

# iQ

# FALL '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.

### 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.

### 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.

### 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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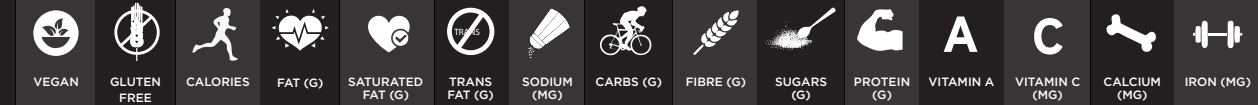
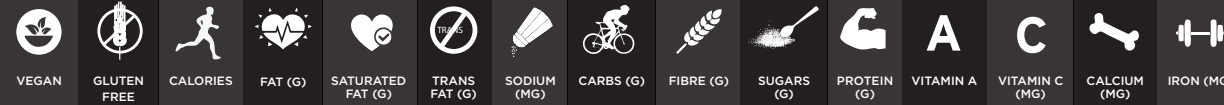
## SMOOTHIES

<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/ 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)</b>	-	-	300	14	2	0	62	24	3	10	23	24	7	278	1
<b>BASIC BRO (W/ UNFLAVOURED WHEY PROTEIN + PEANUT BUTTER)</b>	-	-	294	13	3	0	62	24	4	12	25	24	7	219	1
<b>BASIC BRO (W/ VANILLA VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	V	-	319	15	2	0	308	23	4	9	25	24	7	134	8

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## SMOOTHIES

<b>BASIC BRO (W/ VANILLA VEGAN PROTEIN + PEANUT BUTTER)</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/ 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/ 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															
<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>	-	-	364	1	0	0	396	63	7	42	28	16	13	74	1
almond milk (unsweetened), mango, banana, protein															
<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>VANILLA (IQX ONLY)</b>	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)	
<b>JAM TOAST (W/ CREAM CHEESE)</b>	-	-	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																
<b>JAM TOAST (W/ ALMOND BUTTER)</b>	V	-	245	13	2	0	273	28	4	3	7	0	10	79	2	
<b>JAM TOAST (W/ PEANUT BUTTER)</b>	V	-	238	12	2	0	273	28	4	4	9	0	10	20	2	
<b>AVOCADO TOAST</b>	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																
<b>AVOCADO + EGG TOAST</b>	-	-	344	20	4	0	739	32	7	3	13	85	13	42	2	
avocado smash, sliced egg, salt, pepper, dill on sourdough																
<b>AVOCADO + SALMON TOAST</b>	-	-	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																
<b>EVERYTHING TOAST</b>	-	-	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																
<b>CHIA PUDDING</b>	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																
<b>HAPPY EGGS</b>	-	GF	155	11	3	0	124	1	0	1	13	149	0	50	1	
free run, hard-boiled eggs																
<b>PEANUT BUTTER OATS</b>	-	-	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																

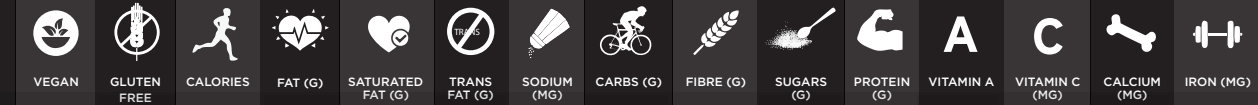
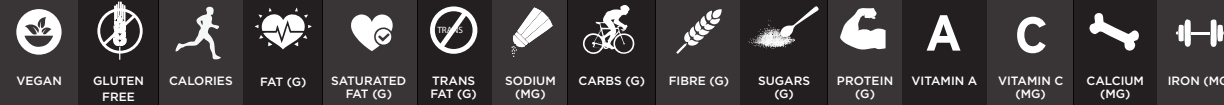
## SOUP

	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)	
<b>LENTIL SOUP (CUP)</b>	V	GF	113	2	0	0	595	19	4	3	6	138	10	52	2	
lentils, vegetables + spices, classic + nourishing																
<b>LENTIL SOUP (BOWL)</b>	V	GF	170	3	0	0	893	29	6	5	9	208	15	78	3	
<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	

## 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)	
<b>MAPLE SQUASH</b>	-	GF	618	21	7	0	922	77	12	17	39	1699	128	278	6	
oven roasted chicken, goat cheese, maple roasted squash, balsamic green beans, pickled onions, baby kale, organic quinoa, balsamic vinaigrette																
<b>SUPER BOWL</b>	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																
<b>SPICY KALE CAESAR</b>	-	-	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																
<b>SABABA</b>	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																
<b>LIMA</b>	-	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																
<b>SPARTA</b>	-	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																
<b>DAILY COBB</b>	-	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																
<b>ROASTED SALMON + VEG</b>	-	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																
<b>** EVERYTHING BUT THE BAGEL BOWL</b>	-	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																
<b>** HAPPY BOWL</b>	-	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																
<b>** HONEY HARVEST BOWL</b>	-	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)
<b>** MACRO BOWL</b>	-	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															
<b>** MEXICAN CAESAR</b>	-	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															
<b>** VEGAN CAESAR</b>	-	-	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)
<b>GRAPEFRUIT FIZZ</b>	V	GF	27	0	0	0	1	7	0	0	0	14	27	9	0
grapefruit juice, lime, sparkling water, ice															
<b>LEMON GINGER FIZZ</b>	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)
<b>IMMUNITY MUSHROOM BROTH</b>	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.															
<b>GARLIC CHICKEN BROTH</b>	-	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)
<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 SCONES</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 SCONES</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 SCONES</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															

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)
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## DRESSINGS

EXTRA VIRGIN OLIVE OIL	30 ml	V	GF	240	27	3	0	0	0	0	0	0	0	0	0	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	BEGAN	GF	256	24	2	0	299	6	0	5	1	0	5	1	0
HONEY TURMERIC DRESSING	85 ml	BEGAN	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	BEGAN	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
** BALSAMIC VINAIGRETTE	85 ml	V	GF	325	34	4	0	61	4	0	4	0	0	0	2	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

## 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
** BALSAMIC GREEN BEANS	35 g	V	GF	25	1	0	0	26	4	2	2	1	20	7	21	1
** MAPLE ROASTED SQUASH	155 g	V	GF	187	6	1	0	271	34	5	11	3	1247	48	118	2

### NUTS, SEEDS + OTHER

HUMMUS	60 ml	V	GF	27	2	0	0	101	2	1	0	1	0	1	5	0
ROASTED BEET HUMMUS	60 ml	V	GF	45	1	0	0	121	7	2	4	2	1	4	13	1

\* 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

### \*\* BALSAMIC VINAIGRETTE

kosher salt

balsamic vinegar

maple syrup

garlic

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

apple cider vinegar

### \*\* BALSAMIC GREEN BEANS

green beans

extra virgin olive oil

kosher salt

balsamic vinegar

### \*\* MAPLE ROASTED SQUASH

butternut squash

extra virgin olive oil

paprika

kosher salt

maple syrup

balsamic vinegar

## PICKLED THINGS

### PICKLED CARROTS

carrot

rice wine vinegar

maple syrup

### PICKLED RED ONIONS

red onions

rice wine vinegar

maple syrup

### PICKLED TURNIPS

white turnips

red beets

rice wine vinegar

maple syrup

## BEVERAGES

### GRAPEFRUIT FIZZ

grapefruit juice

lime

sparkling water

ice

### LEMON GINGER FIZZ

lemon juice

ginger juice

lime

sparkling water

ice

## EVERYTHING ELSE

### BLACK BEANS

black beans

lime juice

### CORN

corn

lime juice

kosher salt

### EVERYTHING BAGEL SEASONING

sesame seeds

poppy seeds

garlic

onion

salt

canola oil

### FRESH HERBS

parsley

mint

dill

basil

### HUMMUS

chickpeas

tahini

lemon juice

garlic

extra virgin olive oil

kosher salt

paprika

### LIME GREEN CABBAGE

green cabbage

lime juice

kosher salt

### MIXED BERRY JAM

strawberries

blueberries

raspberries

blackberries

chia seeds

### 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

## 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

### \*\* LENTIL SOUP

yellow onions

extra virgin olive oil

carrots

celery

kosher salt

cumin

coriander

paprika

turmeric

chile flakes

red lentils

tomatoes