

# iQ

# FALL '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

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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.

### 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.

### 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.

### 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

<b>MR. PEANUT</b>	V	GF	445	21	3	0	74	57	10	30	14	6	15	204	2
peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened)															
<b>ALMOND BROTHERS</b>	V	GF	479	27	7	0	77	57	10	28	11	6	15	314	3
almond butter (unsweetened), toasted almonds, banana, coconut, dates, almond milk (unsweetened)															
<b>THE NOTORIOUS G.R.E.</b>	V	GF	94	2	0	0	120	19	4	10	3	303	76	142	2
spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple															
<b>PEACHES + GREEN</b>	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
peaches, cashews, kale, spinach, banana, lemon juice, coconut water															
<b>BLUE MAGIC</b>	V	GF	339	15	2	0	61	51	10	28	7	5	12	139	2
blueberries, dates, almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water															

## SNACKS

<b>JAM TOAST</b>	-	-	261	18	9	0	266	22	3	4	6	166	3	65	1
choice of cream cheese, almond butter (unsweetened) or peanut butter (unsweetened) w/ blackberry chia jam on sourdough															
<b>AVOCADO TOAST</b>	V	-	276	19	3	0	540	26	8	2	5	27	12	27	2
avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough															
<b>AVOCADO + EGG TOAST</b>	-	-	311	19	4	0	601	27	8	3	11	84	11	52	2
avocado smash, sliced egg, salt, pepper, dill on sourdough															
<b>AVOCADO + SALMON TOAST</b>	-	-	380	21	4	0	1329	34	9	11	16	7	17	35	2
avocado smash w/ smoked salmon, cucumber, pickled onion, lemon, black pepper on sourdough															
<b>EVERYTHING TOAST</b>	-	-	374	24	10	0	737	23	3	4	17	170	7	66	1
cream cheese + everything bagel spice w/ smoked salmon, cucumber, dill, lemon, black pepper on sourdough															
<b>CHIA PUDDING</b>	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															
<b>HAPPY EGGS</b>	-	GF	143	10	3	0	142	1	0	0	13	160	0	56	2
free run, hard-boiled eggs															
<b>PEANUT BUTTER OATS</b>	-	-	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

<b>HOT HONEY SQUASH</b>	-	GF	598	21	7	0	962	68	22	11	42	1704	125	304	9
hot honey squash, oven roasted chicken, feta, white lentils, mint, jalapeños, organic baby kale, spinach, lime wedge, hot honey vinaigrette															
<b>SUPER BOWL</b>	BEEGAN	GF	437	16	2	0	511	62	23	11	18	944	79	207	7
roasted beet hummus, avocado, white lentils, powerkraut, roasted sweet potato, cucumber, fresh herbs (dill, parsley, mint, basil), organic baby kale, arugula, honey turmeric dressing															
<b>SPICY KALE CAESAR</b>	-	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															
<b>SABABA</b>	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															
<b>LIMA</b>	-	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															
<b>SPARTA</b>	-	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															
<b>DAILY COBB</b>	-	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															
<b>STEELHEAD + VEG</b>	-	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															
<b>SOUP</b>															
<b>BUTTERNUT SQUASH + HONEYCRISP SOUP (CUP)</b>	V	GF	208	11	2	0	522	28	6	10	4	774	35	90	1
roasted butternut squash + honeycrisp soup w/ lemon tahini cream															
<b>BUTTERNUT SQUASH + HONEYCRISP SOUP (BOWL)</b>	V	GF	285	15	2	0	725	40	8	14	5	1119	50	127	2
<b>TURKEY CHILI (CUP)</b>	-	GF	307	17	4	0	1152	27	9	7	14	133	18	111	3
lean ground turkey chili, topped w/ local sour cream, avocado + pico (pickled onions, jalapenos, cilantro)															
<b>TURKEY CHILI (BOWL)</b>	-	GF	449	23	6	0	1798	42	12	11	23	201	24	172	5

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All of our dressings are served on the side and are excluded from the bowl nutritional above. 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 VINAIGRETTE	60 ml	BEEGAN	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
** HOT HONEY VINAIGRETTE	60 ml	BEEGAN	GF	267	27	3	0	13	6	0	5	0	59	4	6	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															

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## 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

GRAPEFRUIT FIZZ	V	GF	26	0	0	0	17	7	0	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	28	3	0	6	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	135	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
FRESH HERBS	10 g			4	0	0	0	4	1	0	0	0	34	8	18	1
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

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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			184	4	1	0	53	26	13	1	11	1	4	27	3
** HOT HONEY SQUASH	150 g			177	7	1	0	257	33	6	9	3	1202	56	116	2
** MINT	10 g			5	0	0	0	3	1	1	0	0	0	0	23	1
<b>NUTS, SEEDS + OTHER</b>																
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

### 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

// sustainably sourced // est. 2011 seasonal kitchen

## SPICY TAHINI DRESSING

tahini  
dijon mustard  
lemon juice  
sriracha  
maple syrup

## \*\* HOT HONEY VINAIGRETTE

hot honey squash  
Buzz hot honey  
lime juice  
white vinegar  
red chili flakes  
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  
ginger  
scallions  
garlic  
red peppers  
crushed chili peppers  
sesame oil  
tamari  
maple syrup

### 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 GRAPE TOMATOES

grape tomatoes  
extra virgin olive oil  
kosher salt

### ROASTED SWEET POTATO

sweet potato  
extra virgin olive oil  
kosher salt  
apple cider vinegar

## \*\* HOT HONEY SQUASH

butternut squash  
extra virgin olive oil  
paprika  
kosher salt  
Buzz hot honey

## 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

### 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

### FRESH HERBS

parsley  
mint  
dill  
basil

### 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

### ROASTED BEET HUMMUS

purple beets  
hummus

### 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  
extra virgin olive oil

### BUZZ HOT HONEY

lime juice  
honey  
vinegar  
chillies  
spices  
salt  
lime leaf  
lemongrass

## SOUP

### TURKEY CHILI

yellow onions  
garlic  
extra virgin olive oil  
ground turkey  
salt  
chili powder  
paprika  
cayenne pepper  
cumin  
oregano  
tomato paste  
canned tomatoes  
pinto beans  
red kidney beans  
sour cream  
avocado  
lime juice  
pickled onions  
jalapenos  
cilantro

### \*\* BUTTERNUT SQUASH + HONEYCRISP SOUP

butternut squash  
yellow onions  
honeycrisp apple  
extra virgin olive oil  
turmeric  
kosher salt  
water  
nutritional yeast  
tahini  
water  
lemon juice  
paprika

### \*\* INDICATES SEASONAL ITEM

\*\* We handle all allergens in our kitchen and cannot guarantee that our dishes are allergen-free. There may be trace amounts of allergens present and may not be suitable to eat for those with extreme sensitivities.