

iQ

WINTER '21

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.

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)

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)
GOLDEN CARROT SOUP (CUP) turmeric roasted carrots blended smooth w/ red curry, lime + light coconut milk	V	GF	220	17	12	0	730	16	3	7	3	820	8	41	1
GOLDEN CARROT SOUP (BOWL)	V	GF	314	25	18	0	1058	22	4	9	4	1096	11	55	1
TURKEY CHILI (CUP) lean ground turkey chili, topped w/ local sour cream, avocado + pico (pickled onions, jalapeños, cilantro)	-	GF	307	17	4	0	1152	27	9	7	14	133	18	111	3
TURKEY CHILI (BOWL)	-	GF	449	23	6	0	1798	42	12	11	23	201	24	172	5
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

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 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
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, chia seeds, peanut butter (unsweetened), banana, almond milk (unsweetened), honey, salt, topped w/ blackberry chia jam (just blackberries + chia, no sugar added) + cacao nibs	-	-	536	25	4	0	112	64	13	17	19	4	8	143	2

BOWLS

	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)
PIRI PIRI oven roasted chicken, piri piri cauliflower, grape tomatoes, pickled onions, parsley, romaine, brown rice, piri piri dressing, lemon wedge	-	GF	437	10	2	0	858	58	7	9	30	286	79	91	3
SUPER BOWL roasted beet hummus, avocado, organic black lentils, powerkraut, roasted sweet potato, cucumber, baby kale, arugula, honey turmeric dressing	BEEGAN	GF	415	16	2	0	649	57	21	9	16	909	70	180	6
SPICY KALE CAESAR oven roasted chicken, asiago, roasted grape tomatoes, spicy sunflower seeds, black pepper, lime wedge, spicy caesar dressing (vegan), chopped romaine, organic baby kale	-	GF	328	16	5	0	480	17	6	4	33	777	66	297	3
SABABA 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	V	GF	507	18	2	0	1226	76	16	15	17	818	128	183	5
LIMA oven roasted chicken, corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, lime green cabbage, cilantro, chopped romaine, brown rice, jalapeño lime vinaigrette, hot sauce	-	GF	660	22	8	0	1184	76	12	6	43	347	52	321	4
SPARTA oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives (w/ pits), pickled onions, basil, arugula, quinoa, hummus, extra virgin olive oil + balsamic vinegar	-	GF	461	17	6	0	1205	45	7	7	36	136	19	176	4
DAILY COBB 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
STEELHEAD + VEG roasted steelhead salmon, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeño, brown rice, chopped romaine, lime wedge, carrot ginger dressing	-	GF	587	22	0	0	710	77	11	11	24	813	77	123	3

NUTRITIONAL DATA



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

	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)
EXTRA VIRGIN OLIVE OIL	30 ml	V	GF	240	28	4	0	0	0	0	0	0	0	0	0	0
BALSAMIC VINEGAR	30 ml	V	GF	40	0	0	0	0	8	0	8	0	138	1	10	0
EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR	30 ml	V	GF	180	20	3	0	2	2	0	2	0	39	9	3	0
CARROT GINGER DRESSING	60 ml	V	GF	135	12	1	0	433	6	1	5	0	201	2	9	0
HONEY DIJON VINAIGRETTE	60 ml	-	GF	251	25	3	0	257	6	0	5	1	0	4	1	0
HONEY TURMERIC DRESSING	60 ml	-	GF	201	17	2	0	143	8	1	6	1	0	10	6	0
HOT SAUCE	30 ml	V	GF	0	0	0	0	384	0	0	0	0	120	0	0	0
JALAPEÑO LIME VINAI-GRETTE	60 ml	-	GF	244	27	3	0	40	2	0	1	0	39	9	9	0
ROASTED BEET HUMMUS	60 ml	V	GF	31	1	0	0	108	5	1	2	1	1	2	9	0
SPICY CAESAR DRESSING (VEGAN)	60 ml	V	GF	281	27	3	0	257	1	0	0	1	1	3	3	0
SPICY TAHINI DRESSING	60 ml	V	GF	126	9	1	0	89	8	2	5	4	0	5	28	0
** PIRI PIRI DRESSING	60 ml	V	GF	173	17	2	0	278	6	1	3	1	98	66	9	0

BAKE SHOP

HEALTHY-ISH FUDGE SQUARE	V	GF	220	16	6	0	10	20	3	16	3	0	0	50	2	
dates, dark chocolate, 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, walnuts, blackstrap molasses, chia seeds, non-alum baking powder, sea salt																
BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE	V	GF	405	19	6	0	339	55	4	23	4	2	0	79	4	
buckwheat flour, tapioca flour, baking powder, baking soda, salt, organic cane + brown sugar, extra virgin olive oil, canola oil, water, applesauce, dark chocolate																
CHOCOLATE CHIP COOKIE	-	-	365	19	11	0	399	43	3	24	6	120	0	72	4	
dark chocolate, pure madagascar vanilla, eggs, organic AP flour, salt, baking powder, baking soda, butter, organic cane + brown sugar																
PEANUT BUTTER COOKIE	-	-	375	21	8	0	272	43	2	29	8	90	0	32	1	
unsweetened peanut butter, organic AP flour, kamut flour, eggs, roasted peanuts, unsalted butter, honey, organic cane + brown sugar, pure madagascar vanilla, glucose, corn syrup, baking soda, kosher salt																

	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)
KALE, CHEDDAR + SWEET POTATO SCONE		-	-	433	26	14	0	733	44	2	4	10	1045	5	354	3
kale, sweet potato, medium cheddar, organic AP flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, organic cane sugar, olive oil, garlic, black + white sesame seeds, kosher salt, flaked sea salt																
WILD BLUEBERRY + LEMON SCONE		-	-	266	8	5	0	403	43	2	12	6	240	1	110	2
wild blueberries, lemon juice + zest, pure madagascar vanilla extract, organic AP flour, unsalted butter, organic sugar, balkan yogurt, 2% buttermilk, whole milk, baking powder, baking soda, kosher salt																
CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE		-	-	436	22	14	0	932	49	2	6	11	247	2	390	3
smoked provolone cheese, canadian maple syrup, grainy mustard, vidalia onions, organic AP flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, extra virgin olive oil, canola oil, garlic, kosher salt, smoked paprika, chili flakes																

BEVERAGES

COCONUT FIZZ		V	GF	14	0	0	0	77	3	1	2	0	0	4	30	0
coconut water, sparkling water, ice, lime slice																
GRAPEFRUIT FIZZ		V	GF	26	0	0	0	17	7	0	0	0	13	25	22	0
grapefruit juice, lime, sparkling water, ice																
LEMON GINGER FIZZ		V	GF	10	0	0	0	17	3	0	1	0	0	13	18	0
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	50 g			8	0	0	0	4	1	1	1	1	198	2	15	0
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

PROTEINS

















OVEN ROASTED CHICKEN	80 g			123	3	1	0	316	1	0	0	22	23	1	11	1
ROASTED STEELHEAD TROUT	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

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

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)
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
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	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
ORGANIC BLACK LENTILS	110 g			197	6	1	0	303	26	13	1	11	1	4	26	3
PICKLED CARROTS	30 g			20	0	0	0	175	5	1	3	0	251	2	10	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
POWERKRAUT	50 g			18	0	0	0	110	4	1	3	1	2	11	14	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
** 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

** 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

** Indicates seasonal item

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

DRESSINGS

EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR

extra virgin olive oil
balsamic vinegar

CARROT GINGER DRESSING

carrots
scallions
ginger juice
rice wine vinegar
tamari

sesame oil

grapeseed oil

water

HONEY DIJON VINAIGRETTE

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

HONEY TURMERIC DRESSING

turmeric
nutritional yeast
honey
roasted cauliflower
apple cider vinegar
lemon juice
grapeseed oil
extra virgin olive oil

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
lime juice
grapeseed oil

ROASTED BEET HUMMUS

purple beets
hummus

SPICY CAESAR DRESSING

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

SPICY TAHINI DRESSING

tahini
dijon mustard
lemon juice

sriracha
maple syrup

** PIRI PIRI DRESSING

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

PROTEINS

OVEN ROASTED CHICKEN

chicken breast
kosher salt
paprika
mustard powder
garlic powder
coriander
cayenne pepper

ROASTED STEELHEAD TROUT

steelhead trout
kosher salt
maple flakes
paprika
garlic powder
coriander

ORGANIC TEMPEH

organic tempeh
ginger
scallions
garlic
red peppers
crushed chili peppers
sesame oil

tamari
maple syrup
toasted sesame seeds

SWEET POTATO BEAN CAKES

sweet potato
adzuki beans
red quinoa
white quinoa
chia seeds
kosher salt
coriander
parsley
extra virgin olive oil

SOUPS

** TURKEY CHILI

yellow onions
garlic
extra virgin olive oil
ground turkey
kosher salt
chili powder
paprika
cayenne pepper
cumin powder
oregano
tomato paste
tomato
pinto beans
red kidney beans

** GOLDEN CARROT SOUP

carrots
yellow onions
garlic
turmeric
salt
red curry paste
extra virgin olive oil
coconut milk
lime juice
water

ROASTED VEG

ROASTED CAULIFLOWER

cauliflower
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

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

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

ORGANIC BLACK LENTILS

organic black lentils
kosher salt
lemon juice
extra virgin olive oil

POWERKRAUT

purple beets
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
sriracha

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

***RED CURRY PASTE**

spices (including red chili)
dehydrated garlic
soybean oil
lemongrass
galangal (thai ginger)
salt
dehydrated shallot
coriander root
kaffir lime peel