

iQ

FALL '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.

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.

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SMOOTHIES

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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
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
CAJUN SALMON + VEG cajun salmon, avocado, roasted sweet potato, steamed broccoli, cucumber, pickled onion, jalapeno, brown rice, chopped romaine, herb butter, 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	00	511	44	10	9	14	609	165	258	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 POWER BOWL hot honey chicken, rice, broccoli, spiralized cucumber, shredded carrots, pickled red onion, 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
AUTUMN HARVEST BOWL oven roasted chicken, roasted delicata squash, maple-roasted brussels sprouts, cucumbers, feta, organic quinoa, organic arugula, chopped romaine, pumpkin seeds, dried cranberries, black & white sesame seeds, balsamic vinaigrette	-	GF	520	18	5	0	550	67	12	20	29	550	55	300	5
TERIYAKI SESAME POWER BOWL chicken, sushi white rice, teriyaki sauce, corn, cherry tomatoes, edamame, pickled onion, pickled ginger, avocado, crispy onions, green onion, black and white sesame seeds, chipotle mayo	-	-	1265	58	9	0	3520	139	15	32	49	720	32	180	5
SALMON POKE BOWL 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

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BOWLS

WRAPS

SOUPS

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

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SNACKS *Nutritional information for Bowls is exclusive of dressings*

seasonal kitchen // sustainably sourced // est. 2011

														
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)

BAKE SHOP

Nutritional information for Bowls is exclusive of dressings

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

BEVERAGES

GRAPEFRUIT FIZZ grapefruit juice, lime, sparkling water, ice	V	GF	27	0	0	0	1	7	0	0	0	14	27	9	0
LEMON GINGER FIZZ lemon juice, ginger juice, sparkling water, ice	V	GF	15	0	0	0	1	4	1	1	0	0	15	6	0

NUTRITIONAL DATA



															
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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
BALSAMIC VINEGAR	30 ml	V	GF	20	0	0	0	0	4	0	4	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
CARROT GINGER DRESSING	85 ml	V	GF	161	14	2	0	430	7	1	5	0	201	2	10
HONEY DIJON VINAIGRETTE	85 ml	BEEGAN	GF	256	24	2	0	299	6	0	5	1	0	5	1
HONEY TURMERIC DRESSING	85 ml	BEEGAN	GF	262	25	3	0	11	7	1	6	1	0	9	4
HOT SAUCE	30 ml	V	GF	0	0	0	0	390	0	0	0	0	122	0	0
JALAPEÑO LIME VINAIGRETTE	85 ml	BEEGAN	GF	302	32	3	0	46	2	0	1	1	39	9	9
SPICY CAESAR DRESSING (VEGAN)	85 ml	V	GF	263	25	1	0	283	2	1	0	2	14	4	4
SPICY TAHINI DRESSING	85 ml	V	GF	126	9	2	0	115	8	2	5	3	0	6	14
BALSAMIC VINAIGRETTE	60ml	V	GF	237	25	4	0	37	5	11	5	0	813	77	3
HONEY CHILI GARLIC	30ml	-	-	82	7	1	0	295	5	0	4	1	8	1	9

INGREDIENTS

GREENS + GRAINS

BABY KALE	60 g	V	GF	29	1	0	0	23	5	2	1	3	300	72	90
SPINACH	60 g	V	GF	14	0	0	0	47	2	1	0	2	281	17	59
ORGANIC BABY ARUGULA	40 g	V	GF	10	0	0	0	11	1	1	1	1	48	6	64
CHOPPED ROMAINE	60 g	V	GF	10	0	0	0	5	2	1	1	1	262	2	20
BROWN RICE	120 g	V	GF	205	3	0	0	174	41	2	0	4	0	0	5
QUINOA	100 g	V	GF	160	3	1	0	142	29	3	0	6	0	0	9

PROTEINS

OVEN ROASTED CHICKEN	70 g	-	GF	119	3	1	0	272	1	0	0	22	11	0	7
ROASTED STEELHEAD TROUT	68 g	-	GF	121	5	1	0	157	0	0	0	17	14	3	35
ORGANIC TEMPEH	68 g	V	GF	141	7	1	0	350	9	5	3	14	9	7	64
FREE RUN EGGS	2 eggs	-	GF	155	11	3	0	124	1	0	1	13	149	0	50
SWEET POTATO BEAN CAKES	2 cakes	V	GF	94	1	0	0	240	19	4	1	4	227	3	30

DAIRY

AGED WHITE CHEDDAR	30 g	-	GF	122	10	7	0	208	0	0	0	7	0	0	207
ASIAGO	30 g	-	GF	110	10	6	0	190	0	0	0	7	100	0	220
FETA (COW'S MILK)	30 g	-	GF	80	7	5	0	290	2	0	0	4	40	0	44
GOAT CHEESE	34 g	-	GF	85	7	5	0	164	1	0	0	5	121	0	27

PRODUCE

AVOCADO SMASH	50 g	V	GF	74	7	1	0	149	4	3	0	1	3	6	6
BASIL	2 g	V	GF	0	0	0	0	0	0	0	0	0	5	0	4

																
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INGREDIENTS

BLACK BEANS	55 g	V	GF	65	1	0	0	93	12	3	1	5	0	0	22	1
CHICKPEAS	30 g	V	GF	45	1	0	0	53	7	2	1	2	0	0	11	0
CILANTRO	3 g	V	GF	1	0	0	0	1	0	0	0	0	10	1	2	0
CORN	55 g	V	GF	46	0	0	0	34	11	1	1	1	14	5	0	0
CUCUMBERS	34 g	V	GF	5	0	0	0	1	1	0	1	0	2	1	5	0
FRESH HERBS	10 g	V	GF	4	0	0	0	4	1	0	0	0	34	8	19	1
GRAPE TOMATOES	50 g	V	GF	9	0	0	0	3	2	1	1	0	21	7	5	0
JALAPEÑOS	10 g	V	GF	3	0	0	0	0	1	0	0	0	5	12	1	0
KALAMATA OLIVES	15 g	V	GF	12	1	0	0	110	1	0	0	0	3	0	14	1
LIME GREEN CABBAGE	50 g	V	GF	14	0	0	0	181	3	1	2	1	3	20	21	0
PICKLED CARROTS	30 g	V	GF	13	0	0	0	36	3	1	2	0	251	2	10	0
PICKLED TURNIPS	40 g	V	GF	19	0	0	0	70	4	1	3	1	0	10	15	0
PICKLED RED ONIONS	30 g	V	GF	12	0	0	0	23	3	0	2	0	0	2	7	0
PITA CHIPS	45 g	V	-	227	13	2	0	323	23	1	1	4	0	0	38	1
POWERKRAUT	50 g	V	GF	18	0	0	0	110	4	1	3	1	2	11	14	0
RED RADISH	36 g	V	GF	23	2	0	0	97	1	1	1	0	0	6	9	0
ROASTED CAULIFLOWER	77 g	V	GF	32	1	0	0	60	4	2	2	2	0	41	19	0
ROASTED SWEET POTATOES	50 g	V	GF	101	3	0	0	94	17	3	3	1	591	2	25	1
STEAMED BROCCOLI	45 g	V	GF	23	1	0	0	64	2	1	1	1	0	42	22	0
WHITE LENTILS	110 g	V	GF	149	5	0	0	61	17	1	0	8	0	2	47	1
NUTS, SEEDS + OTHER																
HUMMUS	60 ml	V	GF	27	2	0	0	101	2	1	0	1	0	1	5	0
ROASTED BEET HUMMUS	60 ml	V	GF	45	1	0	0	121	7	2	4	2	1	4	13	1

* Amounts in grams represent cooked weights (if applicable)

** Indicates seasonal item

*** We cannot guarantee that our dishes are allergen-free. There may be allergens present, and may not be suitable to eat for those with extreme sensitivities.

**** Ingredients with the GF flag are naturally gluten-free, but we cannot guarantee any ingredient to be free of cross contamination with gluten. Please use your best judgement with this in mind, depending on your the level of gluten sensitivity

DRESSINGS

EXTRA VIRGIN OLIVE OIL
+ BALSAMIC VINEGAR

- extra virgin olive oil
- balsamic vinegar

CARROT GINGER DRESSING

- carrots
- scallions
- ginger juice
- rice wine vinegar
- tamari
- sesame oil
- extra virgin olive oil
- water

HONEY DIJON VINAIGRETTE

- extra virgin olive oil
- honey
- dijon mustard
- apple cider vinegar
- lemon juice

HONEY TURMERIC DRESSING

- turmeric
- nutritional yeast
- honey
- roasted cauliflower
- apple cider vinegar
- lemon juice
- extra virgin olive oil

HOT SAUCE

- water
- chili peppers
- vinegar
- salt
- spices
- 0.1% sodium benzoate

JALAPEÑO LIME VINAIGRETTE

- jalapeños
- cilantro
- dijon mustard
- honey
- lime juice
- extra virgin olive oil

SPICY CAESAR DRESSING

- garlic
- capers
- nutritional yeast
- black pepper
- dried chillies
- lemon juice

- vegan mayonnaise
- caper juice
- paprika
- dijon mustard

SPICY TAHINI DRESSING

- tahini
- dijon mustard
- lemon juice
- sriracha
- maple syrup

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