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

LEMON JUICE IN LIEU OF DRESSING



Many of our dressings are made with extra virgin olive oil. Ask for a fresh squeeze of lemon iuice instead.

GO LIGHT ON THE DAIRY



We love cheese. We could eat platters of it (with a little vino of course). But we also know it can be pretty caloric. If you're looking to keep things light, hold the gueso.



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.



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.

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SMOOTHIES	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)	_		VEGAN	GLUTEN FREE	CALORIES	FAT (G) SA	ATURATED FAT (G)	TRANS FAT (G)	SODIUM C (MG)	ARBS (G)	FIBRE (G)	SUGARS F (G)	PROTEIN V (G)	TTAMIN A \	TITAMIN C (MG)	CALCIUM II (MG)	RON (MG)
MR. PEANUT	V	GF	458	23	5	0	12	61	9	35	14	17	13	54	2		SMOOTHIES			710	15	2	0	700	27	4	0	25	24	7	17.4	0
peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened)																	BASIC BRO (W/ VANILLA VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)	V	-	319	15	2	0	308	23	4	9	25	24	/	134	8
ALMOND BROTHERS almond butter (unsweetened), toasted almonds, banana, coconut, dates, almond milk (unsweetened)	V	GF	543	34	7	0	15	61	9	33	11	17	13	187	3		BASIC BRO (W/ VANILLA VEGAN PROTEIN + PEANUT BUTTER)	V	-	313 275	14	3	0	308	23	5	11	27	24	7	75 266	8
THE NOTORIOUS G.R.E.	V	GF	94	1	0	0	79	20	4	12	3	250	90	131	2		BASIC BRO (W/ VANILLA WHEY PRO- TEIN + ALMOND BUTTER) (IQX ONLY)	-	-	2/5	"	2	0	62	24	3	10	25	24	/	266	'
spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple																	BASIC BRO (W/ VANILLA WHEY PRO- TEIN + PEANUT BUTTER) (IQX ONLY)	-	-	294	13	3	0	62	25	4	12	24	24	7	186	1
PEACHES + GREEN	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2		BASIC BERRY (W/ EGG WHITE PROTEIN) (IQX ONLY)	-	-	338	2	0	0	407	54	11	21	28	30	20	114	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		almond milk (unsweetened), raspberries, blueberries, banana, protein															
blueberries, dates, almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water																	BASIC BERRY (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	٧	-	337	4	1	0	312	55	12	20	23	30	20	109	8
APPLE GREENS coconut water, lime juice, ginger	٧	GF	126	1	0	0	110	30	5	18	3	704	36	77	2					318	7	1	0	66	56	11	21	21	30	20	253	1
juice, parsley, green apple, banana, spinach, honey																	BASIC BERRY (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	316	3	'	0	66	50	II .	21	21	30	20	253	'
PUMPKIN PIE almond milk (unsweetened),	V	GF	251	3	0	0	283	43	6	28	18	929	13	426	3		BASIC BERRY (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	337	4	1	0	312	55	12	20	23	30	20	109	8
pumpkin puree, banana, pumpkin spice mix, dates, choice of protein																	BASIC BERRY (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	318	3	1	0	66	57	11	21	20	30	20	219	1
NAKED (W/ EGG WHITE PROTEIN) (IQX ONLY)	-	-	120	0	0	0	381	1	0	1	25	0	0	26	1		RISE + GRIND (IQX ONLY)	V	-	515	26	3	0	13	70	9	32	12	17	13	187	3
water, ice, protein																	almond milk (unsweetened), cold brew, almond butter (unsweetened),															
NAKED (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7		banana, oats, dates, cinnamon MCT GREENS (IQX ONLY)	V	GF	233	14	14	0	49	22	4	14	2	919	59	85	2
NAKED (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	100	1	1	0	40	3	0	1	19	0	0	165	0		coconut water, spinach, kale, cucumber, matcha, apple, MCT oil, lemon, ginger															
NAKED (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7		THE BROTHERS GREEN (IQX ONLY) almond milk (unsweetened), almond	V	GF	421	26	6	0	38	45	8	20	9	929	46	185	3
NAKED (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	100	2	1	0	40	4	0	1	18	0	0	132			butter (unsweetened), matcha, banana, spinach, kale, almonds, shredded coconut SKINNY PB (W/ EGG WHITE	-	_	342	5	2	0	476	41	5	21	33	16	13	73	2
BASIC BRO (W/ EGG WHITE PROTEIN + ALMOND BUTTER)	-	-	295	10	1	0	403	22	3	10	29	24	7	128	1		PROTEIN) (IQX ONLY) almond milk (unsweetened), PB2,															
(IQX ONLY) almond milk (unsweetened), peanut																	banana, organic cacao nibs, protein SKINNY PB (W/ UNFLAVOURED	V	-	341	7	3	0	381	42	6	20	29	16	13	68	8
or almond butter, banana, protein																	VEGAN PROTEIN) (IQX ONLY) SKINNY PB (W/ UNFLAVOURED	-	_	322	6	7	0	135	43	5	21	27	16	13	212	1
BASIC BRO (W/ EGG WHITE PROTEIN + PEANUT BUTTER) (IQX ONLY)	-	-	314	12	2	0	403	22	4	11	32	24	7	81	1		WHEY PROTEIN) (IQX ONLY) SKINNY PB (W/ VANILLA VEGAN		-		7	3	0	381	42	6	20	29	16	13	68	8
BASIC BRO (W/ UNFLAVOURED VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)	V	-	294	12	2	0	308	23	4	9	25	24	7	122	8		PROTEIN) (IQX ONLY) SKINNY PB (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	322	6	3	0	135	44	5	21	26	16	13	178	1
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																	

NUTRITIONAL DATA



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					SATURATED		SODIUM		FIBRE (G)					CALCIUM (MG)	IRON (MG)				_							SUGARS (G)			TITAMIN C (MG)	CALCIUM II	RON (MG)
SNACKS																										Nutritional					
JAM TOAST (W/ CREAM CHEESE)	-	-	238	12	7	0	446	25	3	5	7	60	10	53	1	ALMOND CHICKEN SALAD	-	GF	325	20	2	0	632	7	1	4	39	16	4	45	1
choice of cream cheese, almond butter or peanut butter (both unsweet- ened) w/ mixed berry jam on sourdough																oven-roasted chicken, almond lemonaise (almond butter (unsweetened), dijon mustard, turmeric, curry, lemon juice, extra virgin															
JAM TOAST (W/ ALMOND BUTTER)	٧	-	245	13	2	0	273	28	4	3	7	0	10	79	2	olive oil), red grapes, celery, toasted almonds.															
JAM TOAST (W/ PEANUT BUTTER)	٧	-	238	12	2	0	273	28	4	4	9	0	10	20	2	BAKED CHICKEN TENDERS	-	GF	703	43	6	0	1191	33	5	7	47	73	6	91	5
avocado smash, lime juice, chili flakes,	٧	-	282	18	3	0	692	28	7	1	5	27	13	18	2	baked chicken breast (rolled in egg wash, almond flour + quinoa flakes). Request your favorite iQ dressing															
cilantro, extra virgin olive oil, salt, pepper on sourdough																TURKEY MEATBALLS		GF	184	10	3	0	289	8	1	1	20	32	4	45	2
AVOCADO + EGG TOAST avocado smash, sliced egg, salt, pepper, dill on sourdough	-	-	344	20	4	0	739	32	7	3	13	85	13	42	2	lean ground turkey, quinoa, egg whites.															
AVOCADO + SALMON TOAST avocado smash w/ smoked salmon (The	-	-	362	21	4	0	973	31	8	4	17	8	18	24	2	BOWLS															
Smoke Bloke), cucumber, pickled onion, lemon, black pepper on sourdough																SPICY KALE CAESAR	-	_	506	26	8	0	816	33	6	4	37	694	81	382	3
EVERYTHING TOAST cream cheese + everything bagel	-	-	333	18	8	0	916	23	1	3	18	65	7	44	1	oven roasted chicken, asiago, pita chips, grape tomatoes, black pepper,															
spice w/ smoked salmon (The Smoke Bloke), cucumber, dill, lemon, black pepper on sourdough																spicy caesar dressing (vegan), chopped romaine, baby kale	V	GF	524	13	2	0	014	01	17	12	17	707	136	194	4
FIG AND HONEY TOAST	-	-	431	22	10	0	439	46	4	16	10	171	1	99	2	SABABA sweet potato bean cakes, roasted	V	GF	524	13	2	0	814	91	17	12	17	793	136	194	4
cream cheese, dried figs, toasted almonds, honey,mint																cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, cilantro, baby kale, brown rice, spicy tahini dressing															
CHIA PUDDING chia pudding (chia, coconut milk, maple syrup, vanilla, salt), mixed berry jam (berries, chia, no sugar a dded), almond butter (unsweetened), coconut	V	GF	500	40	21	0	109	33	10	14	9	0	11	186	3	LIMA oven roasted chicken, corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, lime green cabbage, cilantro, chopped romaine, brown rice,	-	GF	668	23	9	0	1120	78	13	7	42	329	53	296	4
HAPPY EGGS	-	GF	155	11	3	0	124	1	0	1	13	149	0	50	1	jalapeño lime vinaigrette, hot sauce															
free run, hard-boiled eggs	_	_	548	27	5	0	86	64	13	18	21	5	12	104	4	SPARTA	-	GF	445	16	6	0	971	44	6	6	36	177	23	229	5
PEANUT BUTTER OATS organic steel-cut oats, chia seeds, peanut butter (unsweetened), banana, almond milk (unsweetened), honey, salt, topped w/ mixed berry jam			346	27	3	0	80	04	13	10	21	3	12	104	4	oven roasted chicken, grape tomatoes cucumbers, feta, kalamata olives, pickled onions, basil, organic arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar															
(berries, chia, no sugar added) + cacao nibs																DAILY COBB	-	GF	357	16	7	0	609	17	5	7	38	811	104	234	4
TUNA WRAP white tuna, celery, dijon, veganaise, salt, spinach, whole wheat wrap	-	-	425	18	4	0	1189	32	4	2	32	8	3	20	1	oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, baby kale, spinach, honey dijon vinaigrette															
																CAJUN SALMON + VEG	-	GF	572	20	3	0	757	76	13	10	26	1162	70	154	5
BBQ CHICKEN WRAP BBQ chicken salad (roasted chicken breast, baby kale, cabbage, pickled carrots, toasted almonds, golden raisin, lime juice), BBQ sauce (tomato paste, tahini, tamari,	-	-	539	26	5	0	966	46	8	9	33	200	34	72	3	cajun salmon, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeno, brown rice, chopped romaine, carrot ginger dressing															
maple syrup, olive oil, garlic, salt, paprika, chili flakes), whole wheat wrap																**VEGAN CAESAR chopped romaine, organic arugula,	-	-	365	17	2	0	511	44	10	9	14	609	165	258	4
SMASHED CHICKPEA WRAP	-	-	255	8	1	0	914	37	9	3	10	118	46	95	3	baby kale, roasted cauliflower, pickled onions, pita chips, nutritional															
Whole wheat tortilla, romaine, smashed chickpea salad (chickpeas, scallions, dill, pickled onions, veganaise, turmeric, dijon, lemon juice, salt), red peppers																yeast, spicy caesar dressing															
CAESAR WRAP	-	-	525	25	8	0	1100	45	7	9	35	-	-	-	-																
romaine, baby kale, hot honey chicken, tomatoes, asiago																															

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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									Nu	utritional i	nformati	ion for Bo	wls is exc	lusive of	dressings
** EVERYTHING BUT THE BAGEL BOWL	-	GF	369	20	8	0	986	22	6	11	26	554	43	215	4
smoked salmon, goat cheese, hard- boiled egg, pickled onions, cucumber, grape tomatoes, everything bagel spice, dill, beet hummus, extra virgin olive oil + balsamic vinegar, organic arugula, spinach															
** HAPPY BOWL	-	GF	412	14	6	0	740	41	7	5	34	595	13	132	4
oven roasted chicken, feta, pickled on- ions, grape tomatoes, sesame seeds, organic quinoa, chopped romaine, spicy tahini dressing															
** MACRO BOWL double portion oven roasted chicken, double cucumbers, grape tomatoes,	-	GF	481	8	2	0	774	50	5	3	50	362	34	113	4
fresh herbs, spinach, brown rice, extra virgin olive oil + balsamic vinegar															
HOT HONEY CHIPOTLE SALAD	-	GF	750	62	-	0	1281	29	8	11	25	19490	56	-	5
romaine, hot honey ground beef, tomatoes, sweet potato, avocado, pico (pickled onion, cilantro, jalapeno), cilantro, chipotle mayo dressing															
HOT HONEY POWER BOWL	-	GF	850	43	-	0	1870	86	5	38	38	5655	50	-	5
rice, hot honey chicken, broccoli, spiralized cucumber, pickled carrots, pickled red onions, pickled ginger, scallions, hard boiled egg, black & white seasame seeds, honey dijon dressing															
AUTUMN HARVEST	-	GF	790	43	10	0	790	66	10	24	38	780	61	287	6
oven roasted chicken, roasted delicata squash, roasted brussels sprouts, cucumbers, feta, organic quinoa, organic arugula, chopped romaine, pumpkin seeds, dried cranberries, balsamic vinaigrette															
BEVERAGES															
GRAPEFRUIT FIZZ	V	GF	27	0	0	0	1	7	0	0	0	14	27	9	0
grapefruit juice, lime, sparkling water, ice															
LEMON GINGER FIZZ lemon juice, ginger juice, sparkling water, ice	٧	GF	15	0	0	0	1	4	1	1	0	0	15	6	0
ORGANIC HOT CHOCOLATE Organic Chocolate mix, Whole Milk, Coconut Whipped Cream	-	GF	181	9	6	0	125	15	1	13	9	68	0	284	1
RETAIL															
GARLIC CHICKEN BROTH	_	GF	50	0	0	0	1400	12	2	4	2	0	0	60	0
crafted for cold nights, sick days or when you're just looking for a little extra comfort, this restorative broth is special, and don't worry, the garlic is very mellow (and delicious)		OI.	30	Ü	U	U	1400	12	2	4	2	Ü	Ü	60	Ü

	FREE			FAT (G)	FAT (G)	(MG)			(G)	(G)		(MG)	(MG)	
SOUP														
TURKEY CHILI (CUP) lean ground turkey chili, topped w/	- GF	274	15	4	0	1134	23	8	7	14	126	26	107	2
local sour cream, avocado + pico (pickled onions, jalapenos, cilantro)														
TURKEY CHILI (BOWL)	- GF	391	20	4	0	1814	34	11	11	23	194	38	166	4

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BAKE SHOP															
BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE	٧	GF	405	19	6	0	339	55	4	23	4	2	0	79	4
70% dark chocolate callets, organic dark buckwheat flour, sugar, extra virgin olive															
oil, canola oil, tapioca starch, white rice flour, corn starch, potato starch, baking powder, baking soda, maldon salt															
CHOCOLATE CHIP (SOURDOUGH) COOKIE	-	-	365	19	11	0	399	43	3	24	6	120	0	72	4
butter, brown sugar, eggs, vanilla, all purpose flour, light spelt flour, kosher salt, baking soda, baking powder, bitter- sweet chocolate															
KALE, CHEDDAR + SWEET POTATO SCONE	-		433	26	14	0	733	44	2	4	10	1045	5	354	3
organic all purpose flour, cream, buttermilk, medium-fort cheddar, unsalted butter, natural leaven,															
roasted sweet potato, roasted kale, baking powder, kosher salt, black and white sesame seeds															
WILD BLUEBERRY + LEMON SCONE	-	-	266	8	5	0	403	43	2	12	6	240	1	110	2
organic all purpose flour, unsalted butter, balkan yogurt, natural															
leaven, wild blueberries, buttermilk, sugar, milk, baking powder, baking soda, kosher salt, lemons															
MIXED BERRY MUFFIN	V	GF	490	26	12	0	37	57	8	28	12	0	2	10	15
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															

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	AMOUNT	VEGAN	GLUTEN	CALORIES	FAT (G)	SATURATED	TRANS	SODIUM	CARBS (G)	FIBRE (G)	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON (MG)
			FREE			FAT (G)	FAT (G)	(MG)			(G)	(G)		(MG)	(MG)	
DRESSINGS																
EXTRA VIRGIN OLIVE OIL	30 ml	V	GF	240	27	3	0	0	0	0	0	0	0	0	0	0
BALSAMIC VINEGAR	30 ml	٧	GF	20	0	0	0	0	4	0	4	0	0	0	0	0
EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR	60 ml	٧	GF	174	19	2	0	0	1	0	1	0	0	0	0	0
CARROT GINGER DRESSING	85 ml	٧	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	٧	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	٧	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	٧	GF	29	1	0	0	23	5	2	1	3	300	72	90	1
SPINACH	60 g	٧	GF	14	0	0	0	47	2	1	0	2	281	17	59	2
ORGANIC BABY ARUGULA	40 g	٧	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
	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	٧	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	٧	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

NG	REC	DIEN	NTS

55 g	V	GF	65	1	0	0	93	12	3	1	5	0	0	22	1
30 g	V	GF	45	1	0	0	53	7	2	1	2	0	0	11	0
3 g	V	GF	1	0	0	0	1	0	0	0	0	10	1	2	0
55 g	V	GF	46	0	0	0	34	11	1	1	1	14	5	0	0
34 g	V	GF	5	0	0	0	1	1	0	1	0	2	1	5	0
10 g	V	GF	4	0	0	0	4	1	0	0	0	34	8	19	1
50 g	V	GF	9	0	0	0	3	2	1	1	0	21	7	5	0
10 g	V	GF	3	0	0	0	0	1	0	0	0	5	12	1	0
15 g	V	GF	12	1	0	0	110	1	0	0	0	3	0	14	1
50 g	V	GF	14	0	0	0	181	3	1	2	1	3	20	21	0
30 g	V	GF	13	0	0	0	36	3	1	2	0	251	2	10	0
40 g	V	GF	19	0	0	0	70	4	1	3	1	0	10	15	0
30 g	V	GF	12	0	0	0	23	3	0	2	0	0	2	7	0
45 g	V	-	227	13	2	0	323	23	1	1	4	0	0	38	1
50 g	V	GF	18	0	0	0	110	4	1	3	1	2	11	14	0
36 g	V	GF	23	2	0	0	97	1	1	1	0	0	6	9	0
77 g	V	GF	32	1	0	0	60	4	2	2	2	0	41	19	0
50 g	V	GF	101	3	0	0	94	17	3	3	1	591	2	25	1
45 g	V	GF	23	1	0	0	64	2	1	1	1	0	42	22	0
110 g	٧	GF	149	5	0	0	61	17	1	0	8	0	2	47	1
60 ml	V	GF	27	2	0	0	101	2	1	0	1	0	1	5	0
60 ml	V	GF	45	1	0	0	121	7	2	4	2	1	4	13	1
	30 g 3 g 55 g 34 g 10 g 50 g 10 g 15 g 50 g 30 g 40 g 30 g 45 g 50 g 36 g 77 g 50 g 45 g 110 g	30 g V 3 g V 55 g V 34 g V 10 g V 50 g V 10 g V 50 g V 30 g V 40 g V 30 g V 45 g V 50 g V 36 g V 77 g V 50 g V 110 g V	30 g V GF 3 g V GF 55 g V GF 34 g V GF 10 g V GF 10 g V GF 10 g V GF 15 g V GF 30 g V GF 30 g V GF 30 g V GF 30 g V GF 40 g V GF 45 g V GF 50 g V GF 50 g V GF 45 g V GF 10 g V GF 50 g V GF 60 ml V GF	30 g V GF 45 3 g V GF 1 55 g V GF 46 34 g V GF 5 10 g V GF 4 50 g V GF 9 10 g V GF 3 15 g V GF 12 50 g V GF 14 30 g V GF 14 30 g V GF 13 40 g V GF 19 30 g V GF 12 45 g V GF 12 45 g V GF 18 36 g V GF 23 77 g V GF 32 50 g V GF 101 45 g V GF 23 110 g V GF 149	30 g V GF 45 1 3 g V GF 1 0 55 g V GF 46 0 34 g V GF 5 0 10 g V GF 4 0 50 g V GF 9 0 10 g V GF 3 0 15 g V GF 12 1 50 g V GF 12 1 50 g V GF 14 0 30 g V GF 13 0 40 g V GF 19 0 30 g V GF 19 0 30 g V GF 19 0 30 g V GF 12 0 45 g V GF 12 0 45 g V GF 18 0 36 g V GF 23 2 77 g V GF 32 1 50 g V GF 101 3 45 g V GF 23 1 110 g V GF 149 5	30 g V GF 45 1 0 0 0 55 g V GF 46 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	30 g V GF 45 1 0 0 0 3 g V GF 46 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	30 g V GF 45 1 0 0 53 3 g V GF 1 0 0 0 1 55 g V GF 46 0 0 0 34 34 g V GF 5 0 0 0 1 10 g V GF 4 0 0 0 4 50 g V GF 9 0 0 0 3 10 g V GF 3 0 0 0 0 15 g V GF 12 1 0 0 110 50 g V GF 14 0 0 0 181 30 g V GF 13 0 0 0 181 30 g V GF 19 0 0 0 36 40 g V GF 19 0 0 0 36 40 g V GF 19 0 0 0 36 40 g V GF 19 0 0 0 70 30 g V GF 12 0 0 0 23 45 g V - 227 13 2 0 323 50 g V GF 18 0 0 0 110 36 g V GF 23 2 0 0 97 77 g V GF 32 1 0 0 60 50 g V GF 101 3 0 0 94 45 g V GF 23 1 0 0 60 50 g V GF 149 5 0 61	30 g V GF 45 1 0 0 53 7 3 g V GF 1 0 0 0 1 0 55 g V GF 46 0 0 0 34 11 34 g V GF 5 0 0 0 1 1 10 g V GF 4 0 0 0 4 1 50 g V GF 3 0 0 0 0 1 15 g V GF 12 1 0 0 110 1 50 g V GF 14 0 0 0 181 3 30 g V GF 13 0 0 0 181 3 30 g V GF 13 0 0 0 36 3 40 g V GF 19 0 0 0 36 3 40 g V GF 19 0 0 0 36 3 40 g V GF 19 0 0 0 23 3 45 g V GF 12 0 0 0 10 4 30 g V GF 18 0 0 0 10 4 36 g V GF 32 1 0 0 60 4 50 g V GF 101 3 0 0 97 1 77 g V GF 32 1 0 0 60 4 50 g V GF 101 3 0 0 94 17 45 g V GF 149 5 0 0 61 17	30 g V GF 45 1 0 0 53 7 2 3 g V GF 1 0 0 0 1 0 0 55 g V GF 46 0 0 0 34 11 1 34 g V GF 5 0 0 0 1 1 0 10 g V GF 4 0 0 0 4 1 0 50 g V GF 3 0 0 0 1 1 0 15 g V GF 12 1 0 0 110 1 0 50 g V GF 14 0 0 0 110 1 0 50 g V GF 14 0 0 0 110 1 0 50 g V GF 14 0 0 0 181 3 1 30 g V GF 13 0 0 0 181 3 1 30 g V GF 13 0 0 0 36 3 1 40 g V GF 19 0 0 0 70 4 1 30 g V GF 19 0 0 0 70 4 1 30 g V GF 12 0 0 0 23 3 0 45 g V - 227 13 2 0 323 23 1 50 g V GF 18 0 0 0 110 4 1 36 g V GF 32 1 0 0 60 4 2 50 g V GF 101 3 0 0 94 17 3 45 g V GF 23 1 0 0 64 2 1 110 g V GF 149 5 0 0 61 17 1	30 g V GF 45 1 0 0 53 7 2 1 3 g V GF 1 0 0 0 1 0 0 0 55 g V GF 46 0 0 0 34 11 1 1 10 g V GF 5 0 0 0 1 1 0 0 0 50 g V GF 9 0 0 0 3 2 1 1 10 g V GF 3 0 0 0 0 1 0 0 15 g V GF 3 0 0 0 1 0 0 15 g V GF 12 1 0 0 110 1 0 0 15 g V GF 14 0 0 0 110 1 0 0 15 g V GF 14 0 0 0 181 3 1 2 30 g V GF 13 0 0 0 181 3 1 2 40 g V GF 19 0 0 0 36 3 1 2 40 g V GF 19 0 0 0 36 3 1 2 40 g V GF 19 0 0 0 36 3 1 2 45 g V GF 12 0 0 0 23 3 0 0 2 45 g V GF 12 0 0 0 23 3 0 0 2 45 g V GF 18 0 0 0 10 4 1 3 36 g V GF 18 0 0 0 110 4 1 3 36 g V GF 23 2 0 0 97 1 1 1 1 77 g V GF 32 1 0 0 60 4 2 2 50 g V GF 101 3 0 0 94 17 3 3 45 g V GF 23 1 0 0 64 2 1 1 110 g V GF 149 5 0 0 61 17 1 0	30 g V GF 45 1 0 0 0 53 7 2 1 2 3 g V GF 1 0 0 0 1 0 0 0 0 55 g V GF 46 0 0 0 0 34 11 1 1 1 34 g V GF 5 0 0 0 1 1 0 0 0 10 g V GF 4 0 0 0 0 4 1 0 0 0 50 g V GF 3 0 0 0 0 1 0 0 0 15 g V GF 12 1 0 0 110 1 0 0 0 50 g V GF 14 0 0 0 110 1 0 0 0 50 g V GF 12 1 0 0 110 1 0 0 0 50 g V GF 13 0 0 0 181 3 1 2 1 30 g V GF 13 0 0 0 0 36 3 1 2 1 30 g V GF 19 0 0 0 0 36 3 1 2 0 40 g V GF 19 0 0 0 0 36 3 1 2 0 40 g V GF 19 0 0 0 0 36 3 1 2 0 40 g V GF 12 0 0 0 36 3 1 2 0 45 g V GF 12 0 0 0 0 23 3 0 0 2 0 45 g V GF 12 0 0 0 0 23 3 0 0 2 0 45 g V GF 18 0 0 0 110 4 1 3 1 36 g V GF 23 2 0 0 97 1 1 1 1 0 0 77 g V GF 32 1 0 0 60 4 2 2 2 2 50 g V GF 101 3 0 0 0 64 2 1 1 1 110 g V GF 23 1 0 0 64 2 1 1 1 110 g V GF 149 5 0 0 61 17 1 0 8	30 g V GF 45 1 0 0 0 53 7 2 1 2 0 1 55 g V GF 1 0 0 0 0 1 0 0 0 0 1 0 0 0 0 0 1 0 1	30 g V GF 45 1 0 0 53 7 2 1 2 0 0 1 1 55g V GF 1 0 0 0 0 0 1 0 0 0 1 1 1 1 1 1 1 1 1	30 g V GF 45 1 0 0 0 53 7 2 1 2 0 0 0 11 3 g V GF 1 0 0 0 0 1 0 1 2 2 55 g V GF 46 0 0 0 0 1 1 0 0 0 0 0 0 1 1 1 1 1 1 1

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^{*} 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 sensitivites.

^{****} 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

vegan mayonnaise

caper juice

dijon mustard

dijon mustard

lemon juice

maple syrup

diion mustard

balsamic vinegar

PROTEINS

chicken breast

kosher salt

black pepper

steelhead trout

kosher salt

lemon juice

organic tempeh

ginger

garlic

scallions

red peppers

sesame oil

maple syrup

sweet potato

adzuki beans

red guinoa

chia seeds

kosher salt

coriander

parsley

extra virgin olive oil

white guinoa

tamari

ORGANIC TEMPEH

crushed chili peppers

toasted sesame seeds

SWEET POTATO BEAN CAKES

extra virgin olive oil

OVEN ROASTED CHICKEN

ROASTED STEELHEAD TROUT

maple syrup

olive oil

sriracha

water

SPICY TAHINI DRESSING

BALSAMIC VINAIGRETTE

paprika

DRESSINGS

EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR

extra virgin olive oil

balsamic vinegar

CARROT GINGER DRESSING

carrots

scallions

ginger juice

tamari

sesame oil

extra virgin olive oil

rice wine vinegar

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

0.1% sodium benzoate

JALAPEÑO LIME VINAIGRETTE

jalapeños cilantro

honey

extra virgin olive oil

SPICY CAESAR DRESSING

garlic capers

nutritional yeast black peppe

dried chillies

lemon juice

// sustainably sourced // est. 2011 seasonal kitchen

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

lime

LEMON GINGER FIZZ

lemon juice

ginger juice

sparkling water

ice

EVERYTHING ELSE

BLACK BEANS

black beans

CORN

lime juice

kosher salt

EVERYTHING BAGEL SEASONING

garlic

onior

canola oil

parsley

basil

HUMMUS

garlic

extra virgin olive oil

paprika

LIME GREEN CABBAGE

green cabbage

lime juice

kosher salt

MIXED BERRY JAM

strawberries

blueberries raspberries

blackberries

chia seeds

PITA CHIPS

extra virgin olive oil

POWERKRAUT

lime juice

RED RADISH

red radish

lime juice

corn

sesame seeds poppy seeds

salt

FRESH HERBS

mint

dill

chickpeas

lemon juice

kosher salt

greek pita

kosher salt

purple beets green cabbage

kosher salt

ROASTED BEET HUMMUS purple beets

STEAMED BROCCOLL

extra virgin olive oil

lemon juice

kosher salt

hummus

broccoli

kosher salt

extra virgin olive oil

VEGAN MAYONNAISE

expeller-pressed canola oil filtered water

brown rice syrup

apple cider vinegal sov protein

sea salt

lemon juice concentrate

WHITE LENTILS

mustard flour

white lentils water

lime leaves

salt

turmeric extra virgin olive oil

lime juice

** IMMUNITY MUSHROOM BROTH

button mushrooms

portabella mushrooms

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 oi

ground turkey

kosher salt

chili powder paprika

cayenne pepper cumin

oregano tomato paste

canned tomato pinto beans

red kidnev beans

** INDICATES SEASONAL ITEM