

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

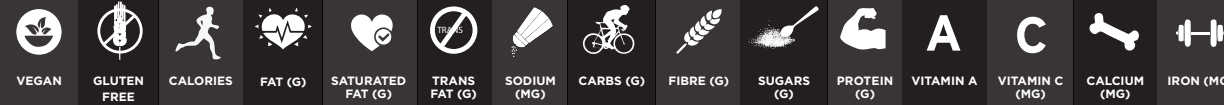


We love cheese. We could eat platters of it (with a little vino of course). But we also know it can be pretty caloric. If you're looking to keep things light, hold the queso.

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.



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	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)															
ALMOND BROTHERS	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)															
THE NOTORIOUS G.R.E.	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															
PEACHES + GREEN	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
peaches, cashews, kale, spinach, banana, lemon juice, coconut water															
BLUE MAGIC	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

	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)
JAM TOAST	-	-	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															
AVOCADO TOAST	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															
AVOCADO + EGG TOAST	-	-	311	19	4	0	601	27	8	3	11	84	11	52	2
avocado smash, sliced egg, salt, pepper, dill on sourdough															
AVOCADO + SALMON TOAST	-	-	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															
EVERYTHING TOAST	-	-	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															
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)
PIRI PIRI	-	GF	437	10	2	0	858	58	7	9	30	286	79	91	3
oven roasted chicken, piri piri cauliflower, grape tomatoes, pickled onions, parsley, romaine, brown rice, piri piri dressing, lemon wedge															
SUPER BOWL	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															
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															
SOUP															
WINTER CHICKPEA + TURMERIC BROTH (CUP)	V	GF	141	8	1	0	669	17	3	4	4	84	15	50	2
chickpeas, leeks and winter greens in a turmeric broth topped w/ jalapenos, lime + fresh herbs															
WINTER CHICKPEA + TURMERIC BROTH (BOWL)	V	GF	186	9	1	0	976	24	5	6	6	117	17	70	3
TURKEY CHILI (CUP)	-	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)															
TURKEY CHILI (BOWL)	-	GF	449	23	6	0	1798	42	12	11	23	201	24	172	5

	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)
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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
** PIRI PIRI DRESSING	60 ml	V	GF	173	17	2	0	278	6	1	3	1	98	66	9	0

BAKE SHOP

BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE		V	GF	405	19	6	0	339	55	4	23	4	2	0	79	4
70% dark chocolate callets, organic dark buckwheat flour, sugar, extra virgin olive oil, canola oil, tapioca starch, white rice flour, corn starch, potato starch, baking powder, baking soda, maldon salt																
CHOCOLATE CHIP COOKIE		-	-	365	19	11	0	399	43	3	24	6	120	0	72	4
brown sugar, bread flour, unsalted butter, semi-sweet chocolate callets, 70% dark chocolate callets, eggs, natural leaven, spelt flour, vanilla, salt, baking soda, baking powder																
PEANUT BUTTER COOKIE		-	-	375	21	8	0	272	43	2	29	8	90	0	32	1
natural smooth unsweetened peanut butter, sugar, unsalted butter, organic all purpose flour, natural leaven, roasted and unsalted peanuts, kamut flour, eggs, honey, vanilla, baking soda, kosher salt, xanthan gum, glucose, corn syrup																
KALE, CHEDDAR + SWEET POTATO SCONE		-	-	433	26	14	0	733	44	2	4	10	1045	5	354	3
organic all purpose flour, cream, buttermilk, medium-fort cheddar, unsalted butter, natural leaven, roasted sweet potato, roasted kale, baking powder, kosher salt, black and white sesame seeds																
WILD BLUEBERRY + LEMON SCONE		-	-	266	8	5	0	403	43	2	12	6	240	1	110	2
organic all purpose flour, unsalted butter, balkan yogurt, natural leaven, wild blueberries, buttermilk, sugar, milk, baking powder, baking soda, kosher salt, lemons																

	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)
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CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE		-	-	436	22	14	0	932	49	2	6	11	247	2	390	3
organic all purpose flour, cream, buttermilk, caramelized onion, smoked provolone, unsalted butter, natural leaven, grainy mustard, maple syrup, baking powder, smoked paprika, kosher salt, red chili pepper flakes																

BEVERAGES

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	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

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

// sustainably sourced // est. 2011

seasonal kitchen

SPICY TAHINI DRESSING

tahini
dijon mustard
lemon juice
sriracha

maple syrup

** PIRI PIRI DRESSING

red bell peppers

garlic

maple syrup

red chili flakes

paprika

kosher salt

lemon juice

extra virgin olive 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

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

** PIRI PIRI CAULIFLOWER

cauliflower

piri piri dressing

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

lime juice

** VEGETABLE BROTH

tomato

mushroom

onions

carrot

celery

sugar

maltodextrin

salt

yeast extract

water

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

** WINTER CHICKPEA + TURMERIC BROTH

swiss chard

shallots

leeks

extra virgin olive oil

turmeric

salt

vegetable broth

chickpeas

lime juice

jalapenos

parsley

mint

dill

basil

** 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.