

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.

Chia pudding \$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)

Happy Eggs \$2.98

Free run, hard-boiled eggs. (gf)

BOWLS

Spicy kale Caesar \$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)

Sababa \$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)

Lima \$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)

Sparta \$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)

Daily Cobb \$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)

BAKED GOODS

Buckwheat vegan chocolate chip cookie

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)

\$3.50

(V) VEGAN
(GF) GLUTEN FREE

Chocolate chip cookie

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).

\$3.50

Peanut butter cookie

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.

\$3.50

Kale, cheddar + sweet potato scone

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.

\$3.75

Blueberry + lemon scone

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.

\$3.75

Caramelized onion, provolone, maple-chili + mustard scone

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.

\$3.75

