

iQ

SPRING '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.



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)
SPRING CHICKEN SOUP (CUP) a brothy chicken soup w/ swiss chard, turnip, celery, onion + a "ton" of fresh herbs (broth made w/ mushrooms)	-	GF	69	3	0	0	619	4	1	2	8	52	10	26	1
SPRING CHICKEN SOUP (BOWL)	-	GF	102	4	1	0	929	6	1	3	11	74	14	38	1
LENTIL SOUP (CUP) lentil soup garnished w/ cilantro	V	GF	114	2	0	0	601	19	8	4	6	146	7	57	2
LENTIL SOUP (BOWL)	V	GF	171	3	0	0	901	28	12	6	10	215	10	84	3
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	V	GF	477	37	20	0	107	34	10	17	9	3	7	196	3	
chia pudding (chia, coconut milk, maple syrup, vanilla, salt), blackberry chia jam (just blackberries + chia, no sugar added), almond butter (unsweetened), coconut																
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

	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)	
SPRING LENTIL	BEEGAN	GF	327	10	1	0	777	50	21	10	16	403	98	188	7	
white lentils, avocado, pickled turnips, fresh herbs (dill, parsley, mint, basil), celery, kale, lime leaf vinaigrette, lime wedge, organic baby kale																
SUPER BOWL	BEEGAN	GF	428	14	2	0	676	63	22	12	18	910	71	190	6	
roasted beet hummus, avocado, white lentils, powerkraut, roasted sweet potato, cucumber, organic baby kale, arugula, honey turmeric dressing																
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	660	22	8	0	1184	76	12	6	43	347	52	321	4	
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																
SPARTA	-	GF	461	17	6	0	1205	45	7	7	36	136	19	176	4	
oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives (w/ pits), pickled onions, basil, arugula, quinoa, hummus, extra virgin olive oil + balsamic vinegar																
DAILY COBB	-	GF	383	18	7	0	865	20	4	8	38	621	75	174	3	
oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, organic baby kale, spinach, lemon wedge, honey dijon vinaigrette																
STEELHEAD + VEG	-	GF	587	22	0	0	710	77	11	11	24	813	77	123	3	
roasted steelhead salmon, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeño, brown rice, chopped romaine, lime wedge, carrot ginger dressing																

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

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	BEEGAN	GF	251	25	3	0	257	6	0	5	1	0	4	1	0
HONEY TURMERIC DRESSING	60 ml	BEEGAN	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
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
** LIME LEAF VINAIGRETTE	60 ml	BEEGAN	GF	170	14	1	0	886	11	1	8	2	0	5	7	0

BAKE SHOP

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															
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															

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)

CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE

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

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

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

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

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)
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 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
WHITE LENTILS	110 g			179	3	0	0	3	0	0	0	0	25	8	8	0
** FRESH HERBS	35 g			13	0	0	0	112	5	2	2	2	19	53	20	0
** CELERY	50 g			8	0	0	0									
NUTS, SEEDS + OTHER																
HUMMUS	60 ml			24	1	0	0	113	2	1	0	1	0	1	6	18
ROASTED BEET HUMMUS	60 ml			31	1	0	0	108	5	1	2	1	1	2	9	0
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)

** Indicates seasonal item

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

JALAPEÑO LIME VINAIGRETTE

jalapeños

cilantro

dijon mustard

honey

lime juice

grapeseed oil

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

** LIME LEAF VINAIGRETTE

lime leaves

garlic

honey

ginger

lime juice

tamari

grapeseed oil

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

** LENTIL SOUP

onions

extra virgin olive oil

carrots

celery

kosher salt

cumin powder

coriander

paprika

turmeric

chili flakes

red lentils

tomato

water

** SPRING CHICKEN SOUP

onions

extra virgin olive oil

swiss chard

celery

turnip

kosher salt

vegetable broth

water

steamed chicken breast

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

HUMMUS

chickpeas

tahini

lemon juice

garlic

extra virgin olive oil

kosher salt

LIME GREEN CABBAGE

green cabbage

lime juice

kosher salt

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

WHITE LENTILS

white lentils
water
lime leaves
salt
turmeric
lime leaf vinaigrette

**** FRESH HERBS (FOR SPRING CHICKEN SOUP)**

parsley
tarragon
chives

**** VEGETABLE BROTH**

tomato
mushroom
onions
carrot
celery
sugar
maltodextrin
salt
yeast extract
water