

iQ

SUMMER'24

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.

NUTRITIONAL DATA



NUTRITIONAL DATA



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SMOOTHIES

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															
NAKED (W/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)	V	-	124	2	0	0	293	4	2	1	24	0	0	293	7
water, ice, protein															
NAKED (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)	V	GF	380	16	2	0	22	59	11	27	6	7	24	145	2
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

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SMOOTHIES

BASIC BRO (W/ CHOCOLATE VEGAN PROTEIN + ALMOND BUTTER) (IQX ONLY)	V	-	324	15	2	0	315	25	5	10	28	24	7	406	8
almond milk (unsweetened), peanut or almond butter, banana, protein															
BASIC BRO (W/ CHOCOLATE VEGAN PROTEIN + PEANUT BUTTER) (IQX ONLY)	V	-	318	14	3	0	315	25	6	12	30	24	7	347	8
BASIC BRO (W/ CHOCOLATE WHEY PROTEIN + ALMOND BUTTER) (IQX ONLY)	V	-	327	15	2	0	96	24	4	11	30	24	7	355	1
BASIC BRO (W/ CHOCOLATE WHEY PROTEIN + PEANUT BUTTER) (IQX ONLY)	V	-	321	14	3	0	96	24	5	13	32	24	7	296	1
BASIC BRO (W/ VANILLA VEGAN PROTEIN + PEANUT BUTTER) (IQX ONLY)	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/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)	V	-	342	4	1	0	319	57	13	21	26	30	20	381	8
almond milk (unsweetened), raspberries, blueberries, banana, protein															
BASIC BERRY (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)	-	-	345	4	1	0	99	56	12	22	28	30	20	330	1
BASIC BERRY (W/ EGG WHITE PROTEIN) (IQX ONLY)	-	-	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)	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/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY)	V	-	346	7	2	0	388	44	7	21	32	16	13	340	8
almond milk (unsweetened), PB2, banana, organic cacao nibs, protein															
SKINNY PB (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)	-	-	349	7	3	0	169	43	6	22	34	16	13	289	1
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															

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)
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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)
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SMOOTHIES

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
SKINNY PB (W/ VANILLA WHEY PROTEIN) (IQX ONLY) almond milk (unsweetened), mango, banana, protein	-	-	364	1	0	0	396	63	7	42	28	16	13	74	1
MANGO (W/ CHOCOLATE VEGAN PROTEIN) (IQX ONLY) almond milk (unsweetened), mango, banana, protein	V	-	368	3	1	0	308	66	9	42	27	16	13	341	8
MANGO (W/ CHOCOLATE WHEY PROTEIN) (IQX ONLY)	-	-	371	3	1	0	89	65	8	43	29	16	13	290	1
MANGO (W/ UNFLAVOURED VEGAN PROTEIN) (IQX ONLY)	V	-	363	3	1	0	304	64	8	41	27	16	13	69	8
MANGO (W/ UNFLAVOURED WHEY PROTEIN) (IQX ONLY)	-	-	344	2	1	0	55	65	7	42	22	16	13	213	1
MANGO (W/ VANILLA VEGAN PROTEIN) (IQX ONLY)	V	-	363	3	1	0	301	64	8	41	24	16	13	213	1
MANGO (W/ VANILLA WHEY PROTEIN) (IQX ONLY)	-	-	344	2	1	0	55	66	7	42	21	16	13	180	1
** PINEAPPLE COCO pineapple, mango, coconut yogurt, coconut milk	V	GF	363	22	18	0	62	43	5	30	4	2	28	142	1

BOWLS

Nutritional information for Bowls is exclusive of dressings

MISSION CHICKEN oven roasted chicken, feta, avocado, jicama, green apple, watermelon radish, jalapeños, cilantro, lime green cabbage, brown rice, jalapeno lime vinaigrette	-	GF	539	19	6	0	1077	62	10	8	32	75	50	98	2
SUPER BOWL roasted beet hummus, avocado, white lentils, powerkraut, roasted sweet potato, cucumber, fresh herbs, baby kale, organic arugula, honey turmeric dressing	VEGAN	GF	431	17	2	0	569	58	13	14	17	947	104	265	4
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
ROASTED SALMON + VEG roasted 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
** 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
** HONEY HARVEST BOWL oven roasted chicken, roasted sweet potato, steamed broccoli, cucumbers, chickpeas, feta, organic quinoa, organic arugula, chopped romaine, honey dijon vinaigrette	-	GF	560	19	6	0	938	64	11	8	39	953	53	209	5

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)
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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)
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BAKE SHOP

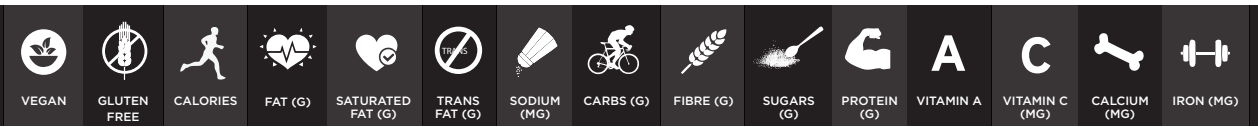
BUCKWHEAT VEGAN CHOCOLATE CHIP COOKIE	V	GF	405	19	6	0	339	55	4	23	4	2	0	79	4
70% dark chocolate callets, organic dark buckwheat flour, sugar, extra virgin olive oil, canola oil, tapioca starch, white rice flour, corn starch, potato starch, baking powder, baking soda, maldon salt															
CHOCOLATE 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															
PEANUT BUTTER COOKIE	-	-	375	21	8	0	272	43	2	29	8	90	0	32	1
natural smooth unsweetened peanut butter, sugar, unsalted butter, organic all purpose flour, natural leaven, roasted and unsalted peanuts, kamut flour, eggs, honey, vanilla, baking soda, kosher salt, xanthan gum, glucose, corn syrup															
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															
CARAMELIZED ONION, PROVOLONE, MAPLE-CHILI + MUSTARD SCONE	-	-	436	22	14	0	932	49	2	6	11	247	2	390	3
organic all purpose flour, cream, buttermilk, caramelized onion, smoked provolone, unsalted butter, natural leaven, grainy mustard, maple syrup, baking powder, smoked paprika, kosher salt, red chili pepper flakes															
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															

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

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 SALMON	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
BLACK BEANS	55 g	V	GF	65	1	0	0	93	12	3	1	5	0	0	22	1



INGREDIENTS

Ingredient	Weight	V	GF	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)	
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
** GREEN APPLE	35 g	V	GF	26	0	0	0	0	6	1	4	0	2	2	2	0
** JICAMA	35 g	V	GF	13	0	0	0	1	3	2	1	0	0	7	4	0
** WATERMELON RADISH	20 g	V	GF	3	0	0	0	0	1	0	0	0	0	3	5	0

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

ROASTED VEG

ROASTED CAULIFLOWER

- cauliflower
- extra virgin olive oil
- kosher salt

ROASTED SWEET POTATO

- sweet potato
- extra virgin olive oil
- kosher salt

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

PROTEINS

OVEN ROASTED CHICKEN

- chicken breast
- kosher salt
- black pepper
- extra virgin olive oil

ROASTED SALMON

- salmon
- 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

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

**** GREEN APPLE**

green apple
lemon juice
water