

iQ

FALL'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.

NUTRITIONAL DATA



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	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)

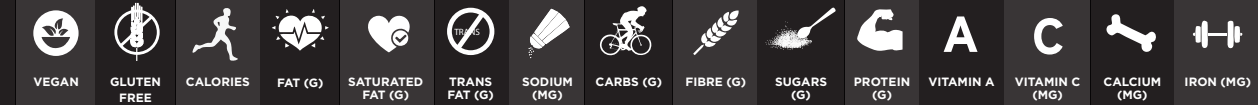
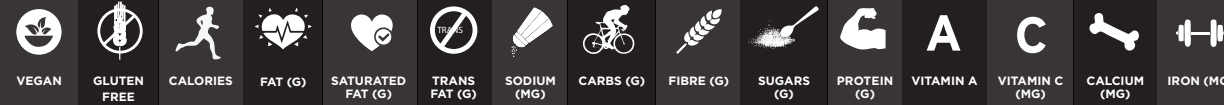
SMOOTHIES

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															
NAKED (W/ EGG WHITE PROTEIN) (IQX ONLY)	-	-	120	0	0	0	381	1	0	1	25	0	0	26	1
water, ice, protein															
NAKED (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7
NAKED (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	100	1	1	0	40	3	0	1	19	0	0	165	0
NAKED (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7
NAKED (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	100	2	1	0	40	4	0	1	18	0	0	132	
BASIC BRO (W/ EGG WHITE PROTEIN + ALMOND BUTTER) (IQX ONLY)	-	-	295	10	1	0	403	22	3	10	29	24	7	128	1
almond milk (unsweetened), peanut or almond butter, banana, protein															
BASIC BRO (W/ EGG WHITE PROTEIN + PEANUT BUTTER) (IQX ONLY)	-	-	314	12	2	0	403	22	4	11	32	24	7	81	1
BASIC BRO (W/ UNFLAVOURED VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)	V	-	294	12	2	0	308	23	4	9	25	24	7	122	8
BASIC BRO (W/ UNFLAVOURED VEGAN PROTEIN + PEANUT BUTTER) (IQX ONLY)	V	-	313	14	3	0	308	23	5	11	27	24	7	75	8
BASIC BRO (W/ UNFLAVOURED WHEY PROTEIN + ALMOND BUTTER)	-	-	300	14	2	0	62	24	3	10	23	24	7	278	1
BASIC BRO (W/ UNFLAVOURED WHEY PROTEIN + PEANUT BUTTER)	-	-	294	13	3	0	62	24	4	12	25	24	7	219	1
BASIC BRO (W/ VANILLA VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)	V	-	319	15	2	0	308	23	4	9	25	24	7	134	8

SMOOTHIES

BASIC BRO (W/ VANILLA VEGAN PROTEIN + PEANUT BUTTER)	V	-	313	14	3	0	308	23	5	11	27	24	7	75	8
BASIC BRO (W/ VANILLA WHEY PROTEIN + ALMOND BUTTER) (IQX ONLY)	-	-	275	11	2	0	62	24	3	10	23	24	7	266	1
BASIC BRO (W/ VANILLA WHEY PROTEIN + PEANUT BUTTER) (IQX ONLY)	-	-	294	13	3	0	62	25	4	12	24	24	7	186	1
BASIC BERRY (W/ EGG WHITE PROTEIN) (IQX ONLY)	-	-	338	2	0	0	407	54	11	21	28	30	20	114	2
almond milk (unsweetened), raspberries, blueberries, banana, protein															
BASIC BERRY (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	V	-	337	4	1	0	312	55	12	20	23	30	20	109	8
BASIC BERRY (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	318	3	1	0	66	56	11	21	21	30	20	253	1
BASIC BERRY (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	337	4	1	0	312	55	12	20	23	30	20	109	8
BASIC BERRY (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	318	3	1	0	66	57	11	21	20	30	20	219	1
RISE + GRIND (IQX ONLY)	V	-	515	26	3	0	13	70	9	32	12	17	13	187	3
almond milk (unsweetened), pilot cold brew, almond butter (unsweetened), banana, oats, dates, cinnamon															
MCT GREENS (IQX ONLY)	V	GF	233	14	14	0	49	22	4	14	2	919	59	85	2
coconut water, spinach, kale, cucumber, matcha, apple, MCT oil, lime, ginger															
THE BROTHERS GREEN (IQX ONLY)	V	GF	421	26	6	0	38	45	8	20	9	929	46	185	3
almond milk (unsweetened), almond butter (unsweetened), matcha, banana, spinach, kale, almonds, shredded coconut															
CAULI POWER (W/ EGG WHITE PROTEIN) (IQX ONLY)	-	-	329	10	1	0	412	29	8	9	29	15	18	122	2
almond milk (unsweetened), almond butter (unsweetened), blueberries, cauliflower, dates, protein															
CAULI POWER (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	V	-	328	12	2	0	317	30	9	9	25	15	18	117	9
CAULI POWER (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	309	11	2	0	71	31	8	10	23	15	18	261	2
CAULI POWER (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	328	12	2	0	317	30	9	9	25	15	18	117	9
CAULI POWER (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	309	12	2	0	71	32	8	10	22	15	18	228	2
SKINNY PB (W/ EGG WHITE PROTEIN) (IQX ONLY)	-	-	342	5	2	0	476	41	5	21	33	16	13	73	2
almond milk (unsweetened), PB2, banana, organic cacao nibs, protein															
SKINNY PB (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	V	-	341	7	3	0	381	42	6	20	29	16	13	68	8
SKINNY PB (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	322	6	3	0	135	43	5	21	27	16	13	212	1
SKINNY PB (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	341	7	3	0	381	42	6	20	29	16	13	68	8
SKINNY PB (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	322	6	3	0	135	44	5	21	26	16	13	178	1
GOLDENEYE 2.0 (IQX ONLY)	V	GF	254	11	11	0	28	38	6	27	3	3	73	122	1
coconut yogurt (unsweetened), organic coconut butter, mango, pineapple, lime, turmeric, coconut water															

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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 (W/ CREAM CHEESE) choice of cream cheese, almond butter or peanut butter (both unsweetened) w/ mixed berry jam on sourdough	-	-	238	12	7	0	446	25	3	5	7	60	10	53	1
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 avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough	V	-	282	18	3	0	692	28	7	1	5	27	13	18	2
AVOCADO + EGG TOAST avocado smash, sliced egg, salt, pepper, dill on sourdough	-	-	344	20	4	0	739	32	7	3	13	85	13	42	2
AVOCADO + SALMON TOAST avocado smash w/ smoked salmon (The Smoke Bloke), cucumber, pickled onion, lemon, black pepper on sourdough	-	-	362	21	4	0	973	31	8	4	17	8	18	24	2
EVERYTHING TOAST cream cheese + everything bagel spice w/ smoked salmon (The Smoke Bloke), cucumber, dill, lemon, black pepper on sourdough	-	-	333	18	8	0	916	23	1	3	18	65	7	44	1
CHIA PUDDING chia pudding (chia, coconut milk, maple syrup, vanilla, salt), mixed berry jam (berries, chia, no sugar added), almond butter (unsweetened), coconut	V	GF	500	40	21	0	109	33	10	14	9	0	11	186	3
HAPPY EGGS free run, hard-boiled eggs	-	GF	155	11	3	0	124	1	0	1	13	149	0	50	1
PEANUT BUTTER OATS 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	-	-	548	27	5	0	86	64	13	18	21	5	12	104	4
ALMOND CHICKEN SALAD (IQX ONLY) oven roasted chicken, almond lemon-rose (almond butter (unsweetened), dijon mustard, turmeric, curry, lemon juice, grapeseed oil, h2o, salt), red grapes, celery, toasted almonds (contains nuts)	-	GF	345	21	3	0	726	8	1	4	31	17	2	47	1
BAKED CHICKEN TENDERS (IQX ONLY) baked chicken breast (rolled in egg wash, almond flour + quinoa flakes), served w/ a side of honey-dijon dressing (extra virgin olive oil, honey, dijon mustard, lemon juice, apple cider vinegar)	-	GF	723	43	4	0	1199	38	3	8	49	69	7	43	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)
MAPLE SQUASH oven roasted chicken, goat cheese, maple roasted squash, balsamic green beans, pickled onions, organic baby kale, brown rice, lemon wedge, balsamic vinaigrette	-	GF	660	20	6	0	963	88	11	16	39	1561	103	237	4
SUPER BOWL roasted beet hummus, avocado, white lentils, powerkraut, roasted sweet potato, cucumber, fresh herbs (dill, parsley, mint, basil), organic baby kale, arugula, honey turmeric dressing	BEEGAN	GF	422	17	2	0	562	56	12	13	16	850	81	238	4
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	336	16	4	0	470	17	7	5	35	701	65	235	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	486	19	2	0	724	71	16	11	16	668	111	167	4
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	683	24	9	0	1158	77	13	7	45	287	52	294	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	451	16	6	0	998	43	6	5	38	125	16	158	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	358	16	7	0	619	15	4	6	40	570	72	176	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	570	20	3	0	752	77	12	10	26	858	77	142	4
** EVERYTHING BUT THE BAGEL BOWL 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	-	GF	381	20	8	0	1184	22	4	11	27	383	34	181	3
** HAPPY BOWL oven roasted chicken, feta, pickled onions, grape tomatoes, sesame seeds, organic quinoa, chopped romaine, spicy tahini dressing	-	GF	431	15	6	0	971	42	7	6	35	479	14	140	4
** MACRO BOWL oven roasted chicken, cucumber, grape tomatoes, fresh herbs, lemon wedge, spinach, brown rice, extra virgin olive oil + balsamic vinegar	-	GF	366	6	1	0	556	50	5	3	30	409	43	136	5

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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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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)

BOWLS

** 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															
** MEXICAN CAESAR	-	GF	336	17	6	0	1154	23	8	8	30	479	55	133	2
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
roasted cauliflower, pickled onions, spicy sunflower seeds, nutritional yeast, lemon wedge, arugula, baby kale, chopped romaine, spicy caesar dressing															

WRAPS

BBQ CHICKEN WRAP	-	-	616	28	5	0	1502	56	8	15	38	263	36	149	4
BBQ chicken salad (roasted chicken breast, kale, cabbage, pickled carrots, brussels sprouts, spicy sunflower seeds, goji berries, lime juice) tossed in a homemade BBQ sauce (tomato paste, tahini, tamari, apple cider vinegar, maple syrup, olive oil, garlic, salt, paprika, dried red chillies), whole wheat wrap															
SMASHED CHICKPEA WRAP	V	GF	302	9	0	0	1158	46	8	11	10	57	38	65	2
collard greens, rice paper, smashed chickpea salad (chickpeas, scallions, dill, pickled onions, veganise, turmeric, dijon, lemon juice, salt), red peppers, alfalfa sprouts															
STEELHEAD SALMON WRAP	-	GF	242	10	2	0	563	19	3	4	20	178	20	82	3
collard greens, rice paper, roasted steelhead salmon, parallel beet tahini, pickled carrots, lime green cabbage															
TUNA WRAP	-	-	428	19	3	0	1207	32	4	1	32	8	3	86	2
tuna salad (white tuna, celery, dijon, veganise, salt), alfalfa sprouts, whole wheat wrap															

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															

SOUP

ROASTED RED PEPPER + FETA SOUP (CUP)	-	-	216	12	5	0	1367	20	5	6	10	224	140	66	1
creamy red pepper soup (dairy-free) w/ a touch of chili, topped w/ feta															
ROASTED RED PEPPER + FETA SOUP (BOWL)	-	-	279	14	5	0	1862	28	7	9	12	309	204	77	2
TURKEY CHILI (CUP)	-	GF	274	15	4	0	1134	23	8	7	14	126	26	107	2
lean ground turkey chili, topped w/ local sour cream, avocado + pico (pickled onions, jalapenos, cilantro)															
TURKEY CHILI (BOWL)	-	GF	391	20	4	0	1814	34	11	11	23	194	38	166	4

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 (SOURDOUGH) COOKIE	-	-	365	19	11	0	399	43	3	24	6	120	0	72	4
butter, brown sugar, eggs, vanilla, all purpose flour, light spelt flour, kosher salt, baking soda, baking powder, bitter-sweet chocolate															
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															

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DRESSINGS

EXTRA VIRGIN OLIVE OIL	30 ml	V	GF	240	27	3	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
EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR	30 ml	V	GF	174	19	2	0	0	1	0	1	0	0	0	0
CARROT GINGER DRESSING	60 ml	V	GF	161	14	2	0	430	7	1	5	0	201	2	10
HONEY DIJON VINAIGRETTE	60 ml	BEEGAN	GF	256	24	2	0	299	6	0	5	1	0	5	1
HONEY TURMERIC DRESSING	60 ml	BEEGAN	GF	262	25	3	0	11	7	1	6	1	0	9	4
HOT SAUCE	30 ml	V	GF	0	0	0	0	390	0	0	0	0	122	0	0
JALAPEÑO LIME VINAIGRETTE	60 ml	BEEGAN	GF	302	32	3	0	46	2	0	1	1	39	9	9
SPICY CAESAR DRESSING (VEGAN)	60 ml	V	GF	263	25	1	0	283	2	1	0	2	14	4	4
SPICY TAHINI DRESSING	60 ml	V	GF	126	9	2	0	115	8	2	5	3	0	6	14
** BALSAMIC VINAIGRETTE	60 ml	V	GF	229	24	3	0	43	3	0	3	0	0	0	1

INGREDIENTS

GREENS + GRAINS

ORGANIC BABY KALE	35 g	V	GF	17	0	0	0	13	3	1	1	2	175	42	53	1
SPINACH	35 g	V	GF	8	0	0	0	28	1	1	0	1	164	10	35	1
BABY ARUGULA	35 g	V	GF	9	0	0	0	9	1	1	1	1	42	5	56	1
CHOPPED ROMAINE	50 g	V	GF	9	0	0	0	4	2	1	1	1	218	2	17	0
BROWN RICE	120 g	V	GF	205	3	0	0	174	41	2	0	4	0	0	5	1
QUINOA	100 g	V	GF	160	3	1	0	142	29	3	0	6	0	0	9	2

PROTEINS

OVEN ROASTED CHICKEN	80 g	-	GF	136	3	1	0	311	1	0	0	25	13	0	8	1
ROASTED STEELHEAD TROUT	68 g	-	GF	128	6	1	0	243	2	1	1	17	38	1	44	2
ORGANIC TEMPEH	68 g	V	GF	141	7	1	0	350	9	5	3	14	9	7	64	1
FREE RUN EGGS	2 eggs	-	GF	155	11	3	0	124	1	0	1	13	149	0	50	1
SWEET POTATO BEAN CAKES	2 cakes	V	GF	94	1	0	0	240	19	4	1	4	227	3	30	1

DAIRY

AGED WHITE CHEDDAR	30 g	-	GF	122	10	7	0	208	0	0	0	7	0	0	207	0
ASIAGO	15 g	-	GF	55	5	3	0	95	0	0	0	4	50	0	110	0
FETA (COW'S MILK)	30 g	-	GF	80	7	5	0	290	2	0	0	4	40	0	44	0
GOAT CHEESE	34 g	-	GF	85	7	5	0	164	1	0	0	5	121	0	27	0

PRODUCE

AVOCADO SMASH	50 g	V	GF	74	7	1	0	149	4	3	0	1	3	6	6	0
BASIL	2 g	V	GF	0	0	0	0	0	0	0	0	0	5	0	4	0

INGREDIENTS

BLACK BEANS	55 g	V	GF	65	1	0	0	93	12	3	1	5	0	0	22	1
CHICKPEAS	30 g	V	GF	45	1	0	0	53	7	2	1	2	0	0	11	0
CILANTRO	3 g	V	GF	1	0	0	0	1	0	0	0	0	10	1	2	0
CORN	55 g	V	GF	46	0	0	0	34	11	1	1	1	14	5	0	0
CUCUMBERS	34 g	V	GF	5	0	0	0	1	1	0	1	0	2	1	5	0
FRESH HERBS	10 g	V	GF	4	0	0	0	4	1	0	0	0	34	8	19	1
GRAPE TOMATOES	50 g	V	GF	9	0	0	0	3	2	1	1	0	21	7	5	0
JALAPEÑOS	10 g	V	GF	3	0	0	0	0	1	0	0	0	5	12	1	0
KALAMATA OLIVES	15 g	V	GF	12	1	0	0	110	1	0	0	0	3	0	14	1
LIME GREEN CABBAGE	50 g	V	GF	14	0	0	0	181	3	1	2	1	3	20	21	0
PICKLED CARROTS	30 g	V	GF	13	0	0	0	36	3	1	2	0	251	2	10	0
PICKLED TURNIPS	40 g	V	GF	19	0	0	0	70	4	1	3	1	0	10	15	0
PICKLED RED ONIONS	30 g	V	GF	12	0	0	0	23	3	0	2	0	0	2	7	0
POWERKRAUT	50 g	V	GF	18	0	0	0	110	4	1	3	1	2	11	14	0
RED RADISH	36 g	V	GF	23	2	0	0	97	1	1	1	0	0	6	9	0
ROASTED CAULIFLOWER	77 g	V	GF	32	1	0	0	60	4	2	2	2	0	41	19	0
ROASTED GRAPE TOMATOES	38 g	V	GF	19	1	0	0	29	2	1	2	1	27	9	6	0
ROASTED SWEET POTATOES	50 g	V	GF	101	3	0	0	94	17	3	3	1	591	2	25	1
STEAMED BROCCOLI	45 g	V	GF	23	1	0	0	64	2	1	1	1	0	42	22	0
WHITE LENTILS	110 g	V	GF	149	5	0	0	61	17	1	0	8	0	2	47	1
** BALSAMIC GREEN BEANS	35 g	V	GF	25	1	0	0	26	4	2	2	1	20	7	21	1
** MAPLE ROASTED SQUASH	115 g	V	GF	187	6	1	0	271	34	5	11	3	1247	48	118	2

NUTS, SEEDS + OTHER

HUMMUS	60 ml	V	GF	27	2	0	0	101	2	1	0	1	0	1	5	0
ROASTED BEET HUMMUS	60 ml	V	GF	45	1	0	0	121	7	2	4	2	1	4	13	1
SPICY SUNFLOWER SEEDS	14 g	V	GF	81	7	1	0	13	3	1	1	3	0	1	11	1

* Amounts in grams represent cooked weights (if applicable)

** Indicates seasonal item

*** We cannot guarantee that our dishes are allergen-free. There may be allergens present, and may not be suitable to eat for those with extreme sensitivities.

**** Ingredients with the GF flag are naturally gluten-free, but we cannot guarantee any ingredient to be free of cross contamination with gluten. Please use your best judgement with this in mind, depending on your level of gluten sensitivity

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

**** BALSAMIC VINAIGRETTE**

grapeseed oil

balsamic vinegar

maple syrup

dijon mustard

garlic

kosher salt

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

**** BALSAMIC GREEN BEANS**

green beans

extra virgin olive oil

kosher salt

balsamic vinegar

**** MAPLE ROASTED SQUASH**

butternut squash

extra virgin olive oil

paprika

kosher salt

maple syrup

balsamic 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**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

EVERYTHING BAGEL SEASONING

sesame seeds

poppy seeds

garlic

onion

salt

canola oil

FRESH HERBS

parsley

mint

dill

basil

HUMMUS

chickpeas

tahini

lemon juice

garlic

extra virgin olive oil

kosher salt

paprika

LIME GREEN CABBAGE

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

mustard flour

lemon juice concentrate

WHITE LENTILS

white lentils

water

lime leaves

salt

turmeric

extra virgin olive oil

lime juice

SOUPS**** ROASTED RED PEPPER SOUP**

red bell peppers

yellow onions

crushed chili peppers

garlic

kosher salt

paprika

extra virgin olive oil

water

nutritional yeast

bread

TURKEY CHILI

yellow onions

garlic

extra virgin olive oil

ground turkey

kosher salt

chili powder

paprika

cayenne pepper

cumin

oregano

tomato paste

canned tomato

pinto beans

red kidney beans

**** INDICATES SEASONAL ITEM**