

iQ

WINTER '26

We love calories. The good ones at least. We're always looking for healthy ways to fuel our movement and understand that good and nutrient dense food is often highly caloric. A single tablespoon of extra virgin olive oil contains 120 calories. Half of an avocado clocks in at about 160 calories. And both foods are considered amongst the healthiest fats on the planet.

While we're huge proponents of eating lots of the good stuff, we also recognize that there may be times when monitoring caloric intake is a priority for some. If you're looking to keep things light, we've got a few suggestions.

PRO TIPS

LEMON JUICE IN LIEU OF DRESSING



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

GO LIGHT ON THE DAIRY



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

GREENS INSTEAD OF GRAINS



While fibrous and full of energy, grains like brown rice and quinoa (technically a seed) are also quite caloric. Substitute leafy greens like arugula, kale, or spinach in their place for a little colour.

DON'T GO NUTS



Nuts (and seeds) are rich in healthy monounsaturated fats, magnesium, potassium and antioxidants like vitamin E. They're also quite caloric. If you're mindful of the numbers, ask for a half portion.

NUTRITIONAL DATA



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	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)

SMOOTHIES

MR. PEANUT peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened)	V	GF	458	23	5	0	12	61	9	35	14	17	13	54	2
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
THE NOTORIOUS G.R.E. spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple	V	GF	94	1	0	0	79	20	4	12	3	250	90	131	2
PEACHES + GREEN peaches, cashews, kale, spinach, banana, lemon juice, coconut water	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
BLUE MAGIC blueberries, dates, almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water	V	GF	380	16	2	0	22	59	11	27	6	7	24	145	2
GLOW UP carrot juice, banana, almond milk (unsweetened), whey protein, cinnamon, ice		GF	300	5	1	0	180	38	4	20	34	4	10	300	2
SUPER BERRY PROTEIN almond milk (unsweetened), cranberry juice, banana, dates, cranberries, raspberries, whey protein, cinnamon, ice		GF	420	6	1	0	180	58	8	34	32	1	32	390	3
NAKED (W/ EGG WHITE PROTEIN) (IQX ONLY) water, ice, protein	-	-	120	0	0	0	381	1	0	1	25	0	0	26	1
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) almond milk (unsweetened), peanut or almond butter, banana, protein	-	-	295	10	1	0	403	22	3	10	29	24	7	128	1
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

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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) almond milk (unsweetened), raspberries, blueberries, banana, protein	-	-	338	2	0	0	407	54	11	21	28	30	20	114	2
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) almond milk (unsweetened), cold brew, almond butter (unsweetened), banana, oats, dates, cinnamon	V	-	515	26	3	0	13	70	9	32	12	17	13	187	3
MCT GREENS (IQX ONLY) coconut water, spinach, kale, cucumber, matcha, apple, MCT oil, lemon, ginger	V	GF	233	14	14	0	49	22	4	14	2	919	59	85	2
THE BROTHERS GREEN (IQX ONLY) almond milk (unsweetened), almond butter (unsweetened), matcha, banana, spinach, kale, almonds, shredded coconut	V	GF	421	26	6	0	38	45	8	20	9	929	46	185	3
SKINNY PB (W/ EGG WHITE PROTEIN) (IQX ONLY) almond milk (unsweetened), PB2, banana, organic cacao nibs, protein	-	-	342	5	2	0	476	41	5	21	33	16	13	73	2
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

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SNACKS

Item	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)
JAM TOAST (W/ CREAM CHEESE) choice of cream cheese, almond butter or peanut butter (both unsweetened) w/ mixed berry jam on sourdough	-	-	238	12	7	0	446	25	3	5	7	60	10	53	1
JAM TOAST (W/ ALMOND BUTTER)	V	-	245	13	2	0	273	28	4	3	7	0	10	79	2
JAM TOAST (W/ PEANUT BUTTER)	V	-	238	12	2	0	273	28	4	4	9	0	10	20	2
AVOCADO TOAST avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough	V	-	282	18	3	0	692	28	7	1	5	27	13	18	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
AVOCADO + SALMON TOAST avocado smash w/ smoked salmon (The Smoke Bloke), cucumber, pickled onion, lemon, black pepper on sourdough	-	-	362	21	4	0	973	31	8	4	17	8	18	24	2
EVERYTHING TOAST cream cheese + everything bagel spice w/ smoked salmon (The Smoke Bloke), cucumber, dill, lemon, black pepper on sourdough	-	-	333	18	8	0	916	23	1	3	18	65	7	44	1
FIG AND HONEY TOAST cream cheese, dried figs, toasted almonds, honey, mint	-	-	431	22	10	0	439	46	4	16	10	171	1	99	2
CHIA PUDDING chia pudding (chia, coconut milk, maple syrup, vanilla, salt), mixed berry jam (berries, chia, no sugar added), almond butter (unsweetened), coconut	V	GF	500	40	21	0	109	33	10	14	9	0	11	186	3
HAPPY EGGS free run, hard-boiled eggs	-	GF	155	11	3	0	124	1	0	1	13	149	0	50	1
PEANUT BUTTER OATS organic steel-cut oats, chia seeds, peanut butter (unsweetened), banana, almond milk (unsweetened), honey, salt, topped w/ mixed berry jam (berries, chia, no sugar added) + cacao nibs	-	-	548	27	5	0	86	64	13	18	21	5	12	104	4
TUNA WRAP white tuna, celery, dijon, veganise, salt, spinach, whole wheat wrap	-	-	425	18	4	0	1189	32	4	2	32	8	3	20	1
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, maple syrup, olive oil, garlic, salt, paprika, chili flakes), whole wheat wrap	-	-	539	26	5	0	966	46	8	9	33	200	34	72	3
SMASHED CHICKPEA WRAP Whole wheat tortilla, romaine, smashed chickpea salad (chickpeas, scallions, dill, pickled onions, veganise, turmeric, dijon, lemon juice, salt), red peppers	-	-	255	8	1	0	914	37	9	3	10	118	46	95	3
CAESAR WRAP romaine, baby kale, hot honey chicken, tomatoes, asiago	-	-	525	25	8	0	1100	45	7	9	35	-	-	-	-

Nutritional information for Bowls is exclusive of dressings

Item	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)
ALMOND CHICKEN SALAD oven-roasted chicken, almond lemonaise (almond butter (unsweetened), dijon mustard, turmeric, curry, lemon juice, extra virgin olive oil), red grapes, celery, toasted almonds.	-	GF	325	20	2	0	632	7	1	4	39	16	4	45	1
BAKED CHICKEN TENDERS baked chicken breast (rolled in egg wash, almond flour + quinoa flakes). Request your favorite iQ dressing	-	GF	703	43	6	0	1191	33	5	7	47	73	6	91	5
TURKEY MEATBALLS lean ground turkey, quinoa, egg whites.	-	GF	184	10	3	0	289	8	1	1	20	32	4	45	2
BOWLS															
SPICY KALE CAESAR oven roasted chicken, asiago, pita chips, grape tomatoes, black pepper, spicy caesar dressing (vegan), chopped romaine, baby kale	-	-	506	26	8	0	816	33	6	4	37	694	81	382	3
SABABA sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, cilantro, baby kale, brown rice, spicy tahini dressing	V	GF	524	13	2	0	814	91	17	12	17	793	136	194	4
LIMA oven roasted chicken, corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, lime green cabbage, cilantro, chopped romaine, brown rice, jalapeño lime vinaigrette, hot sauce	-	GF	668	23	9	0	1120	78	13	7	42	329	53	296	4
SPARTA oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives, pickled onions, basil, organic arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar	-	GF	445	16	6	0	971	44	6	6	36	177	23	229	5
DAILY COBB oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, baby kale, spinach, honey dijon vinaigrette	-	GF	357	16	7	0	609	17	5	7	38	811	104	234	4
CAJUN SALMON + VEG cajun salmon, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeno, brown rice, chopped romaine, carrot ginger dressing	-	GF	572	20	3	0	757	76	13	10	26	1162	70	154	5
**VEGAN CAESAR chopped romaine, organic arugula, baby kale, roasted cauliflower, pickled onions, pita chips, nutritional yeast, spicy caesar dressing	-	-	365	17	2	0	511	44	10	9	14	609	165	258	4



BOWLS

Nutritional information for Bowls is exclusive of dressings

	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
** EVERYTHING BUT THE BAGEL BOWL smoked salmon, goat cheese, hard-boiled egg, pickled onions, cucumber, grape tomatoes, everything bagel spice, dill, beet hummus, extra virgin olive oil + balsamic vinegar, organic arugula, spinach	-	GF	369	20	8	0	986	22	6	11	26	554	43	215	4
** HAPPY BOWL oven roasted chicken, feta, pickled onions, grape tomatoes, sesame seeds, organic quinoa, chopped romaine, spicy tahini dressing	-	GF	412	14	6	0	740	41	7	5	34	595	13	132	4
** MACRO BOWL double portion oven roasted chicken, double cucumbers, grape tomatoes, fresh herbs, spinach, brown rice, extra virgin olive oil + balsamic vinegar	-	GF	481	8	2	0	774	50	5	3	50	362	34	113	4
HOT HONEY CHIPOTLE SALAD romaine, hot honey ground beef, tomatoes, sweet potato, avocado, pico (pickled onion, cilantro, jalapeno), cilantro, chipotle mayo dressing	-	GF	750	62	-	0	1281	29	8	11	25	19490	56	-	5
HOT HONEY POWER BOWL rice, hot honey chicken, broccoli, spiralized cucumber, pickled carrots, pickled red onions, pickled ginger, scallions, hard boiled egg, black & white sesame seeds, honey dijon dressing	-	GF	850	43	-	0	1870	86	5	38	38	5655	50	-	5
RUBY ROOTS BOWL rice, kale, roasted chicken, roasted zucchini, charred beets, cucumbers, fresh cilantro, roasted almonds	-	GF	470	13.4	2.5	0	120	56	9	10	32	6000	40	100	3

BEVERAGES

	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
GRAPEFRUIT FIZZ grapefruit juice, lime, sparkling water, ice	V	GF	27	0	0	0	1	7	0	0	0	14	27	9	0
LEMON GINGER FIZZ lemon juice, ginger juice, sparkling water, ice	V	GF	15	0	0	0	1	4	1	1	0	0	15	6	0
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

SOUP

	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
TURKEY CHILI (CUP) lean ground turkey chili, topped w/ local sour cream, avocado + pico (pickled onions, jalapenos, cilantro)	-	GF	274	15	4	0	1134	23	8	7	14	126	26	107	2
TURKEY CHILI (BOWL) lean ground turkey chili, topped w/ local sour cream, avocado + pico (pickled onions, jalapenos, cilantro)	-	GF	391	20	4	0	1814	34	11	11	23	194	38	166	4

BAKE SHOP

	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE 70% dark chocolate callets, organic dark buckwheat flour, sugar, extra virgin olive oil, canola oil, tapioca starch, white rice flour, corn starch, potato starch, baking powder, baking soda, maldon salt	V	GF	405	19	6	0	339	55	4	23	4	2	0	79	4
CHOCOLATE CHIP (SOURDOUGH) COOKIE butter, brown sugar, eggs, vanilla, all purpose flour, light spelt flour, kosher salt, baking soda, baking powder, bitter-sweet chocolate	-	-	365	19	11	0	399	43	3	24	6	120	0	72	4
KALE, CHEDDAR + SWEET POTATO SCONE organic all purpose flour, cream, buttermilk, medium-fort cheddar, unsalted butter, natural leaven, roasted sweet potato, roasted kale, baking powder, kosher salt, black and white sesame seeds	-	-	433	26	14	0	733	44	2	4	10	1045	5	354	3
WILD BLUEBERRY + LEMON SCONE organic all purpose flour, unsalted butter, balkan yogurt, natural leaven, wild blueberries, buttermilk, sugar, milk, baking powder, baking soda, kosher salt, lemons	-	-	266	8	5	0	403	43	2	12	6	240	1	110	2
MIXED BERRY MUFFIN almond flour, oat flour, flax, tapioca starch, applesauce, coconut oil, maple syrup, apple cider vinegar, blueberries, cranberries, vanilla, baking soda, baking powder, sea salt, berries	V	GF	490	26	12	0	37	57	8	28	12	0	2	10	15



DRESSINGS

	AMOUNT	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
EXTRA VIRGIN OLIVE OIL	30 ml	V	GF	240	27	3	0	0	0	0	0	0	0	0	0	0
BALSAMIC VINEGAR	30 ml	V	GF	20	0	0	0	0	4	0	4	0	0	0	0	0
EXTRA VIRGIN OLIVE OIL + BALSAMIC VINEGAR	60 ml	V	GF	174	19	2	0	0	1	0	1	0	0	0	0	0
CARROT GINGER DRESSING	85 ml	V	GF	161	14	2	0	430	7	1	5	0	201	2	10	0
HONEY DIJON VINAIGRETTE	85 ml	BEEGAN	GF	256	24	2	0	299	6	0	5	1	0	5	1	0
HONEY TURMERIC DRESSING	85 ml	BEEGAN	GF	262	25	3	0	11	7	1	6	1	0	9	4	0
HOT SAUCE	30 ml	V	GF	0	0	0	0	390	0	0	0	0	122	0	0	0
JALAPEÑO LIME VINAIGRETTE	85 ml	BEEGAN	GF	302	32	3	0	46	2	0	1	1	39	9	9	0
SPICY CAESAR DRESSING (VEGAN)	85 ml	V	GF	263	25	1	0	283	2	1	0	2	14	4	4	0
SPICY TAHINI DRESSING	85 ml	V	GF	126	9	2	0	115	8	2	5	3	0	6	14	1
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 level of gluten sensitivity

DRESSINGS

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

- vegan mayonnaise
- caper juice
- paprika
- dijon mustard
- SPICY TAHINI DRESSING**
- tahini
- dijon mustard
- lemon juice
- sriracha
- maple syrup
- BALSAMIC VINAIGRETTE**
- dijon mustard
- water**
- balsamic vinegar
- maple syrup
- olive oil

PROTEINS

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

ROASTED VEG

- ROASTED CAULIFLOWER**
- cauliflower
- extra virgin olive oil
- kosher salt
- ROASTED SWEET POTATO**
- sweet potato
- extra virgin olive oil
- kosher salt
- apple cider vinegar

PICKLED THINGS

- PICKLED CARROTS**
- carrot
- rice wine vinegar
- maple syrup
- PICKLED RED ONIONS**
- red onions
- rice wine vinegar
- maple syrup
- PICKLED TURNIPS**
- white turnips
- red beets
- rice wine vinegar
- maple syrup
- BEVERAGES**
- GRAPEFRUIT FIZZ**
- grapefruit juice
- lime
- sparkling water
- ice
- LEMON GINGER FIZZ**
- lemon juice
- ginger juice
- lime
- sparkling water
- ice

EVERYTHING ELSE

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

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

- ** IMMUNITY MUSHROOM BROTH**
- button mushrooms
- portabella mushrooms
- onion
- celery
- carrots
- leeks
- kosher salt
- thyme
- rosemary
- sage
- tamari
- olive oil
- cumin
- chili flakes
- organic turkey tail
- organic maitaki
- organic lion's mane
- organic cordyceps
- organic reishi
- organic chaga

SOUPS

- TURKEY CHILI**
- yellow onions
- garlic
- extra virgin olive oil
- ground turkey
- kosher salt
- chili powder
- paprika
- cayenne pepper
- cumin
- oregano
- tomato paste
- canned tomato
- pinto beans
- red kidney beans

** INDICATES SEASONAL ITEM