

iQ

SUMMER '25

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



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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															
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															
MANGO REFUEL	V	GF	390	18	-	0	188	35	4	28	28	1260	73	-	3
mango, pineapple, coconut milk, coconut yogurt, protein															
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

															
	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 + ALMOND BUTTER) (IQX ONLY)	V	-	319	15	2	0	308	23	4	9	25	24	7	134	8
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

NUTRITIONAL DATA



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SNACKS															
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 unsweet-ened) 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 a dded), 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															
TUNA WRAP	-	-	425	18	4	0	1189	32	4	2	32	8	3	20	1
white tuna, celery, dijon, veganaise, salt, spinach, whole wheat wrap															
BBQ CHICKEN WRAP	-	-	539	26	5	0	966	46	8	9	33	200	34	72	3
BBQ chicken salad (roasted chicken breast, baby kale, cabbage, pickled carrots, toasted almonds, golden raisin, lime juice), BBQ sauce (tomato paste, tahini, tamari, maple syrup, olive oil, garlic, salt, paprika, chili flakes), whole wheat wrap															
SMASHED CHICKPEA WRAP	-	-	255	8	1	0	914	37	9	3	10	118	46	95	3
Whole wheat tortilla, romaine, smashed chickpea salad (chickpeas, scallions, dill, pickled onions, veganaise, turmeric, dijon, lemon juice, salt), red peppers															
CAESAR WRAP	-	-	525	25	8	0	1100	45	7	9	35	-	-	-	-
romaine, baby kale, hot honey chicken, tomatoes, asiago															

Nutritional information for Bowls is exclusive of dressings

ALMOND CHICKEN SALAD	-	GF	325	20	2	0	632	7	1	4	39	16	4	45	1
oven-roasted chicken, almond lemonaise (almond butter (unsweetened), dijon mustard, turmeric, curry, lemon juice, extra virgin olive oil), red grapes, celery, toasted almonds.															
BAKED CHICKEN TENDERS	-	GF	703	43	6	0	1191	33	5	7	47	73	6	91	5
baked chicken breast (rolled in egg wash, almond flour + quinoa flakes). Request your favorite iQ dressing															
TURKEY MEATBALLS		GF	184	10	3	0	289	8	1	1	20	32	4	45	2
lean ground turkey, quinoa, egg whites.															
BOWLS															
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															
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															
**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															

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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)

BOWLS

Nutritional information for Bowls is exclusive of dressings

** 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
HOT HONEY CHIPOTLE SALAD romaine, hot honey ground beef, tomatoes, sweet potato, avocado, pico (pickled onion, cilantro, jalapeno), cilantro, chipotle mayo dressing	-	GF	750	62	-	0	1281	29	8	11	25	19490	56	-	5
HOT HONEY POWER BOWL rice, hot honey chicken, broccoli, spiralized cucumber, pickled carrots, pickled red onions, pickled ginger, scallions, hard boiled egg, black & white sesame seeds, honey dijon dressing	-	GF	850	43	-	0	1870	86	5	38	38	5655	50	-	5
HONEY HARVEST coven 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

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

















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
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SOUP

ORGANIC CHICKEN + ROASTED GARLIC BROTH (8OZ) 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	20	0	0	0	27	2	0	0	3	55	1	10	0
ORGANIC CHICKEN + ROASTED GARLIC BROTH (12OZ)	-	GF	30	1	0	0	40	2	0	1	5	83	2	15	0
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
KALE, CHEDDAR + SWEET POTATO SCONES 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
WILD BLUEBERRY + LEMON SCONES 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
MIXED BERRY MUFFIN almond flour, oat flour, flax, tapioca starch, applesauce, coconut oil, maple syrup, apple cider vinegar, blueberries, cranberries, vanilla, baking soda, baking powder, sea salt, berries	V	GF	490	26	12	0	37	57	8	28	12	0	2	10	15

																
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

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
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