

iQ

WINTER'24

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



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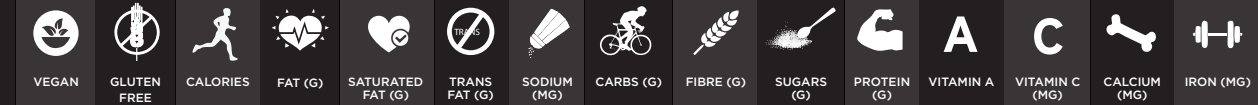
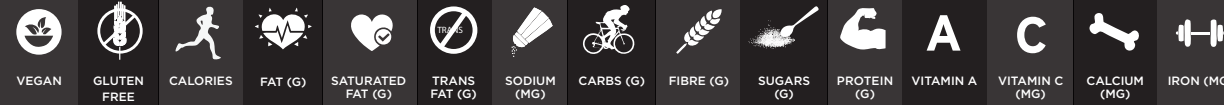
SMOOTHIES

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

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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
SKINNY PB (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	364	1	0	0	396	63	7	42	28	16	13	74	1
almond milk (unsweetened), mango, banana, protein															
MANGO (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	V	-	363	3	1	0	304	64	8	41	27	16	13	69	8
MANGO (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	344	2	1	0	55	65	7	42	22	16	13	213	1
MANGO (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	363	3	1	0	301	64	8	41	24	16	13	213	1
MANGO (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	344	2	1	0	55	66	7	42	21	16	13	180	1
VANILLA (IQX ONLY)	V	GF	263	7	1	0	19	50	8	27	5	22	13	82	2
almond milk (unsweetened), banana, dates, cashews, chia, vanilla, lucuma															



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																

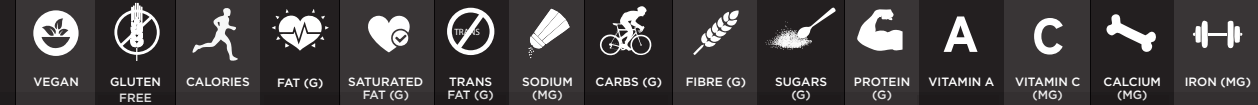
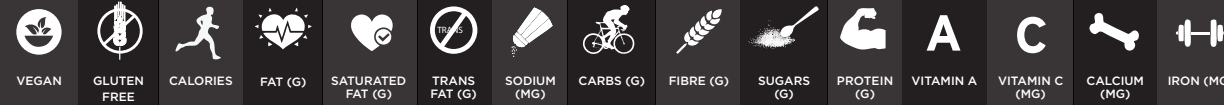
SOUP

	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)	
CHICKPEA + WINTER GREENS SOUP (CUP)	V	GF	148	8	1	0	598	18	3	5	4	84	15	44	2	
chickpeas, leeks and winter greens in a turmeric broth topped w/ jalapenos, extra virgin olive oil + lime drizzle + fresh herbs																
CHICKPEA + WINTER GREENS SOUP (BOWL)	V	GF	196	9	1	0	872	25	5	8	6	117	19	61	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	

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, baby kale, labneh + harissa																
SUPER BOWL	VEGAN	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																
ROASTED SALMON + VEG	-	GF	572	20	3	0	757	76	13	10	26	1162	70	154	5	
roasted salmon, 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																
** HONEY HARVEST BOWL	-	GF	560	19	6	0	938	64	11	8	39	953	53	209	5	
oven roasted chicken, roasted sweet potato, steamed broccoli, cucumbers, chickpeas, feta, organic quinoa, organic arugula, chopped romaine, honey dijon vinaigrette																



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)
** MACRO BOWL	-	GF	481	8	2	0	774	50	5	3	50	362	34	113	4
double portion oven roasted chicken, double cucumbers, grape tomatoes, fresh herbs, spinach, brown rice, extra virgin olive oil + balsamic vinegar															
** MEXICAN CAESAR	-	GF	323	17	6	0	927	18	8	6	29	596	45	127	2
oven roasted chicken, feta, avocado, pickled onions, lime green cabbage, jalapeños, cilantro, chopped romaine, spicy caesar dressing															
** VEGAN CAESAR	-	-	365	17	2	0	511	44	10	9	14	609	165	258	4
chopped romaine, organic arugula, baby kale, roasted cauliflower, pickled onions, pita chips, nutritional yeast, spicy caesar dressing															

BEVERAGES

	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)
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															

RETAIL

	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)
IMMUNITY MUSHROOM BROTH	V	GF	80	1	0	0	1880	16	6	6	4	0	0	100	3
co-developed alongside our friends at Ripe, this nutrient dense and mineral rich sipping broth was created to boost immunity all year long.															
GARLIC CHICKEN BROTH	-	GF	50	0	0	0	1400	12	2	4	2	0	0	60	0
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)															

BAKE SHOP

	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)
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 SCONES	-	-	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 SCONES	-	-	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 SCONES	-	-	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)

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 SALMON	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
BLACK BEANS	55 g	V	GF	65	1	0	0	93	12	3	1	5	0	0	22	1

	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)

INGREDIENTS

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

* 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

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

** 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 SALMON

salmon
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

** ROASTED ZUCCHINI

zucchini
extra virgin olive oil
kosher salt
paprika

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 cordyceps

organic reishi

organic chaga

** VEGETABLE BROTH

Tomato
Mushroom
Onion
Celery
Sugar
Maltodextrin
Salt
Yeast Extract
Natural Flavour
Water

SOUP

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

** CHICKPEA + WINTER GREENS SOUP

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

** INDICATES SEASONAL ITEM