

iQ

SPRING'22

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

MR. PEANUT	V	GF	458	23	5	0	12	61	9	35	14	17	13	54	2
peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened)															
ALMOND BROTHERS	V	GF	543	34	7	0	15	61	9	33	11	17	13	187	3
almond butter (unsweetened), toasted almonds, banana, coconut, dates, almond milk (unsweetened)															
THE NOTORIOUS G.R.E.	V	GF	94	1	0	0	79	20	4	12	3	250	90	131	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	380	16	2	0	22	59	11	27	6	7	24	145	2
blueberries, dates, almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water															

SNACKS

JAM TOAST (W/ CREAM CHEESE)	-	-	238	12	7	0	446	25	3	5	7	60	10	53	1
choice of cream cheese, almond butter or peanut butter (both unsweetened) w/ mixed berry jam on sourdough															
JAM TOAST (W/ ALMOND BUTTER)	V	-	245	13	2	0	273	28	4	3	7	0	10	79	2
JAM TOAST (W/ PEANUT BUTTER)	V	-	238	12	2	0	273	28	4	4	9	0	10	20	2
AVOCADO TOAST	V	-	282	18	3	0	692	28	7	1	5	27	13	18	2
avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough															
AVOCADO + EGG TOAST	-	-	344	20	4	0	739	32	7	3	13	85	13	42	2
avocado smash, sliced egg, salt, pepper, dill on sourdough															
AVOCADO + SALMON TOAST	-	-	362	21	4	0	973	31	8	4	17	8	18	24	2
avocado smash w/ smoked salmon, cucumber, pickled onion, lemon, black pepper on sourdough															
EVERYTHING TOAST	-	-	333	18	8	0	916	23	1	3	18	65	7	44	1
cream cheese + everything bagel spice w/ smoked salmon, cucumber, dill, lemon, black pepper on sourdough															
CHIA PUDDING	V	GF	500	40	21	0	109	33	10	14	9	0	11	186	3
chia pudding (chia, coconut milk, maple syrup, vanilla, salt), mixed berry jam (berries, chia, no sugar added), almond butter (unsweetened), coconut															
HAPPY EGGS	-	GF	155	11	3	0	124	1	0	1	13	149	0	50	1
free run, hard-boiled eggs															
PEANUT BUTTER OATS	-	-	548	27	5	0	86	64	13	18	21	5	12	104	4
organic steel-cut oats, chia seeds, peanut butter (unsweetened), banana, almond milk (unsweetened), honey, salt, topped w/ mixed berry jam (berries, chia, no sugar added) + cacao nibs															

BOWLS

SPRING GODDESS	-	GF	442	17	6	0	740	67	9	11	13	124	68	270	4
oven roasted chicken, feta, honey roasted turnips, pickled turnips, cucumbers, fresh herbs, jalapeños, sesame seeds, organic baby arugula, brown rice, spicy green goddess dressing, lime wedge															
SUPER BOWL	BEEGAN	GF	422	17	2	0	562	56	12	13	16	850	81	238	4
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	336	16	4	0	470	17	7	5	35	701	65	235	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	486	19	2	0	724	71	16	11	16	668	111	167	4
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	683	24	9	0	1158	77	13	7	45	287	52	294	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	451	16	6	0	998	43	6	5	38	125	16	158	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	358	16	7	0	619	15	4	6	40	570	72	176	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	570	20	3	0	752	77	12	10	26	858	77	142	4
roasted steelhead salmon, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeño, brown rice, chopped romaine, lime wedge, carrot ginger dressing															
** EVERYTHING BUT THE BAGEL BOWL	-	GF	381	20	8	0	1184	22	4	11	27	383	34	181	3
smoked salmon, goat cheese, hard-boiled egg, pickled onions, cucumber, grape tomatoes, everything bagel spice, dill, lemon wedge, beet hummus, extra virgin olive oil + balsamic vinegar, arugula, spinach															
** HAPPY BOWL	-	GF	431	15	6	0	971	42	7	6	35	479	14	140	4
oven roasted chicken, feta, pickled onions, grape tomatoes, sesame seeds, organic quinoa, chopped romaine, spicy tahini dressing															
** MACRO BOWL	-	GF	366	6	1	0	556	50	5	3	30	409	43	136	5
oven roasted chicken, cucumber, grape tomatoes, fresh herbs, lemon wedge, spinach, brown rice, extra virgin olive oil + balsamic vinegar															

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** MEXICAN CAESAR	-	GF		336	17	6	0	1154	23	8	8	30	479	55	133	2	4
oven roasted chicken, feta, avocado, pickled onions, lime green cabbage, jalapeños, cilantro, lime wedge, chopped romaine, spicy caesar dressing																	
** VEGAN CAESAR	-	GF		215	11	1	0	193	24	10	9	12	653	141	201	4	4
roasted cauliflower, pickled onions, spicy sunflower seeds, nutritional yeast, lemon wedge, arugula, baby kale, chopped romaine, spicy caesar dressing																	

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																
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																
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																

BEVERAGES

GRAPEFRUIT FIZZ		V	GF		27	0	0	0	1	7	0	0	0	14	27	9	0
grapefruit juice, lime, sparkling water, ice																	
LEMON GINGER FIZZ		V	GF		15	0	0	0	1	4	1	1	0	0	15	6	0
lemon juice, ginger juice, sparkling water, ice																	

DRESSINGS

EXTRA VIRGIN OLIVE OIL	30 ml	V	GF		240	27	3	0	0	0	0	0	0	0	0	0	0
BALSAMIC VINEGAR	30 ml	V	GF		20	0	0	0	0	4	0	4	0	0	0	0	0
EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR	30 ml	V	GF		174	19	2	0	0	1	0	1	0	0	0	0	0
CARROT GINGER DRESSING	60 ml	V	GF		161	14	2	0	430	7	1	5	0	201	2	10	0
HONEY DIJON VINAIGRETTE	60 ml	BEEGAN	GF		256	24	2	0	299	6	0	5	1	0	5	1	0
HONEY TURMERIC DRESSING	60 ml	BEEGAN	GF		262	25	3	0	11	7	1	6	1	0	9	4	0
HOT SAUCE	30 ml	V	GF		0	0	0	0	390	0	0	0	0	122	0	0	0
JALAPEÑO LIME VINAIGRETTE	60 ml	BEEGAN	GF		302	32	3	0	46	2	0	1	1	39	9	9	0
SPICY CAESAR DRESSING (VEGAN)	60 ml	V	GF		263	25	1	0	283	2	1	0	2	14	4	4	0
SPICY TAHINI DRESSING	60 ml	V	GF		126	9	2	0	115	8	2	5	3	0	6	14	1
** SPICY GREEN GODDESS DRESSING	60 ml	V	GF		234	24	2	0	157	1	0	0	1	19	7	15	0

SOUP

CHICKEN + FENNEL SOUP (CUP)	-	GF			206	8	4	0	786	15	6	4	18	137	9	169	2
a warming soup featuring swiss chard, white beans + ground chicken breast topped w/ shaved asiago																	
CHICKEN + FENNEL SOUP (BOWL)	-	GF			281	10	4	0	1131	23	9	6	26	181	14	198	3
MUSHROOM IMMUNITY BROTH (CUP)	V	GF			38	1	0	0	234	6	2	3	2	0	0	32	1
co-developed alongside our friends at Ripe, this nutrient dense and mineral rich sipping broth was created to boost immunity through the entire spring season. mushrooms (chaga, reishi, coriolus, cordyceps, lion's mane, maitake, button, portobello), onion, leek, celery, carrot, rosemary, thyme, sage, oregano, red chilis, star anise, cumin, salt, pepper, extra virgin olive oil, tamari, apple cider vinegar																	
MUSHROOM IMMUNITY BROTH (BOWL)	V	GF			120	3	0	0	740	20	20	8	6	0	0	100	2

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INGREDIENTS																
GREENS + GRAINS																
ORGANIC BABY KALE	35 g			17	0	0	0	13	3	1	1	2	175	42	53	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			9	0	0	0	4	2	1	1	1	218	2	17	0
BROWN RICE	120 g			205	3	0	0	174	41	2	0	4	0	0	5	1
QUINOA	100 g			160	3	1	0	142	29	3	0	6	0	0	9	2
PROTEINS																
OVEN ROASTED CHICKEN	80 g			136	3	1	0	311	1	0	0	25	13	0	8	1
ROASTED STEELHEAD TROUT	68 g			128	6	1	0	243	2	1	1	17	38	1	44	2
ORGANIC TEMPEH	68 g			141	7	1	0	350	9	5	3	14	9	7	64	1
FREE RUN EGGS	2 eggs			155	11	3	0	124	1	0	1	13	149	0	50	1
SWEET POTATO BEAN CAKES	2 cakes			94	1	0	0	240	19	4	1	4	227	3	30	1
DAIRY																
AGED WHITE CHEDDAR	30 g			122	10	7	0	208	0	0	0	7	0	0	207	0
ASIAGO	15 g			55	5	3	0	95	0	0	0	4	50	0	110	0
FETA (COW'S MILK)	30 g			80	7	5	0	290	2	0	0	4	40	0	44	0
GOAT CHEESE	34 g			85	7	5	0	164	1	0	0	5	121	0	27	0
PRODUCE																
AVOCADO SMASH	50 g			74	7	1	0	149	4	3	0	1	3	6	6	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	93	12	3	1	5	0	0	22	1
CHICKPEAS	30 g			45	1	0	0	53	7	2	1	2	0	0	11	0
CILANTRO	3 g			1	0	0	0	1	0	0	0	0	10	1	2	0
CORN	55 g			46	0	0	0	34	11	1	1	1	14	5	0	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	19	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			12	1	0	0	110	1	0	0	0	3	0	14	1
LIME GREEN CABBAGE	50 g			14	0	0	0	181	3	1	2	1	3	20	21	0
PICKLED CARROTS	30 g			13	0	0	0	36	3	1	2	0	251	2	10	0
PICKLED TURNIPS	40 g			19	0	0	0	70	4	1	3	1	0	10	15	0
PICKLED RED ONIONS	30 g			12	0	0	0	23	3	0	2	0	0	2	7	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			32	1	0	0	60	4	2	2	2	0	41	19	0
ROASTED GRAPE TOMATOES	38 g			19	1	0	0	29	2	1	2	1	27	9	6	0
ROASTED SWEET POTATOES	50 g			101	3	0	0	94	17	3	3	1	591	2	25	1
STEAMED BROCCOLI	45 g			23	1	0	0	64	2	1	1	1	0	42	22	0
WHITE LENTILS	110 g			149	5	0	0	61	17	1	0	8	0	2	47	1
** HONEY ROASTED TURNIPS	70 g			77	4	0	0	190	10	3	6	2	0	23	64	1

NUTS, SEEDS + OTHER																
HUMMUS	60 ml			27	2	0	0	101	2	1	0	1	0	1	5	0
ROASTED BEET HUMMUS	60 ml			45	1	0	0	121	7	2	4	2	1	4	13	1
SPICY SUNFLOWER SEEDS	14 g			81	7	1	0	13	3	1	1	3	0	1	11	1
** SESAME SEEDS	5 g			28	2	0	0	1	1	1	0	1	0	0	49	1
** MUSHROOM IMMUNITY BROTH RETAIL JAR	750 ml															
** 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

// sustainably sourced // est. 2011
seasonal kitchen

vegan mayonnaise

caper juice
paprika
dijon mustard

SPICY TAHINI DRESSING

tahini
dijon mustard
lemon juice
sriracha
maple syrup

** SPICY GREEN GODDESS DRESSING

basil
arugula
jalapenos
lime juice
kosher salt
vegan mayonnaise
dijon mustard
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

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

** HONEY ROASTED TURNIPS

turnips
extra virgin olive oil
coriander
kosher salt
Buzz Hot Honey
sesame seeds
lime juice

PICKLED THINGS

PICKLED CARROTS

carrot
rice wine vinegar
maple syrup

PICKLED RED ONIONS

red onions
rice wine vinegar
maple syrup
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

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 juice
green cabbage
lime juice
kosher salt

MIXED BERRY JAM

strawberries
blueberries
raspberries
blackberries
chia seeds

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

** BUZZ HOT HONEY

honey
vinegar
dried chili peppers
salt
spices
lime leaf
lemongrass

** 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.