

# iQ Food Co.

## SMOOTHIES

**Mr. Peanut** \$7.83

Peanut butter (unsweetened), banana, organic cacao, dates, almond milk (unsweetened). (v) (gf)

**Almond Brothers** \$8.83

Almond butter (unsweetened), toasted almonds, banana, coconut, dates, almond milk (unsweetened). (v) (gf)

**The Notorious G.R.E.** \$7.83

Spinach, kale, cucumber, parsley, celery, lemon juice, chia, coconut water + pineapple. (v) (gf)

**Peaches + Green** \$7.83

Peaches, cashews, kale, spinach, banana, lemon juice, coconut water. (v) (gf)

**Blue Magic** \$7.92

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

## TOAST

**Jam toast** \$5.50

Choice of cream cheese, almond butter (unsweetened) or peanut butter (unsweetened) with blackberry chia jam on sourdough.

**Avocado toast** \$6.50

Avocado smash, lime juice, chili flakes, cilantro, extra virgin olive oil, salt, pepper on sourdough. (v)

**Avocado and egg toast** \$8.00

Avocado smash, sliced egg, salt, pepper, dill on sourdough.

**Avocado and salmon toast** \$11.50

Avocado smash with smoked salmon, cucumber, pickled onion, lemon, black pepper on sourdough.

**Everything toast** \$11.50

Cream cheese + everything bagel spice with smoked salmon, cucumber, dill, lemon, black pepper on sourdough.

## SNACKS

**Peanut butter oats** \$6.30

Organic steel-cut oats, chia seeds, peanut butter (unsweetened), banana, almond milk (unsweetened), honey, salt, topped with blackberry chia jam (just blackberries + chia, no sugar added) + cacao nibs.

<b>Chia pudding</b>	\$6.30
Chia pudding (chia, coconut milk, maple syrup, vanilla, salt), blackberry chia jam (just blackberries + chia, no sugar added), almond butter (unsweetened), coconut. (v) (gf)	
<b>Happy Eggs</b>	\$2.98
Free run, hard-boiled eggs. (gf)	
<b>BOWLS</b>	
<b>Spicy kale Caesar</b>	\$14.20
Chopped romaine, baby kale, oven roasted chicken, asiago, roasted grape tomatoes, spicy sunflower seeds, black pepper, lime wedge, spicy caesar dressing (vegan). (gf)	
<b>Sababa</b>	\$12.90
Sweet potato bean cakes, roasted cauliflower, avocado, chickpeas, cucumbers, pickled carrots, pickled turnips, spicy sunflower seeds, cilantro, lemon wedge, organic baby kale, brown rice, spicy tahini dressing. (v) (gf)	
<b>Lima</b>	\$13.90
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)	
<b>Sparta</b>	\$13.90
Oven roasted chicken, grape tomatoes, cucumbers, feta, kalamata olives (with pits), pickled onions, basil, arugula, organic quinoa, hummus, extra virgin olive oil + balsamic vinegar. (gf)	
<b>Daily Cobb</b>	\$14.50
Oven roasted chicken, goat cheese, hard-boiled egg, pickled onions, cucumber, red radish, grape tomatoes, organic baby kale, spinach, lemon wedge, honey dijon vinaigrette. (gf)	
<b>Miso Miso</b>	\$15.90
Roasted steelhead salmon, roasted sweet potato, steamed broccoli, avocado, pickled ginger, red radish, toasted sesame seeds, brown rice, arugula, lime wedge, ginger miso dressing. (gf)	

**BAKED GOODS**

**Crack squares** \$3.20

Dates, dark chocolate (organic evaporated cane juice, cocoa mass, cocoa butter, soy lecithin, ground vanilla beans), almonds, organic coconut oil, almond butter, water, pecans, cocoa butter, sea salt. (v) (gf)

**Date + oat cookies** \$2.40

Dates, gluten free rolled oats, evaporated cane juice, water, organic coconut oil, gluten free oat flour, nuts (walnuts, pecans or brazil nuts), blackstrap molasses, chia seeds, non-alum baking powder, sea salt. (v) (gf)

**Buckwheat vegan chocolate chip cookie** \$3.50

Buckwheat flour, tapioca flour, baking powder, baking soda, salt, sugar, brown sugar, oil, water, dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavour). (v) (gf)

**Chocolate chip cookie** \$3.50

All purpose flour, salt, baking powder, baking soda, butter, sugar, brown sugar, eggs, vanilla extract, dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavour).

**Peanut butter cookie** \$3.50

Unsweetened peanut butter, organic all purpose flour, kamut flour, eggs, roasted peanuts, unsalted butter, honey, golden brown + organic sugar, pure madagascar vanilla extract, glucose, corn syrup, baking soda, kosher salt.

**Kale, cheddar + sweet potato scone** \$3.75

Kale, sweet potato, medium cheddar, organic all purpose flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, organic sugar, olive oil, garlic, black + white sesame seeds, kosher salt, flaked sea salt.

**Blueberry + lemon scone** \$3.75

Wild blueberries, lemon juice + zest, pure madagascar vanilla extract, organic all purpose flour, unsalted butter, organic sugar, balkan yogurt, 2% buttermilk, whole milk,, baking powder, baking soda, kosher salt.

**Caramelized onion, provolone, maple-chili + mustard scone** \$3.75

Smoked provolone cheese, canadian maple syrup, grainy mustard, vidalia onions, organic all purpose flour, 2% buttermilk, 18% cream, unsalted butter, baking powder, olive oil, garlic, canola oil, kosher salt, smoked paprika, chili flake.

(V) VEGAN  
(GF) GLUTEN FREE

