

# iQ

## SUMMER '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



# NUTRITIONAL DATA



|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

## SMOOTHIES

<b>MR. PEANUT</b> 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
<b>ALMOND BROTHERS</b> 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
<b>THE NOTORIOUS G.R.E.</b> 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
<b>PEACHES + GREEN</b> peaches, cashews, kale, spinach, banana, lemon juice, coconut water	V	GF	228	6	1	0	83	43	7	27	5	293	48	80	2
<b>BLUE MAGIC</b> 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
<b>SUMMER DRAGON</b> dragon fruit, spinach, mango, pineapple, whey protein, coconut milk, almond milk (unsweetened)		GF	420	8	2	0	180	49	8	33	30	220	95	420	4
<b>NAKED (W/ EGG WHITE PROTEIN) (IQX ONLY)</b> water, ice, protein	-	-	120	0	0	0	381	1	0	1	25	0	0	26	1
<b>NAKED (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7
<b>NAKED (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	100	1	1	0	40	3	0	1	19	0	0	165	0
<b>NAKED (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	V	-	119	2	1	0	286	2	1	0	21	0	0	21	7
<b>NAKED (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	-	-	100	2	1	0	40	4	0	1	18	0	0	132	
<b>BASIC BRO (W/ EGG WHITE PROTEIN + ALMOND BUTTER) (IQX ONLY)</b> almond milk (unsweetened), peanut or almond butter, banana, protein	-	-	295	10	1	0	403	22	3	10	29	24	7	128	1
<b>BASIC BRO (W/ EGG WHITE PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	-	-	314	12	2	0	403	22	4	11	32	24	7	81	1
<b>BASIC BRO (W/ UNFLAVOURED VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	V	-	294	12	2	0	308	23	4	9	25	24	7	122	8
<b>BASIC BRO (W/ UNFLAVOURED VEGAN PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	V	-	313	14	3	0	308	23	5	11	27	24	7	75	8
<b>BASIC BRO (W/ UNFLAVOURED WHEY PROTEIN + ALMOND BUTTER)</b>	-	-	300	14	2	0	62	24	3	10	23	24	7	278	1
<b>BASIC BRO (W/ UNFLAVOURED WHEY PROTEIN + PEANUT BUTTER)</b>	-	-	294	13	3	0	62	24	4	12	25	24	7	219	1

|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

## SMOOTHIES

<b>BASIC BRO (W/ VANILLA VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	V	-	319	15	2	0	308	23	4	9	25	24	7	134	8
<b>BASIC BRO (W/ VANILLA VEGAN PROTEIN + PEANUT BUTTER)</b>	V	-	313	14	3	0	308	23	5	11	27	24	7	75	8
<b>BASIC BRO (W/ VANILLA WHEY PROTEIN + ALMOND BUTTER) (IQX ONLY)</b>	-	-	275	11	2	0	62	24	3	10	23	24	7	266	1
<b>BASIC BRO (W/ VANILLA WHEY PROTEIN + PEANUT BUTTER) (IQX ONLY)</b>	-	-	294	13	3	0	62	25	4	12	24	24	7	186	1
<b>BASIC BERRY (W/ EGG WHITE PROTEIN) (IQX ONLY)</b> almond milk (unsweetened), raspberries, blueberries, banana, protein	-	-	338	2	0	0	407	54	11	21	28	30	20	114	2
<b>BASIC BERRY (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	337	4	1	0	312	55	12	20	23	30	20	109	8
<b>BASIC BERRY (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	318	3	1	0	66	56	11	21	21	30	20	253	1
<b>BASIC BERRY (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	V	-	337	4	1	0	312	55	12	20	23	30	20	109	8
<b>BASIC BERRY (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	-	-	318	3	1	0	66	57	11	21	20	30	20	219	1
<b>RISE + GRIND (IQX ONLY)</b> 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
<b>MCT GREENS (IQX ONLY)</b> 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
<b>THE BROTHERS GREEN (IQX ONLY)</b> 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
<b>SKINNY PB (W/ EGG WHITE PROTEIN) (IQX ONLY)</b> almond milk (unsweetened), PB2, banana, organic cacao nibs, protein	-	-	342	5	2	0	476	41	5	21	33	16	13	73	2
<b>SKINNY PB (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)</b>	V	-	341	7	3	0	381	42	6	20	29	16	13	68	8
<b>SKINNY PB (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)</b>	-	-	322	6	3	0	135	43	5	21	27	16	13	212	1
<b>SKINNY PB (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)</b>	V	-	341	7	3	0	381	42	6	20	29	16	13	68	8
<b>SKINNY PB (W/ VANILLA WHEY PROTEIN) (IQX ONLY)</b>	-	-	322	6	3	0	135	44	5	21	26	16	13	178	1

	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)
--	-------	-------------	----------	---------	-------------------	---------------	-------------	-----------	-----------	------------	-------------	-----------	----------------	--------------	-----------

## SNACKS

<b>JAM TOAST (W/ CREAM CHEESE)</b>	-	-	238	12	7	0	446	25	3	5	7	60	10	53	1
choice of cream cheese, almond butter or peanut butter (both unsweetened) w/ mixed berry jam on sourdough															
<b>JAM TOAST (W/ ALMOND BUTTER)</b>	V	-	245	13	2	0	273	28	4	3	7	0	10	79	2
<b>JAM TOAST (W/ PEANUT BUTTER)</b>	V	-	238	12	2	0	273	28	4	4	9	0	10	20	2
<b>AVOCADO TOAST</b>	V	-	282	18	3	0	692	28	7	1	5	27	13	18	2
avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough															
<b>AVOCADO + EGG TOAST</b>	-	-	344	20	4	0	739	32	7	3	13	85	13	42	2
avocado smash, sliced egg, salt, pepper, dill on sourdough															
<b>AVOCADO + SALMON TOAST</b>	-	-	362	21	4	0	973	31	8	4	17	8	18	24	2
avocado smash w/ smoked salmon (The Smoke Bloke), cucumber, pickled onion, lemon, black pepper on sourdough															
<b>EVERYTHING TOAST</b>	-	-	333	18	8	0	916	23	1	3	18	65	7	44	1
cream cheese + everything bagel spice w/ smoked salmon (The Smoke Bloke), cucumber, dill, lemon, black pepper on sourdough															
<b>GARDEN GODDESS TOAST</b>	-	-	390	25	4	0	480	30	10	5	15	420	18	110	3
avocado, egg, tomatoes, cucumber, olive oil, salt & pepper, everything bagel seasoning, sourdough bread															
<b>CHIA PUDDING</b>	V	GF	500	40	21	0	109	33	10	14	9	0	11	186	3
chia pudding (chia, coconut milk, maple syrup, vanilla, salt), mixed berry jam (berries, chia, no sugar added), almond butter (unsweetened), coconut															
<b>HAPPY EGGS</b>	-	GF	155	11	3	0	124	1	0	1	13	149	0	50	1
free run, hard-boiled eggs															
<b>PEANUT BUTTER OATS</b>	-	-	548	27	5	0	86	64	13	18	21	5	12	104	4
organic steel-cut oats, chia seeds, peanut butter (unsweetened), banana, almond milk (unsweetened), honey, salt, topped w/ mixed berry jam (berries, chia, no sugar added) + cacao nibs															
<b>TUNA WRAP</b>	-	-	425	18	4	0	1189	32	4	2	32	8	3	20	1
white tuna, celery, dijon, veganise, salt, spinach, whole wheat wrap															
<b>BBQ CHICKEN WRAP</b>	-	-	539	26	5	0	966	46	8	9	33	200	34	72	3
BBQ chicken salad (roasted chicken breast, baby kale, cabbage, shredded 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															
<b>SMASHED CHICKPEA WRAP</b>	-	-	255	8	1	0	914	37	9	3	10	118	46	95	3
Whole wheat tortilla, romaine, smashed chickpea salad (chickpeas, scallions, dill, pickled onions, veganise, turmeric, dijon, lemon juice, salt), red peppers															
<b>CAESAR WRAP</b>	-	-	525	25	8	0	1100	45	7	9	35	-	-	-	-
romaine, baby kale, hot honey chicken, tomatoes, asiago															

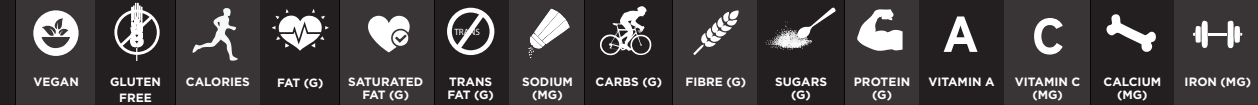
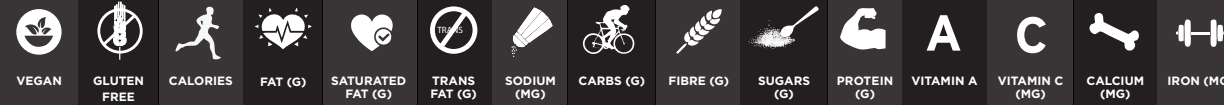
	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
--	-------	-------------	----------	---------	-------------------	---------------	-------------	-----------	-----------	------------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

Nutritional information for Bowls is exclusive of dressings

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

## BOWLS

<b>SPICY KALE CAESAR</b>	-	-	506	26	8	0	816	33	6	4	37	694	81	382	3
oven roasted chicken, asiago, pita chips, grape tomatoes, black pepper, spicy caesar dressing (vegan), chopped romaine, baby kale															
<b>SABABA</b>	V	GF	524	13	2	0	814	91	17	12	17	793	136	194	4
sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, shredded carrots, pickled turnips, cilantro, baby kale, brown rice, spicy tahini dressing															
<b>LIMA</b>	-	GF	668	23	9	0	1120	78	13	7	42	329	53	296	4
oven roasted chicken, corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, lime green cabbage, cilantro, chopped romaine, brown rice, jalapeño lime vinaigrette, hot sauce															
<b>SPARTA</b>	-	GF	445	16	6	0	971	44	6	6	36	177	23	229	5
oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives, pickled onions, basil, organic arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar															
<b>DAILY COBB</b>	-	GF	357	16	7	0	609	17	5	7	38	811	104	234	4
oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, baby kale, spinach, honey dijon vinaigrette															
<b>CAJUN SALMON + VEG</b>	-	GF	572	20	3	0	757	76	13	10	26	1162	70	154	5
cajun salmon, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeno, brown rice, chopped romaine, carrot ginger dressing															
<b>**VEGAN CAESAR</b>	-	-	365	17	2	0	511	44	10	9	14	609	165	258	4
chopped romaine, organic arugula, baby kale, roasted cauliflower, pickled onions, pita chips, nutritional yeast, spicy caesar dressing															



## BOWLS

Nutritional information for Bowls is exclusive of dressings

	VEGAN	GLUTEN FREE	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	SODIUM (MG)	CARBS (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)
<b>** EVERYTHING BUT THE BAGEL BOWL</b> 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> 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> 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>AHI POKE POWER BOWL</b> ahi tuna, edamame, shredded carrots, spiralized cucumber, avocado, sushi white rice, pickled ginger, diced pineapple, green onion, sesame seeds, seaweed strips, chipotle mayo, chili garlic marinade	-	GF	511	16	2	0	620	60	8	11	39	350	24	120	4
<b>HOT HONEY POWER BOWL</b> rice, hot honey chicken, broccoli, spiralized cucumber, shredded 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>GOLDEN BULGOGI BOWL</b> bulgogi shaved beef, spiralized cucumber, shredded carrots, kimchi, pickled ginger, avocado, brown rice, sesame seeds, crispy onion, green onion, carrot ginger dressing	-	-	545	21	5	0	920	58	7	7	35	420	18	95	4
<b>TERIYAKI SESAME POWER BOWL</b> chicken, sushi white rice, teriyaki sauce, corn, cherry tomatoes, edamame, pickled onion, pickled ginger, avocado, crispy onions, green onion, black and white sesame seeds, chili garlic marinade, chipotle mayo	-	-	1265	58	9	0	3520	139	15	32	49	720	32	180	5
<b>SALMON POKE BOWL</b> sashimi-grade salmon tossed in chili garlic marinade, sushi white rice, avocado, shaved radish, kimchi, spiralized cucumber, shredded carrots, edamame, diced pineapple, crispy onions, cilantro, black and white sesame seeds, chipotle mayo	-	-	1150	57	10	0	2350	115	12	17	38	650	28	170	5

## BEVERAGES

<b>GRAPEFRUIT FIZZ</b> 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> lemon juice, ginger juice, sparkling water, ice	V	GF	15	0	0	0	1	4	1	1	0	0	15	6	0

## SOUP

<b>TURKEY CHILI (CUP)</b> 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> 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

<b>BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE</b> 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> 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 SCONE</b> organic all purpose flour, cream, buttermilk, medium-soft 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> 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> 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
HONEY CHILI GARLIC	30ml	-	-	82	7	1	0	295	5	0	4	1	8	1	9	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

	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)
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
<b>NUTS, SEEDS + OTHER</b>																
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

### HONEY DIJON VINAIGRETTE

sesame oil  
extra virgin olive oil  
water

### HONEY TURMERIC DRESSING

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