

iQ Food Co.

SMOOTHIES

Mr. Peanut (v) (gf) \$7.83

Organic peanut butter (unsweetened), banana, organic cacao, dates, organic almond milk (unsweetened).

Almond Brothers (v) (gf) \$8.83

Organic almond butter (unsweetened), toasted almonds, banana, coconut, vanilla, dates, organic almond milk (unsweetened).

The Notorious G.R.E. (v) (gf) \$7.83

Spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple. Pro tip: remove the pineapple if you're looking for straight greens.

Peaches + Green (v) (gf) \$7.83

Peaches, cashews, kale, spinach, banana, lemon juice, coconut water.

Blue Magic (v) (gf) \$7.92

Blueberries, dates, organic almond butter (unsweetened), chia, lemon juice, banana, flax, coconut water.

SNACKS

Organic oats \$5.30

Organic steel-cut oats (raw + soaked in h20), cashew cream (cashews, dates, raw wildflower honey, vanilla, coconut, mountain salt) + fresh fruit (contains nuts).

Peanut butter oats \$5.30

Organic steel-cut oats (raw + soaked in h20), chia seeds, organic peanut butter (unsweetened), organic almond milk (unsweetened), raw wildflower honey, mountain salt, garnished w/ organic peanut butter (unsweetened), banana + cacao nibs (contains nuts).

Chia pudding (v) (gf) \$5.30

Chia, dates, Pefferlaw Creek Farms maple syrup, coconut milk, vanilla, mountain salt, h20 + fresh fruit.

Peanut butter chocolate chia pudding (gf) \$6.18

Organic peanut butter (unsweetened), organic almond milk (unsweetened), chia, raw wildflower honey, organic cacao, vanilla, mountain salt, h20, w/ fruit, coconut + organic cacao nibs (contains nuts).

Happy Eggs (gf) \$2.98

Free run, hard-boiled eggs from our friends at Homestead Farms (Newmarket, ON).

Almond chicken salad (gf) \$6.18

Oven roasted chicken, almond lemonnise (organic almond butter (unsweetened), kozlik's daily dijon mustard, turmeric, curry, lemon juice, grapeseed oil, h20, salt), red grapes, celery, toasted almonds (contains nuts).



BOWLS

Lima (gf) \$13.25

Oven roasted chicken, spicy corn, black beans, grape tomatoes, avocado, aged white cheddar, jalapeños, pickled cabbage, cilantro, lime juice, brown rice, hot sauce.

Sparta (gf) \$13.50

Oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives (with pits), pickled onions, basil, arugula, organic quinoa, hummus, extra virgin olive oil & balsamic vinegar.

Apple Cobb (gf) \$13.50

Oven roasted chicken, aged white cheddar, double red apple, dried cranberries, toasted almonds, spinach, organic quinoa, honey dijon vinaigrette.

Sababa \$12.60

Sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, spicy sunflower seeds, lemon wedge, cilantro, organic baby kale, brown rice, spicy tahini dressing.

Spicy kale Caesar \$14.20

Chopped Caesar (nero kale, curly kale, brussel sprouts, spicy Caesar dressing), oven roasted chicken, parmesan, roasted grape tomatoes, spicy sunflower seeds, black pepper, lime wedge, spicy Caesar dressing (vegan).

Miso Miso \$15.90

Roasted sweet potato, charred broccoli, avocado, pickled ginger, watermelon radish, toasted sesame seeds, brown rice, arugula, ginger-miso dressing.

(v) = vegan

(gf) = gluten free

