

iQ

SPRING'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



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

	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 peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened)	V	GF	458	23	5	0	12	61	9	35	14	17	13	54	2
ALMOND BROTHERS almond butter (unsweetened), toasted almonds, banana, coconut, dates, almond milk (unsweetened)	V	GF	543	34	7	0	15	61	9	33	11	17	13	187	3
THE NOTORIOUS G.R.E. spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple	V	GF	94	1	0	0	79	20	4	12	3	250	90	131	2
PEACHES + GREEN peaches, cashews, kale, spinach, banana, lemon juice, coconut water	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
BLUE MAGIC blueberries, dates, almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water	V	GF	380	16	2	0	22	59	11	27	6	7	24	145	2
NAKED (W/ EGG WHITE PROTEIN) (IQX ONLY) water, ice, protein	-	-	120	0	0	0	381	1	0	1	25	0	0	26	1
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) almond milk (unsweetened), peanut or almond butter, banana, protein	-	-	295	10	1	0	403	22	3	10	29	24	7	128	1
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

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

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) almond milk (unsweetened), raspberries, blueberries, banana, protein	-	-	338	2	0	0	407	54	11	21	28	30	20	114	2
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) almond milk (unsweetened), cold brew, almond butter (unsweetened), banana, oats, dates, cinnamon	V	-	515	26	3	0	13	70	9	32	12	17	13	187	3
MCT GREENS (IQX ONLY) coconut water, spinach, kale, cucumber, matcha, apple, MCT oil, lemon, ginger	V	GF	233	14	14	0	49	22	4	14	2	919	59	85	2
THE BROTHERS GREEN (IQX ONLY) almond milk (unsweetened), almond butter (unsweetened), matcha, banana, spinach, kale, almonds, shredded coconut	V	GF	421	26	6	0	38	45	8	20	9	929	46	185	3
SKINNY PB (W/ EGG WHITE PROTEIN) (IQX ONLY) almond milk (unsweetened), PB2, banana, organic cacao nibs, protein	-	-	342	5	2	0	476	41	5	21	33	16	13	73	2
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

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)

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)
GREEN GODDESS hard-boiled egg, pickled onions, white lentils, pita chips, cucumber, fresh herbs, green goddess dressing, organic baby arugula, baby spinach	-	-	497	24	4	0	542	50	5	4	23	443	37	287	7
SUPER BOWL roasted beet hummus, avocado, white lentils, powerkraut, roasted sweet potato, cucumber, fresh herbs, baby kale, organic arugula, honey turmeric dressing	BEEGAN	GF	431	17	2	0	569	58	13	14	17	947	104	265	4
SPICY KALE CAESAR oven roasted chicken, asiago, pita chips, grape tomatoes, black pepper, spicy caesar dressing (vegan), chopped romaine, baby kale	-	-	506	26	8	0	816	33	6	4	37	694	81	382	3
SABABA sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, cilantro, baby kale, brown rice, spicy tahini dressing	V	GF	524	13	2	0	814	91	17	12	17	793	136	194	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	668	23	9	0	1120	78	13	7	42	329	53	296	4
SPARTA oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives, pickled onions, basil, organic arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar	-	GF	445	16	6	0	971	44	6	6	36	177	23	229	5
DAILY COBB oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, baby kale, spinach, honey dijon vinaigrette	-	GF	357	16	7	0	609	17	5	7	38	811	104	234	4
STEELHEAD + VEG roasted steelhead trout, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeno, brown rice, chopped romaine, carrot ginger dressing	-	GF	572	20	3	0	757	76	13	10	26	1162	70	154	5
** EVERYTHING BUT THE BAGEL BOWL 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	-	GF	369	20	8	0	986	22	6	11	26	554	43	215	4
** HAPPY BOWL oven roasted chicken, feta, pickled onions, grape tomatoes, sesame seeds, organic quinoa, chopped romaine, spicy tahini dressing	-	GF	412	14	6	0	740	41	7	5	34	595	13	132	4
** MACRO BOWL double portion oven roasted chicken, double cucumbers, grape tomatoes, fresh herbs, spinach, brown rice, extra virgin olive oil + balsamic vinegar	-	GF	481	8	2	0	774	50	5	3	50	362	34	113	4

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)

SOUP

IMMUNITY MUSHROOM BROTH (8OZ)	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 all year long.															
IMMUNITY MUSHROOM BROTH (12OZ)	V	GF	57	1	0	0	350	9	3	4	3	0	0	47	1
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 calleets, 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															

NUTRITIONAL DATA



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
** GREEN GODDESS DRESSING	85 ml	V	GF	332	34	3	0	223	2	0	0	1	27	10	22	0

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

NUTRITIONAL DATA



INGREDIENTS

	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)
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
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

* 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 the 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

extra virgin olive 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
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

** GREEN GODDESS DRESSING

basil
arugula
jalapenos
lime juice
white vinegar
kosher salt
vegan mayonnaise
dijon mustard
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

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

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

SOUPS

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