0	0	0
<b>BALSAMIC VINEGAR</b>	30 ml	V	GF	40	0	0	0	0	8	0	8	0	138	1	10	0
<b>EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR</b>	30 ml	V	GF	180	20	3	0	2	2	0	2	0	39	9	3	0
<b>GINGER-MISO DRESSING</b>	60 ml	-	GF	265	26	3	0	968	9	0	8	1	0	3	7	0
<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>	30 ml	V	GF	0	0	0	0	384	0	0	0	0	120	0	0	0
<b>JALAPEÑO LIME VINAIGRETTE</b>	60 ml	-	GF	244	27	3	0	40	2	0	1	0	39	9	9	0
<b>SPICY CAESAR DRESSING (VEGAN)</b>	60 ml	V	GF	281	27	3	0	257	1	0	0	1	1	3	3	0
<b>SPICY TAHINI DRESSING</b>	60 ml	V	GF	126	9	1	0	89	8	2	5	4	0	5	28	0
<b>** PARALLEL TAHINI</b>	60 ml	V	GF	201	17	3	0	129	5	3	2	7	0	2	23	2
<b>** POMEGRANATE VINAI-GRETTE</b>	30 ml	V	GF	184	11	2	0	0	23	0	7	0	0	2	0	0

## BAKE SHOP

<b>CRACK SQUARES</b> 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	V	GF	220	16	6	0	10	20	3	16	3	0	0	50	2
<b>DATE + OAT COOKIES</b> 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	V	GF	220	10	6	0	90	32	2	21	3	0	0	40	1
<b>BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE</b> buckwheat flour, tapioca flour, baking powder, baking soda, salt, sugar, brown sugar, oil, water, dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavor)	V	GF	405	19	6	0	339	55	4	23	4	2	0	79	4

# 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)

## CHOCOLATE CHIP COOKIE

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)

## PEANUT BUTTER COOKIE

unsweetened peanut butter, organic all purpose flour, kamut flour, eggs, roasted peanuts, unsalted butter, honey, golden brown + organic sugar, pure madagascar vanilla extract, glucose, corn syrup, baking soda, kosher salt

## KALE, CHEDDAR + SWEET POTATO SCONE

kale, sweet potato, medium cheddar, organic all purpose flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, organic sugar, olive oil, garlic, black + white sesame seeds, kosher salt, flaked sea salt

## BLUEBERRY + LEMON SCONE

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

## CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE

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

## BEVERAGES

### COCONUT FIZZ

coconut water, sparkling water, ice, lime slice

### GRAPEFRUIT FIZZ

grapefruit juice, lime, sparkling water, ice

### LEMON GINGER FIZZ

lemon juice, ginger juice, sparkling water, ice

## INGREDIENTS

### GREENS + GRAINS

#### ORGANIC BABY KALE

35 g

18

0

0

0

15

4

1

0

1

269

42

47

1

#### SPINACH

35 g

8

0

0

0

28

1

1

0

1

164

10

35

1

#### BABY ARUGULA

35 g

9

0

0

0

9

1

1

1

1

42

5

56

1

#### CHOPPED ROMAINE

35 g

5

0

0

0

3

1

1

0

0

138

1

10

0

#### CAESAR ROMAINE

105 g

16

0

0

0

8

3

2

1

1

415

















4

31

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)
BROWN RICE	120 g			201	2	0	0	176	41	2	0	4	0	0	20	1
QUINOA	100 g			169	3	0	0	146	14	2	0	3	0	0	23	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			96	1	0	0	235	18	3	2	4	283	8	35	1
<b>DAIRY</b>																
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
<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
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	33	12	1	1	2	6	4	2	0
CUCUMBERS	34 g			5	0	0	0	1	1	0	1	0	2	1	5	0
GRAPE TOMATOES	50 g			9	0	0	0	3	2	1	1	0	21	7	5	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			14	0	0	0	181	3	1	2	1	3	20	21	0
PICKLED CARROTS	30 g			20	0	0	0	175	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 RADISH	36 g			23	2	0	0	97	1	1	1	0	0	6	9	0
ROASTED CAULIFLOWER	77 g			41	2	0	0	77	5	2	2	2	0	53	24	0
ROASTED GRAPE TOMATOES	38 g			19	1	0	0	29	2	1	2	1	27	9	6	0
ROASTED SWEET POTATOES	50 g			102	4	1	0	94	17	3	3	1	591	2	25	1
STEAMED BROCCOLI	45 g			26	1	0	0	66	3	1	1	1	14	40	21	0
** ITALIAN PARSLEY + MINT	5 g			2	0	0	0	2	0	0	0	0	16	4	8	0
** ORGANIC BLACK LENTILS	110 g			197	6	1	0	600	26	13	1	11	1	4	26	3
** ROASTED EGGPLANT + ZUCCHINI W/ PRESERVED LEMON	170 g			243	22	3	0	731	12	6	6	3	14	25	31	1

\*\* 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

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 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

### GINGER-MISO DRESSING

ginger  
garlic  
tamari  
sesame oil  
miso paste  
lime juice

honey  
grapeseed oil  
rice wine vinegar

### HONEY DIJON VINAIGRETTE

extra virgin olive oil  
honey  
dijon mustard  
apple cider vinegar  
lemon juice

### HOT SAUCE

water  
chili peppers  
vinegar  
salt  
spices  
0.1% sodium benzoate

### HUMMUS

chickpeas  
tahini  
lemon juice  
garlic  
extra virgin olive oil  
kosher salt

### JALAPEÑO LIME VINAIGRETTE

jalapeños  
cilantro  
dijon mustard  
honey

### SPICY CAESAR DRESSING

garlic  
capers  
nutritional yeast  
black pepper  
dried chillies  
lemon juice  
vegan mayonnaise

### SPICY TAHINI DRESSING

tahini

dijon mustard  
lemon juice  
hot sauce

### \*\* PARALLEL TAHINI

sesame butter  
water  
lemon juice  
kosher salt

### \*\* POMEGRANATE VINAIGRETTE

pomegranate molasses  
lemon juice  
extra virgin olive 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  
coriander  
parsley  
extra virgin olive oil

## ROASTED VEG

### 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

### ROASTED SWEET POTATO

sweet potato  
extra virgin olive oil  
kosher salt  
apple cider vinegar

### \*\* ROASTED EGGPLANT + ZUCCHINI W/ PRESERVED LEMON

eggplant  
extra virgin olive oil  
kosher salt  
zucchini  
preserved lemon

## 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

### BLACK BEANS

black beans  
lime juice

### BLACKBERRY CHIA JAM

blackberries  
chia seeds

### CORN

corn  
lime juice  
kosher salt

### LIME GREEN CABBAGE

green cabbage  
lime juice  
kosher salt

### RED RADISH

red radish  
extra virgin olive oil  
lemon juice  
kosher salt

### SPICY SUNFLOWER SEEDS

sunflower seeds  
lime juice  
cumin powder  
hot sauce

### STEAMED BROCCOLI

broccoli  
extra virgin olive oil  
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

**\*\* ORGANIC BLACK LENTILS**

organic black lentils

kosher salt

lemon juice

extra virgin olive oil

kosher salt

**\*\* Indicates seasonal item**