

iQ

WINTER'23

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



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) |
|--|-------|-------------|----------|---------|-------------------|---------------|-------------|-----------|-----------|------------|-------------|-----------|----------------|--------------|-----------|

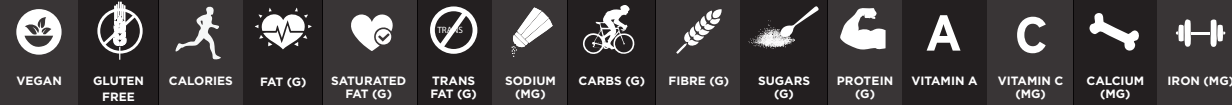
SMOOTHIES

| | | | | | | | | | | | | | | | |
|---|---|----|-----|----|---|---|-----|----|----|----|----|-----|----|-----|---|
| 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 |

| | 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

| | | | | | | | | | | | | | | | |
|--|---|----|-----|----|----|---|-----|----|----|----|----|-----|----|-----|---|
| 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), 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, lemon, 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 | | | | | | | | | | | | | | | |
| 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 |



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) | - | - | 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 (The Smoke Bloke), 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 (The Smoke Bloke), 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

Nutritional information for Bowls is exclusive of dressings

| | 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) | |
|---|--------|-------------|----------|---------|-------------------|---------------|-------------|-----------|-----------|------------|-------------|-----------|----------------|--------------|-----------|--|
| ROASTED ZUCCHINI + HARISSA | - | GF | 580 | 24 | 3 | 0 | 749 | 60 | 9 | 9 | 34 | 414 | 122 | 178 | 4 | |
| oven roasted chicken, roasted zucchini, pistachios, cucumbers, fresh herbs, brown rice, lemon wedge, baby kale, labneh + harissa | | | | | | | | | | | | | | | | |
| SUPER BOWL | BEEGAN | GF | 431 | 17 | 2 | 0 | 569 | 58 | 13 | 14 | 17 | 947 | 104 | 265 | 4 | |
| roasted beet hummus, avocado, white lentils, powerkraut, roasted sweet potato, cucumber, fresh herbs, baby kale, organic arugula, honey turmeric dressing | | | | | | | | | | | | | | | | |
| SPICY KALE CAESAR | - | - | 506 | 26 | 8 | 0 | 816 | 33 | 6 | 4 | 37 | 694 | 81 | 382 | 3 | |
| oven roasted chicken, asiago, pita chips, grape tomatoes, black pepper, spicy caesar dressing (vegan), chopped romaine, baby kale | | | | | | | | | | | | | | | | |
| SABABA | V | GF | 524 | 13 | 2 | 0 | 814 | 91 | 17 | 12 | 17 | 793 | 136 | 194 | 4 | |
| sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, cilantro, baby kale, brown rice, spicy tahini dressing | | | | | | | | | | | | | | | | |
| LIMA | - | GF | 668 | 23 | 9 | 0 | 1120 | 78 | 13 | 7 | 42 | 329 | 53 | 296 | 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 | 445 | 16 | 6 | 0 | 971 | 44 | 6 | 6 | 36 | 177 | 23 | 229 | 5 | |
| oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives, pickled onions, basil, organic arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar | | | | | | | | | | | | | | | | |
| DAILY COBB | - | GF | 357 | 16 | 7 | 0 | 609 | 17 | 5 | 7 | 38 | 811 | 104 | 234 | 4 | |
| oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, baby kale, spinach, honey dijon vinaigrette | | | | | | | | | | | | | | | | |
| STEELHEAD + VEG | - | GF | 572 | 20 | 3 | 0 | 757 | 76 | 13 | 10 | 26 | 1162 | 70 | 154 | 5 | |
| roasted steelhead trout, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeno, brown rice, chopped romaine, carrot ginger dressing | | | | | | | | | | | | | | | | |
| ** EVERYTHING BUT THE BAGEL BOWL | - | GF | 369 | 20 | 8 | 0 | 986 | 22 | 6 | 11 | 26 | 554 | 43 | 215 | 4 | |
| smoked salmon, goat cheese, hard-boiled egg, pickled onions, cucumber, grape tomatoes, everything bagel spice, dill, beet hummus, extra virgin olive oil + balsamic vinegar, organic arugula, spinach | | | | | | | | | | | | | | | | |
| ** HAPPY BOWL | - | GF | 412 | 14 | 6 | 0 | 740 | 41 | 7 | 5 | 34 | 595 | 13 | 132 | 4 | |
| oven roasted chicken, feta, pickled onions, grape tomatoes, sesame seeds, organic quinoa, chopped romaine, spicy tahini dressing | | | | | | | | | | | | | | | | |
| ** MACRO BOWL | - | 481 | 8 | 2 | 0 | 774 | 50 | 5 | 3 | 50 | 362 | 34 | 113 | 4 | 5 | |
| double portion oven roasted chicken, double cucumbers, grape tomatoes, fresh herbs, spinach, brown rice, extra virgin olive oil + balsamic vinegar | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | |
|-------|-------------|----------|---------|-------------------|---------------|-------------|-----------|-----------|------------|-------------|-----------|----------------|--------------|-----------|
| | | | | | | | | | | | | | | |
| 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) |

BOWLS

Nutritional information for Bowls is exclusive of dressings

| | | | | | | | | | | | | | | | |
|--|---|----|-----|----|---|---|-----|----|----|---|----|-----|-----|-----|---|
| ** MEXICAN CAESAR oven roasted chicken, feta, avocado, pickled onions, lime green cabbage, jalapeños, cilantro, chopped romaine, spicy caesar dressing | - | GF | 323 | 17 | 6 | 0 | 927 | 18 | 8 | 6 | 29 | 596 | 45 | 127 | 2 |
| ** VEGAN CAESAR chopped romaine, organic arugula, baby kale, roasted cauliflower, pickled onions, pita chips, nutritional yeast, spicy caesar dressing | - | - | 365 | 17 | 2 | 0 | 511 | 44 | 10 | 9 | 14 | 609 | 165 | 258 | 4 |

BEVERAGES

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

RETAIL

| | | | | | | | | | | | | | | | |
|---|---|----|----|---|---|---|------|----|---|---|---|---|---|-----|---|
| IMMUNITY MUSHROOM BROTH co-developed alongside our friends at Ripe, this nutrient dense and mineral rich sipping broth was created to boost immunity all year long. | V | GF | 80 | 1 | 0 | 0 | 1880 | 16 | 6 | 6 | 4 | 0 | 0 | 100 | 3 |
| GARLIC CHICKEN BROTH crafted for cold nights, sick days or when you're just looking for a little extra comfort, this restorative broth is special, and don't worry, the garlic is very mellow (and delicious) | - | GF | 50 | 0 | 0 | 0 | 1400 | 12 | 2 | 4 | 2 | 0 | 0 | 60 | 0 |

SOUP

| | | | | | | | | | | | | | | | |
|---|---|----|-----|----|---|---|------|----|----|----|----|-----|----|-----|---|
| WINTER CHICKPEA + TURMERIC BROTH (CUP) chickpeas, leeks and winter greens in a turmeric broth topped w/ jalapenos, | V | GF | 148 | 8 | 1 | 0 | 598 | 18 | 3 | 5 | 4 | 84 | 15 | 44 | 2 |
| WINTER CHICKPEA + TURMERIC BROTH (BOWL) | V | GF | 196 | 9 | 1 | 0 | 872 | 25 | 5 | 8 | 6 | 117 | 19 | 61 | 2 |
| TURKEY CHILI (CUP) lean ground turkey chili, topped w/ local sour cream, avocado + pico (pickled onions, jalapenos, cilantro) | - | GF | 274 | 15 | 4 | 0 | 1134 | 23 | 8 | 7 | 14 | 126 | 26 | 107 | 2 |
| TURKEY CHILI (BOWL) | - | GF | 391 | 20 | 4 | 0 | 1814 | 34 | 11 | 11 | 23 | 194 | 38 | 166 | 4 |

BAKE SHOP

| | | | | | | | | | | | | | | | |
|--|---|----|-----|----|----|---|-----|----|---|----|----|------|---|-----|---|
| BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE 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 | V | GF | 405 | 19 | 6 | 0 | 339 | 55 | 4 | 23 | 4 | 2 | 0 | 79 | 4 |
| CHOCOLATE CHIP (SOURDOUGH) COOKIE butter, brown sugar, eggs, vanilla, all purpose flour, light spelt flour, kosher salt, baking soda, baking powder, bitter-sweet chocolate | - | - | 365 | 19 | 11 | 0 | 399 | 43 | 3 | 24 | 6 | 120 | 0 | 72 | 4 |
| PEANUT BUTTER COOKIE 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 | - | - | 375 | 21 | 8 | 0 | 272 | 43 | 2 | 29 | 8 | 90 | 0 | 32 | 1 |
| KALE, CHEDDAR + SWEET POTATO SCONE 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 | - | - | 433 | 26 | 14 | 0 | 733 | 44 | 2 | 4 | 10 | 1045 | 5 | 354 | 3 |
| CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE 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 | - | - | 436 | 22 | 14 | 0 | 932 | 49 | 2 | 6 | 11 | 247 | 2 | 390 | 3 |
| WILD BLUEBERRY + LEMON SCONE organic all purpose flour, unsalted butter, balkan yogurt, natural leaven, wild blueberries, buttermilk, sugar, milk, baking powder, baking soda, kosher salt, lemons | - | - | 266 | 8 | 5 | 0 | 403 | 43 | 2 | 12 | 6 | 240 | 1 | 110 | 2 |

| 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) |
|--------|-------|-------------|----------|---------|-------------------|---------------|-------------|-----------|-----------|------------|-------------|-----------|----------------|--------------|-----------|
|--------|-------|-------------|----------|---------|-------------------|---------------|-------------|-----------|-----------|------------|-------------|-----------|----------------|--------------|-----------|

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 | 60 ml | V | GF | 174 | 19 | 2 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| CARROT GINGER DRESSING | 85 ml | V | GF | 161 | 14 | 2 | 0 | 430 | 7 | 1 | 5 | 0 | 201 | 2 | 10 | 0 |
| HONEY DIJON VINAIGRETTE | 85 ml | BEEGAN | GF | 256 | 24 | 2 | 0 | 299 | 6 | 0 | 5 | 1 | 0 | 5 | 1 | 0 |
| HONEY TURMERIC DRESSING | 85 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 | 85 ml | BEEGAN | GF | 302 | 32 | 3 | 0 | 46 | 2 | 0 | 1 | 1 | 39 | 9 | 9 | 0 |
| SPICY CAESAR DRESSING (VEGAN) | 85 ml | V | GF | 263 | 25 | 1 | 0 | 283 | 2 | 1 | 0 | 2 | 14 | 4 | 4 | 0 |
| SPICY TAHINI DRESSING | 85 ml | V | GF | 126 | 9 | 2 | 0 | 115 | 8 | 2 | 5 | 3 | 0 | 6 | 14 | 1 |
| ** LABNEH + HARISSA | 85 ml | - | GF | 295 | 28 | 6 | 0 | 456 | 9 | 2 | 5 | 3 | 83 | 2 | 78 | 1 |

INGREDIENTS

GREENS + GRAINS

| | | | | | | | | | | | | | | | | |
|----------------------|-------|---|----|-----|---|---|---|-----|----|---|---|---|-----|----|----|---|
| BABY KALE | 60 g | V | GF | 29 | 1 | 0 | 0 | 23 | 5 | 2 | 1 | 3 | 300 | 72 | 90 | 1 |
| SPINACH | 60 g | V | GF | 14 | 0 | 0 | 0 | 47 | 2 | 1 | 0 | 2 | 281 | 17 | 59 | 2 |
| ORGANIC BABY ARUGULA | 40 g | V | GF | 10 | 0 | 0 | 0 | 11 | 1 | 1 | 1 | 1 | 48 | 6 | 64 | 1 |
| CHOPPED ROMAINE | 60 g | V | GF | 10 | 0 | 0 | 0 | 5 | 2 | 1 | 1 | 1 | 262 | 2 | 20 | 1 |
| 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 | 70 g | - | GF | 119 | 3 | 1 | 0 | 272 | 1 | 0 | 0 | 22 | 11 | 0 | 7 | 0 |
| ROASTED STEELHEAD TROUT | 68 g | - | GF | 121 | 5 | 1 | 0 | 157 | 0 | 0 | 0 | 17 | 14 | 3 | 35 | 1 |
| 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 | 30 g | - | GF | 110 | 10 | 6 | 0 | 190 | 0 | 0 | 0 | 7 | 100 | 0 | 220 | 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 |
| PITA CHIPS | 45 g | V | - | 227 | 13 | 2 | 0 | 323 | 23 | 1 | 1 | 4 | 0 | 0 | 38 | 1 |
| 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 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 |
| ** ROASTED ZUCCHINI | 145 g | V | GF | 150 | 13 | 2 | 0 | 275 | 8 | 3 | 6 | 3 | 65 | 40 | 40 | 1 |

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 |
| ** PISTACHIOS | 12 g | V | GF | 67 | 5 | 1 | 0 | 0 | 3 | 1 | 1 | 2 | 3 | 1 | 13 | 0 |

* 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

HONEY DIJON VINAIGRETTE

sesame oil
extra virgin olive oil
water
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
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
extra virgin olive oil

SPICY CAESAR DRESSING

garlic
capers
nutritional yeast
black pepper
dried chillies
lemon juice

vegan mayonnaise
caper juice
paprika
dijon mustard

SPICY TAHINI DRESSING

tahini
dijon mustard
lemon juice
sriracha
maple syrup

** LABNEH + HARISSA

labneh
guajillo peppers
honey
garlic
chili flakes
kosher salt
vinegar
paprika
cumin

coriander
extra virgin olive oil

PROTEINS

OVEN ROASTED CHICKEN

chicken breast
kosher salt
black pepper
extra virgin olive oil

ROASTED STEELHEAD TROUT

steelhead trout
kosher salt
lemon juice

ORGANIC TEMPEH

organic tempeh
ginger
scallions
garlic
red peppers
crushed chili peppers
sesame oil
tamari
maple syrup
toasted sesame seeds

SWEET POTATO BEAN CAKES

garlic
capers
nutritional yeast
black pepper
dried chillies
lemon juice
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 SWEET POTATO

sweet potato
extra virgin olive oil
kosher salt
apple cider vinegar

** ROASTED ZUCCHINI

zucchini
extra virgin olive oil
kosher salt
paprika

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

PITA CHIPS

greek pita
extra virgin olive oil
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

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

** GARLIC CHICKEN BROTH

chicken bones
onions
celery
carrots
garlic
kosher salt
black pepper
bay leaf

** IMMUNITY MUSHROOM BROTH

button mushrooms
portabella mushrooms
onion
celery
carrots
leeks
kosher salt
thyme
rosemary
sage
tamari

olive oil

cumin

chili flakes

organic turkey tail

organic maitaki

organic lion's mane

organic cordyceps

organic reishi

organic chaga

** VEGETABLE BROTH

tomato
mushroom
onions
carrot
celery
sugar
maltodextrin
salt
yeast extract
water

** INDICATES SEASONAL ITEM

SOUPS

** WINTER CHICKPEA + TURMERIC BROTH

swiss chard
shallots
leeks
extra virgin olive oil
turmeric
kosher salt
vegetable broth
chickpeas

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