

# iQ

## FALL '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

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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.

SMOOTHIES

|                                                                                                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 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 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| APPLE GREENS                                                                                    | V                                                                                 | GF                                                                                | 126                                                                               | 1                                                                                 | 0                                                                                 | 0                                                                                 | 110                                                                               | 30                                                                                | 5                                                                                  | 18                                                                                  | 3                                                                                   | 704                                                                                 | 36                                                                                  | 77                                                                                  | 2                                                                                   |
| coconut water, lime juice, ginger juice, parsley, green apple, banana, spinach, honey           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| PUMPKIN PIE                                                                                     | V                                                                                 | GF                                                                                | 251                                                                               | 3                                                                                 | 0                                                                                 | 0                                                                                 | 283                                                                               | 43                                                                                | 6                                                                                  | 28                                                                                  | 18                                                                                  | 929                                                                                 | 13                                                                                  | 426                                                                                 | 3                                                                                   |
| almond milk (unsweetened), pumpkin puree, banana, pumpkin spice mix, dates, choice of 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                                                                                   |

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



## NUTRITIONAL DATA



## SNACKS

[illegible]

*Nutritional information for Bowls is exclusive of dressings*

[illegible]

## BOWLS

[illegible]

|  |  |  |  |  |  |  |  |  |  |  |  | <b>A</b>  | <b>C</b>       |  |  |
|--|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|----------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  | 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

|                                                                                                                                                                                                                                                  |   |    |     |    |    |   |      |    |    |    |    |       |    |     |   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|-----|----|----|---|------|----|----|----|----|-------|----|-----|---|
| <b>** EVERYTHING BUT THE BAGEL BOWL</b><br>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><br>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>** MACRO BOWL</b><br>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 |
| <b>HOT HONEY CHIPOTLE SALAD</b><br>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 |
| <b>HOT HONEY POWER BOWL</b><br>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 |
| <b>AUTUMN HARVEST</b><br>oven roasted chicken, roasted delicate squash, roasted brussels sprouts, cucumbers, feta, organic quinoa, organic arugula, chopped romaine, pumpkin seeds, dried cranberries, balsamic vinaigrette                      | - | GF | 790 | 43 | 10 | 0 | 790  | 66 | 10 | 24 | 38 | 780   | 61 | 287 | 6 |

BEVERAGES

|                                                                                          |   |    |     |   |   |   |     |    |   |    |   |    |    |     |   |
|------------------------------------------------------------------------------------------|---|----|-----|---|---|---|-----|----|---|----|---|----|----|-----|---|
| <b>GRAPEFRUIT FIZZ</b><br>grapefruit juice, lime, sparkling water, ice                   | V | GF | 27  | 0 | 0 | 0 | 1   | 7  | 0 | 0  | 0 | 14 | 27 | 9   | 0 |
| <b>LEMON GINGER FIZZ</b><br>lemon juice, ginger juice, sparkling water, ice              | V | GF | 15  | 0 | 0 | 0 | 1   | 4  | 1 | 1  | 0 | 0  | 15 | 6   | 0 |
| <b>ORGANIC HOT CHOCOLATE</b><br>Organic Chocolate mix, Whole Milk, Coconut Whipped Cream | - | GF | 181 | 9 | 6 | 0 | 125 | 15 | 1 | 13 | 9 | 68 | 0  | 284 | 1 |

RETAIL

|                                                                                                                                                                                                                         |   |    |    |   |   |   |      |    |   |   |   |   |   |    |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|----|---|---|---|------|----|---|---|---|---|---|----|---|
| <b>GARLIC CHICKEN BROTH</b><br>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 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|----|---|---|---|------|----|---|---|---|---|---|----|---|

SOUP

|                                                                                                                                         |   |    |     |    |   |   |      |    |    |    |    |     |    |     |   |
|-----------------------------------------------------------------------------------------------------------------------------------------|---|----|-----|----|---|---|------|----|----|----|----|-----|----|-----|---|
| <b>TURKEY CHILI (CUP)</b><br>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 |
| <b>TURKEY CHILI (BOWL)</b>                                                                                                              | - | GF | 391 | 20 | 4 | 0 | 1814 | 34 | 11 | 11 | 23 | 194 | 38 | 166 | 4 |

BAKE SHOP

|                                                                                                                                                                                                                                                            |   |    |     |    |    |   |     |    |   |    |    |      |   |     |    |
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| <b>BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE</b><br>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  |
| <b>CHOCOLATE CHIP (SOURDOUGH) COOKIE</b><br>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  |
| <b>KALE, CHEDDAR + SWEET POTATO SCONES</b><br>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  |
| <b>WILD BLUEBERRY + LEMON SCONE</b><br>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  |
| <b>MIXED BERRY MUFFIN</b><br>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 |

|                                           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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                                                                             | 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                                                                                   |
| BALSAMIC VINAIGRETTE                      | 60ml                                                                              | V                                                                                 | GF                                                                                | 237                                                                               | 25                                                                                | 4                                                                                 | 0                                                                                 | 37                                                                                | 5                                                                                 | 11                                                                                | 5                                                                                 | 0                                                                                   | 813                                                                                 | 77                                                                                  | 3                                                                                   | 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

|                                                      |
|------------------------------------------------------|
| <b>EXTRA VIRGIN OLIVE OIL<br/>+ BALSAMIC VINEGAR</b> |
| extra virgin olive oil                               |
| balsamic vinegar                                     |
| <b>CARROT GINGER DRESSING</b>                        |
| carrots                                              |
| scallions                                            |
| ginger juice                                         |
| rice wine vinegar                                    |
| tamari                                               |
| sesame oil                                           |
| extra virgin olive oil                               |
| water                                                |
| <b>HONEY DIJON VINAIGRETTE</b>                       |
| extra virgin olive oil                               |
| honey                                                |
| dijon mustard                                        |
| apple cider vinegar                                  |
| lemon juice                                          |
| <b>HONEY TURMERIC DRESSING</b>                       |
| turmeric                                             |
| nutritional yeast                                    |
| honey                                                |
| roasted cauliflower                                  |
| apple cider vinegar                                  |
| lemon juice                                          |
| extra virgin olive oil                               |
| <b>HOT SAUCE</b>                                     |
| water                                                |
| chili peppers                                        |
| vinegar                                              |
| salt                                                 |
| spices                                               |
| 0.1% sodium benzoate                                 |
| <b>JALAPEÑO LIME VINAIGRETTE</b>                     |
| jalapeños                                            |
| cilantro                                             |
| dijon mustard                                        |
| honey                                                |
| lime juice                                           |
| extra virgin olive oil                               |
| <b>SPICY CAESAR DRESSING</b>                         |
| garlic                                               |
| capers                                               |
| nutritional yeast                                    |
| black pepper                                         |
| dried chillies                                       |
| lemon juice                                          |

|                              |
|------------------------------|
| vegan mayonnaise             |
| caper juice                  |
| paprika                      |
| dijon mustard                |
| <b>SPICY TAHINI DRESSING</b> |
| tahini                       |
| dijon mustard                |
| lemon juice                  |
| sriracha                     |
| maple syrup                  |
| <b>BALSAMIC VINAIGRETTE</b>  |
| dijon mustard                |
| <b>water</b>                 |
| balsamic vinegar             |
| maple syrup                  |
| olive oil                    |

PROTEINS

|                                |
|--------------------------------|
| <b>OVEN ROASTED CHICKEN</b>    |
| chicken breast                 |
| kosher salt                    |
| black pepper                   |
| extra virgin olive oil         |
| <b>ROASTED STEELHEAD TROUT</b> |
| steelhead trout                |
| kosher salt                    |
| lemon juice                    |
| <b>ORGANIC TEMPEH</b>          |
| organic tempeh                 |
| ginger                         |
| scallions                      |
| garlic                         |
| red peppers                    |
| crushed chili peppers          |
| sesame oil                     |
| tamari                         |
| maple syrup                    |
| toasted sesame seeds           |
| <b>SWEET POTATO BEAN CAKES</b> |
| sweet potato                   |
| adzuki beans                   |
| red quinoa                     |
| white quinoa                   |
| chia seeds                     |
| kosher salt                    |
| coriander                      |
| parsley                        |
| extra virgin olive oil         |

ROASTED VEG

|                             |
|-----------------------------|
| <b>ROASTED CAULIFLOWER</b>  |
| cauliflower                 |
| extra virgin olive oil      |
| kosher salt                 |
| <b>ROASTED SWEET POTATO</b> |
| sweet potato                |
| extra virgin olive oil      |
| kosher salt                 |
| apple cider vinegar         |

PICKLED THINGS

|                           |
|---------------------------|
| <b>PICKLED CARROTS</b>    |
| carrot                    |
| rice wine vinegar         |
| maple syrup               |
| <b>PICKLED RED ONIONS</b> |
| red onions                |
| rice wine vinegar         |
| maple syrup               |
| <b>PICKLED TURNIPS</b>    |
| white turnips             |
| red beets                 |
| rice wine vinegar         |
| maple syrup               |

BEVERAGES

|                          |
|--------------------------|
| <b>GRAPEFRUIT FIZZ</b>   |
| grapefruit juice         |
| lime                     |
| sparkling water          |
| ice                      |
| <b>LEMON GINGER FIZZ</b> |
| lemon juice              |
| ginger juice             |
| lime                     |
| sparkling water          |
| ice                      |

EVERYTHING ELSE

|                                   |
|-----------------------------------|
| <b>BLACK BEANS</b>                |
| black beans                       |
| lime juice                        |
| <b>CORN</b>                       |
| corn                              |
| lime juice                        |
| kosher salt                       |
| <b>EVERYTHING BAGEL SEASONING</b> |
| sesame seeds                      |
| poppy seeds                       |
| garlic                            |
| onion                             |
| salt                              |
| canola oil                        |
| <b>FRESH HERBS</b>                |
| parsley                           |
| mint                              |
| dill                              |
| basil                             |
| <b>HUMMUS</b>                     |
| chickpeas                         |
| tahini                            |
| lemon juice                       |
| garlic                            |
| extra virgin olive oil            |
| kosher salt                       |
| paprika                           |
| <b>LIME GREEN CABBAGE</b>         |
| green cabbage                     |
| lime juice                        |
| kosher salt                       |
| <b>MIXED BERRY JAM</b>            |
| strawberries                      |
| blueberries                       |
| raspberries                       |
| blackberries                      |
| chia seeds                        |
| <b>PITA CHIPS</b>                 |
| greek pita                        |
| extra virgin olive oil            |
| kosher salt                       |
| <b>POWERKRAUT</b>                 |
| purple beets                      |
| green cabbage                     |
| lime juice                        |
| kosher salt                       |
| <b>RED RADISH</b>                 |
| red radish                        |

|                             |
|-----------------------------|
| extra virgin olive oil      |
| lemon juice                 |
| kosher salt                 |
| <b>ROASTED BEET HUMMUS</b>  |
| purple beets                |
| hummus                      |
| <b>STEAMED BROCCOLI</b>     |
| broccoli                    |
| extra virgin olive oil      |
| kosher salt                 |
| <b>VEGAN MAYONNAISE</b>     |
| expeller-pressed canola oil |
| filtered water              |
| brown rice syrup            |
| apple cider vinegar         |
| soy protein                 |
| <b>sea salt</b>             |
| mustard flour               |
| lemon juice concentrate     |
| <b>WHITE LENTILS</b>        |
| white lentils               |
| water                       |
| lime leaves                 |
| salt                        |
| turmeric                    |
| extra virgin olive oil      |
| lime juice                  |

|                                   |
|-----------------------------------|
| <b>** IMMUNITY MUSHROOM BROTH</b> |
| 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

|                        |
|------------------------|
| <b>TURKEY CHILI</b>    |
| 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       |