

# iQ

## SPRING'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

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### 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

<b>MR. PEANUT</b>	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)															
<b>ALMOND BROTHERS</b>	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)															
<b>THE NOTORIOUS G.R.E.</b>	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															
<b>PEACHES + GREEN</b>	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
peaches, cashews, kale, spinach, banana, lemon juice, coconut water															
<b>BLUE MAGIC</b>	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															
<b>NAKED (W/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)</b>	V	-	124	2	0	0	293	4	2	1	24	0	0	293	7
water, ice, protein															
<b>NAKED (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)</b>	V	GF	380	16	2	0	22	59	11	27	6	7	24	145	2
<b>NAKED (W/ EGG WHITE PROTEIN) (IQX ONLY)</b>	-	-	120	0	0	0	381	1	0	1	25	0	0	26	1
water, ice, protein															
<b>NAKED (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7
<b>NAKED (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	100	1	1	0	40	3	0	1	19	0	0	165	0
<b>NAKED (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7
<b>NAKED (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	-	-	100	2	1	0	40	4	0	1	18	0	0	132	
<b>BASIC BRO (W/ EGG WHITE PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	-	-	295	10	1	0	403	22	3	10	29	24	7	128	1
almond milk (unsweetened), peanut or almond butter, banana, protein															
<b>BASIC BRO (W/ EGG WHITE PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	-	-	314	12	2	0	403	22	4	11	32	24	7	81	1
<b>BASIC BRO (W/ UNFLAVOURED VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	V	-	294	12	2	0	308	23	4	9	25	24	7	122	8
<b>BASIC BRO (W/ UNFLAVOURED VEGAN PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	V	-	313	14	3	0	308	23	5	11	27	24	7	75	8
<b>BASIC BRO (W/ UNFLAVOURED WHEY PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	-	-	300	14	2	0	62	24	3	10	23	24	7	278	1

	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

<b>BASIC BRO (W/ CHOCOLATE VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	V	-	324	15	2	0	315	25	5	10	28	24	7	406	8
almond milk (unsweetened), peanut or almond butter, banana, protein															
<b>BASIC BRO (W/ CHOCOLATE VEGAN PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	V	-	318	14	3	0	315	25	6	12	30	24	7	347	8
<b>BASIC BRO (W/ CHOCOLATE WHEY PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	V	-	327	15	2	0	96	24	4	11	30	24	7	355	1
<b>BASIC BRO (W/ CHOCOLATE WHEY PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	V	-	321	14	3	0	96	24	5	13	32	24	7	296	1
<b>BASIC BRO (W/ VANILLA VEGAN PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	V	-	313	14	3	0	308	23	5	11	27	24	7	75	8
<b>BASIC BRO (W/ VANILLA WHEY PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	-	-	275	11	2	0	62	24	3	10	23	24	7	266	1
<b>BASIC BRO (W/ VANILLA WHEY PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	-	-	294	13	3	0	62	25	4	12	24	24	7	186	1
<b>BASIC BERRY (W/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)</b>	V	-	342	4	1	0	319	57	13	21	26	30	20	381	8
almond milk (unsweetened), raspberries, blueberries, banana, protein															
<b>BASIC BERRY (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)</b>	-	-	345	4	1	0	99	56	12	22	28	30	20	330	1
<b>BASIC BERRY (W/ EGG WHITE PROTEIN) (IQX ONLY)</b>	-	-	338	2	0	0	407	54	11	21	28	30	20	114	2
almond milk (unsweetened), raspberries, blueberries, banana, protein															
<b>BASIC BERRY (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	337	4	1	0	312	55	12	20	23	30	20	109	8
<b>BASIC BERRY (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	318	3	1	0	66	56	11	21	21	30	20	253	1
<b>BASIC BERRY (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	V	-	337	4	1	0	312	55	12	20	23	30	20	109	8
<b>BASIC BERRY (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	-	-	318	3	1	0	66	57	11	21	20	30	20	219	1
<b>RISE + GRIND (IQX ONLY)</b>	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															
<b>MCT GREENS (IQX ONLY)</b>	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															
<b>THE BROTHERS GREEN (IQX ONLY)</b>	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															
<b>SKINNY PB (W/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)</b>	V	-	346	7	2	0	388	44	7	21	32	16	13	340	8
almond milk (unsweetened), PB2, banana, organic cacao nibs, protein															
<b>SKINNY PB (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)</b>	-	-	349	7	3	0	169	43	6	22	34	16	13	289	1
<b>SKINNY PB (W/ EGG WHITE PROTEIN) (IQX ONLY)</b>	-	-	342	5	2	0	476	41	5	21	33	16	13	73	2
almond milk (unsweetened), PB2, banana, organic cacao nibs, protein															

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## SMOOTHIES

<b>SKINNY PB (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	341	7	3	0	381	42	6	20	29	16	13	68	8
<b>SKINNY PB (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	322	6	3	0	135	43	5	21	27	16	13	212	1
<b>SKINNY PB (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	V	-	341	7	3	0	381	42	6	20	29	16	13	68	8
<b>SKINNY PB (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	-	-	322	6	3	0	135	44	5	21	26	16	13	178	1
<b>SKINNY PB (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b> almond milk (unsweetened), mango, banana, protein	-	-	364	1	0	0	396	63	7	42	28	16	13	74	1
<b>MANGO (W/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)</b> almond milk (unsweetened), mango, banana, protein	V	-	368	3	1	0	308	66	9	42	27	16	13	341	8
<b>MANGO (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)</b>	-	-	371	3	1	0	89	65	8	43	29	16	13	290	1
<b>MANGO (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	363	3	1	0	304	64	8	41	27	16	13	69	8
<b>MANGO (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	344	2	1	0	55	65	7	42	22	16	13	213	1
<b>MANGO (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	V	-	363	3	1	0	301	64	8	41	24	16	13	213	1
<b>MANGO (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	-	-	344	2	1	0	55	66	7	42	21	16	13	180	1
<b>** COCONUT MANGO GREENS (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b> coconut milk, mango, banana, cucumber, honey, spinach, kale	BEEGAN	GF	445	20	16	0	73	69	6	50	6	198	37	75	2
<b>** STRAWBERRY BANANA (W/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)</b> almond milk (unsweetened), strawberry, banana, protein	V	-	397	3	1	0	307	76	9	59	26	16	109	351	8
<b>** STRAWBERRY BANANA (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)</b>	-	-	400	3	1	0	88	75	8	60	28	16	109	300	1
<b>** STRAWBERRY BANANA (W/ EGG WHITE PROTEIN) (IQX ONLY)</b>	-	-	393	1	0	0	395	73	7	58	27	16	109	84	2
<b>** STRAWBERRY BANANA (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	396	3	1	0	312	74	8	58	27	16	109	79	9
<b>** STRAWBERRY BANANA (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	401	2	1	0	65	76	7	59	27	16	109	269	1
<b>** STRAWBERRY BANANA (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	-	-	396	3	1	0	312	74	8	58	27	16	109	79	9
<b>** STRAWBERRY BANANA (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	V	-	397	3	1	0	63	77	7	59	25	16	109	221	1

## BOWLS

Nutritional information for Bowls is exclusive of dressings

<b>GREEN GODDESS</b> 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
<b>SUPER BOWL</b> 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
<b>SPICY KALE CAESAR</b> 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
<b>SABABA</b> 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
<b>LIMA</b> 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
<b>SPARTA</b> 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
<b>DAILY COBB</b> 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
<b>ROASTED SALMON + VEG</b> roasted salmon, 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
<b>** EVERYTHING BUT THE BAGEL BOWL</b> 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
<b>** HAPPY BOWL</b> 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
<b>** HONEY HARVEST BOWL</b> oven roasted chicken, roasted sweet potato, steamed broccoli, cucumbers, chickpeas, feta, organic quinoa, organic arugula, chopped romaine, honey dijon vinaigrette	-	GF	560	19	6	0	938	64	11	8	39	953	53	209	5



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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## SOUP

<b>ORGANIC CHICKEN + ROASTED GARLIC BROTH (8 OZ)</b>	-	GF	16	0	0	0	442	4	1	1	1	0	0	19	0
chickpeas, leeks and winter greens in a turmeric broth topped w/ jalapenos, extra virgin olive oil + lime drizzle + fresh herbs															
<b>ORGANIC CHICKEN + ROASTED GARLIC BROTH (12 OZ)</b>	-	GF	24	0	0	0	663	6	1	2	1	0	0	28	0
<b>TURKEY CHILI (CUP)</b>	-	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)															
<b>TURKEY CHILI (BOWL)</b>	-	GF	391	20	4	0	1814	34	11	11	23	194	38	166	4

## BAKE SHOP

<b>BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE</b>	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															
<b>CHOCOLATE CHIP (SOURDOUGH) COOKIE</b>	-	-	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															
<b>PEANUT BUTTER COOKIE</b>	-	-	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															
<b>KALE, CHEDDAR + SWEET POTATO SCONE</b>	-	-	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															
<b>CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE</b>	-	-	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															
<b>WILD BLUEBERRY + LEMON SCONE</b>	-	-	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															

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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## INGREDIENTS

<b>CHICKPEAS</b>	30 g	V	GF	45	1	0	0	53	7	2	1	2	0	0	11	0
<b>CILANTRO</b>	3 g	V	GF	1	0	0	0	1	0	0	0	0	10	1	2	0
<b>CORN</b>	55 g	V	GF	46	0	0	0	34	11	1	1	1	14	5	0	0
<b>CUCUMBERS</b>	34 g	V	GF	5	0	0	0	1	1	0	1	0	2	1	5	0
<b>FRESH HERBS</b>	10 g	V	GF	4	0	0	0	4	1	0	0	0	34	8	19	1
<b>GRAPE TOMATOES</b>	50 g	V	GF	9	0	0	0	3	2	1	1	0	21	7	5	0
<b>JALAPEÑOS</b>	10 g	V	GF	3	0	0	0	0	1	0	0	0	5	12	1	0
<b>KALAMATA OLIVES</b>	15 g	V	GF	12	1	0	0	110	1	0	0	0	3	0	14	1
<b>LIME GREEN CABBAGE</b>	50 g	V	GF	14	0	0	0	181	3	1	2	1	3	20	21	0
<b>PICKLED CARROTS</b>	30 g	V	GF	13	0	0	0	36	3	1	2	0	251	2	10	0
<b>PICKLED TURNIPS</b>	40 g	V	GF	19	0	0	0	70	4	1	3	1	0	10	15	0
<b>PICKLED RED ONIONS</b>	30 g	V	GF	12	0	0	0	23	3	0	2	0	0	2	7	0
<b>PITA CHIPS</b>	45 g	V	-	227	13	2	0	323	23	1	1	4	0	0	38	1
<b>POWERKRAUT</b>	50 g	V	GF	18	0	0	0	110	4	1	3	1	2	11	14	0
<b>RED RADISH</b>	36 g	V	GF	23	2	0	0	97	1	1	1	0	0	6	9	0
<b>ROASTED CAULIFLOWER</b>	77 g	V	GF	32	1	0	0	60	4	2	2	2	0	41	19	0
<b>ROASTED SWEET POTATOES</b>	50 g	V	GF	101	3	0	0	94	17	3	3	1	591	2	25	1
<b>STEAMED BROCCOLI</b>	45 g	V	GF	23	1	0	0	64	2	1	1	1	0	42	22	0
<b>WHITE LENTILS</b>	110 g	V	GF	149	5	0	0	61	17	1	0	8	0	2	47	1

## NUTS, SEEDS + OTHER

<b>HUMMUS</b>	60 ml	V	GF	27	2	0	0	101	2	1	0	1	0	1	5	0
<b>ROASTED BEET HUMMUS</b>	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																
	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)
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 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

## 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 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

## 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

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