

COFFEE

BREWED COFFEE \$2.00 (RG) / \$2.25 (LG)
 LATTE \$4.00
 CAPPUCCINO \$3.75
 CORTADO \$3.00

ESPRESSO \$2.00 (SGL) / \$2.50 (DBL)
 AMERICANO \$2.50 (SGL) / \$3.25 (DBL)
 MACCHIATO \$3.00

TEA \$2.75
 TEA LATTE \$4.00

MATCHA LATTE \$4.50
 CARDAMOM HOT CHOCOLATE \$4.00
 GOLDEN MILK \$6.00

EXTRA SHOT \$0.75

DRINKS

ELXR JUICES \$12.00
 ELXR DRINKS \$10.00
 FLOW WATER \$2.50
 COCONUT WATER \$3.50
 GUAYAKI MATE \$4.25
 BOYLAN SODA \$2.75
 AÇAI JUICE \$5.00

IMMUNE BROTHS \$5.00

SMOOTHIE BOWLS

I FEEL...

LOVED \$10.95

BASE - BLEND OF AÇAI, MANGO, BLUEBERRY AND BANANA
 TOPPINGS - GRANOLA, FRESH BANANA, COCONUT FLAKES,
 STRAWBERRY, BLUEBERRY AND DRIZZLED WITH HONEY

PROUD \$10.95

BASE - BLEND OF AÇAI, AVOCADO AND BANANA
 TOPPINGS - GRANOLA, FRESH BANANA, COCONUT FLAKES,
 RASPBERRY, CACAO NIBS AND DRIZZLED WITH AGAVE NECTAR

CHARGED \$9.95

BASE - BLEND OF AÇAI, BANANA AND DATES
 TOPPINGS - GRANOLA, FRESH BANANA, COCONUT FLAKES,
 PECANS AND DATES

SEXY \$11.95

BASE - ASHWAGANDHA, CACAO NIBS, CACAO POWDER,
 BLACKBERRY, CASHEW NUTS, BANANA AND MACA
 TOPPINGS - POMEGRANATE, BLUEBERRIES, HEMP SEEDS,
 BLACKBERRY, COCONUT FLAKES

DREAMY \$13.95

BASE - BLUE MAJIK, BANANA, PINEAPPLE, AVOCADO
 TOPPINGS - COCONUT FLAKES, RASBERRIES,
 BLUEBERRIES, BLACKBERRIES, CACAO NIBS

SUPERFOOD SMOOTHIES

I FEEL...

GOOD \$7.95

BANANA, BLACKBERRY, BLUEBERRY, COCONUT MILK, CHIA SEEDS

HAPPY \$7.95

BANANA, RAW CACAO, COCONUT MILK, STRAWBERRY,
 DARK CHOCOLATE AND RAW CACAO NIBS

IMMORTAL \$7.95

GINGER, TURMERIC, LEMON, GARLIC, CUCUMBER, KALE,
 RAW HONEY, APPLE CIDER VINEGAR

ENERGIZED \$9.95

GRASS-FED PROTEIN POWDER, SHOT OF ESPRESSO,
 BANANA, CACAO, COCONUT MILK

CLEVER \$10.95

GRASS-FED PROTEIN POWDER, BRAIN OCTANE OIL, COCONUT WATER,
 BANANA, MACA, ALMOND BUTTER, CHIA SEEDS

PUMPED \$8.95

GRASS-FED PROTEIN POWDER, COLLAGEN, STRAWBERRIES,
 BANANA, COCONUT MILK

REVIVED \$7.95

KALE, LEMON, GINGER, MINT, CUCUMBER, CELERY, MATCHA POWDER

PLAYFUL \$9.95

BLUE MAJIK, PINEAPPLE, MANGO, BANANA, CHIA SEEDS

SPIKE IT

GINGER SHOT - \$2.00 / PROTEIN POWDER - \$2.50 / HEMP SEEDS - \$1.50
 FLAX SEEDS - \$2.50 / CHIA SEEDS - \$2.00 / ALMOND BUTTER - \$2.00
 EXTRA FRUIT/BERRIES - \$1.00 / BLUE MAJIK - \$4.50
 MACA POWDER - \$1.50 / BRAIN OCTANE OIL - \$2.50 / COLLAGEN - \$2.00

SIGNATURE POKÉ BOWLS

AVAILABLE FROM 11AM

I FEEL...

HUMBLE \$11.95 (SM) \$15.95 (LG)

TUNA, WAKAME, SHOYU, SWEET ONIONS, WASABI AIOLI
 ON WHITE RICE

HOPEFUL \$11.95 (SM) \$15.95 (LG)

SALMON, AVOCADO, WAKAME, SWEET ONIONS, JALAPEÑOS,
 SRIRACHA AIOLI, PICKLED GINGER, CHERRY TOMATOES
 ON BLACK RICE

ADVENTUROUS \$11.45 (SM) \$15.45 (LG)

SALMON, FURIKAKE, KIMCHEE, JALAPEÑOS, CUCUMBER,
 SRIRACHA, WASABI AIOLI ON WHITE RICE

GRATEFUL \$10.95 (SM) \$14.95 (LG)

TOFU, GREEN ONIONS, SPICY SHOYU, EDAMAME,
 AVOCADO, NORI, WASABI PEAS WITH ZUCCHINI
 AND SWEET POTATO NOODLES

SIGNATURE SALAD & GRAIN BOWLS

AVAILABLE FROM 11AM

I FEEL...

CHEERFUL \$11.95

KALE, ROASTED CAULIFLOWER, BULGUR, COFFEE PECANS,
 DATES, CUMIN TAHINI, MINT, YELLOW BEETS

BLESSED \$11.95

QUINOA, POACHED EGGS, AVOCADO, CURRIED CAULIFLOWER,
 CHICKPEAS, SWEET POTATOES, CASHEWS

FESTIVE \$14.95

ROASTED CHICKEN, WHITE RICE, BLACK BEANS, AVOCADO,
 TORTILLA CHIPS, SALSA, GREEN ONIONS

KIND \$14.95

ROASTED CHICKEN, EGG, BRUSSELS SPROUTS, KALE,
 MUSHROOMS, BULGUR, CROUTONS, HERB VINAIGRETTE

SMART \$15.95

BAKED SALMON, KALE, BRUSSELS SPROUTS, ROASTED SQUASH,
 PICKLED RED ONION, PUMPKIN SEEDS, AVOCADO, CROUTONS,
 PARMESAN CHEESE, ROASTED GRAPE DRESSING

THANKFUL \$10.95

ZUCCHINI AND SWEET POTATO SLAW, KALE, DRIED CRANBERRIES,
 TOASTED CASHEWS, MINT, COCONUT CASHEW LIME DRESSING

GET CREATIVE BUILD YOUR OWN

SMALL - BASE + 4 TOPPINGS - \$8.95

LARGE - BASE + 5 TOPPINGS - \$10.95

BASE

SUSHI RICE, BLACK RICE, QUINOA, KALE,
 ZUCCHINI AND SWEET POTATO NOODLES

TOPPINGS

CUCUMBER - AVOCADO - CHERRY TOMATOES,
 BULGUR - BRUSSELS SPROUTS - ROASTED SQUASH - MUSHROOMS
 BLACK BEANS - WAKAMI - EDAMAME - JALAPEÑOS,
 PICKLED GINGER - KIMCHEE - CROUTONS - PUMPKIN SEEDS,
 GREEN ONIONS - SWEET ONIONS - BEET CURLS - PINEAPPLE, MANGO
 MACADAMIA NUTS - CASHEWS

PROTEIN

TUNA - \$3.50 (1 SCOOP) - \$6.00 (2 SCOOP) - \$9.00 (3 SCOOP)
 SALMON \$3.00 (1 SCOOP) - \$5.00 (2 SCOOP) - \$8.00 (3 SCOOP)
 SPICY MAYO SALMON - \$3.00 - (1 SCOOP) - \$5.00 (2 SCOOP) - \$8.00 (3 SCOOP)
 BAKED SALMON - \$6.00 / ROASTED CHICKEN - \$4.00
 TOFU - \$3.00 / EGG - \$1.00

SAUCES

SRIRACHA AIOLI, SRIRACHA, WASABI AIOLI, AVOCADO AIOLI,
 SPICY SHOYU, SHOYU, ROASTED GRAPE VINAIGRETTE, COCONUT
 CASHEW LIME, CUMIN TAHINI, HOUSE DRESSING

TOP UP

FURIKAKE, NORI, SESAME SEEDS, WASABI PEAS,
 CHILLI FLAKES, FRESH GARNISH

EXTRAS

TOPPINGS \$0.75

We believe in sustainability and providing organic and local products as much as possible.



Our fish are Ocean Wise and Sustainable,
Delivered Fresh Daily.

The greens for the bowls are from Aqua Greens, a sustainable and certified organic Aquaponics Farming in Toronto.

Our Coffee is roasted locally by Barocco Coffee using Direct Trade Coffee Beans.



EAT GOOD.
FEEL GOOD.
DO GOOD.



@CALIILOVE.COM

CALIILOVE.COM 416.792.LOVE (5683)
WE DO CATERING HELLO@CALIILOVE.COM

INGREDIENT BENEFIT BREAKDOWN:

ANTIOXIDANT-RICH FRUITS AND VEGETABLES:

AÇAÍ

CONTAINS COMPOUNDS CALLED ANTHOCYANINS THAT CAN WORK TO LOWER BLOOD CHOLESTEROL LEVELS.

APPLE

CONTAINS HIGH AMOUNTS OF SOLUBLE FIBRE THAT WORKS TO BIND WITH FATS IN THE INTESTINE, ESSENTIALLY LEADING TO LOWER CHOLESTEROL LEVELS WITHIN THE BODY.

ARUGULA

CONTAINS HIGH AMOUNTS OF VITAMIN K, WHICH WORKS TO IMPROVE BONE DENSITY.

BLUEBERRIES

CONTAINS ANTI-AGING COMPOUNDS THAT HELP BY NEUTRALIZING FREE RADICALS THAT CAUSE OXIDATIVE DNA DAMAGE.

BANANA

CONTAINS A HIGH AMOUNT OF FIBRE (PECTIN AND RESISTANT STARCH) THAT WORKS TO IMPROVE DIGESTION AND FEED THE HEALTHY BACTERIA IN THE GUT.

CELERY

CONTAINS ANTI-INFLAMMATORY COMPOUNDS THAT FIGHT AGAINST OXIDATIVE STRESS.

CUCUMBER

CONTAINS ANTI-INFLAMMATORY COMPOUNDS CALLED Fisetin THAT PLAYS A VITAL ROLE IN OVERALL BRAIN HEALTH.

DATES

CONTAINS COMPOUNDS THAT SUPPORT REGULAR BOWEL MOVEMENTS, RELIEVE CONSTIPATION AND PROMOTE OVERALL DIGESTIVE HEALTH.

EDAMAME

CONTAINS VITAMINS, MINERALS AND PROTEINS THAT WORK TO STRENGTHEN THE IMMUNE SYSTEM.

KALE

CONTAINS HIGH AMOUNTS OF FLAVONOID COMPOUNDS, WHICH HAVE ANTI-INFLAMMATORY, ANTI-MICROBIAL AND ANTI-CANCER EFFECTS WITHIN THE BODY.

LEMON

LOADED WITH VITAMINS AND MINERALS, AND CONTAINS COMPOUNDS THAT WORK TO STRENGTHEN YOUR IMMUNE SYSTEM BY PURIFYING THE BLOOD.

MANGO

CONTAINS A HEFTY AMOUNT OF VITAMIN A, WHICH WORKS TO PROMOTE GOOD EYESIGHT AND PREVENT DRY EYES.

NORI

LOADED WITH VITAMINS AND MINERALS THAT ARE NEEDED TO MAINTAIN THE BALANCE OF THE THYROID GLAND.

POMEGRANATE

CONTAINS POWERFUL COMPOUNDS CALLED PUNICALAGINS THAT WORK TO REDUCE INFLAMMATION WITHIN THE BODY.

PINEAPPLE

CONTAINS A COMPOUND CALLED BROMELAIN THAT WORKS TO REDUCE INFLAMMATION IN THE MUSCLES AND JOINTS.

RASPBERRIES

CONTAINS CANCER-FIGHTING COMPOUNDS THAT WORK BY REDUCING OXIDATIVE STRESS AND INFLAMMATION WITHIN THE BODY.

STRAWBERRIES

CONTAINS HIGH AMOUNTS OF VITAMIN C, WHICH WORKS TO STRENGTHEN THE IMMUNE SYSTEM BY STIMULATING THE ACTIVITY OF WHITE BLOOD CELLS.

SWEET POTATOES

CONTAINS HIGH AMOUNTS OF MAGNESIUM, WHICH PROMOTES CALMNESS, WORKS TO OFF-SET THE EFFECTS OF STRESS AND SUPPORT OVERALL BONE, BLOOD, MUSCLE AND NERVE HEALTH.

WAKAME

LOADED WITH VITAMINS AND MINERALS THAT ARE NEEDED FOR THE PRODUCTION AND REGULATION OF THYROID HORMONES.

WASABI PEAS

CONTAINS DETOXIFYING COMPOUNDS THAT WORK TO RID HARMFUL TOXINS FROM THE BODY.

GLUTEN-FREE GRAINS AND LEGUMES:

BLACK BEANS

RICH IN PROTEIN, NUTRIENT-DENSE AND HIGH IN FIBRE, WHICH CAN AID IN WEIGHT-LOSS BY KEEPING YOU FEELING SATIATED LONGER.

CHICKPEAS

RICH IN PROTEIN, NUTRIENT-DENSE AND HIGH IN FIBRE, WHICH CAN HELP LOWER CHOLESTEROL IN THE BLOOD.

OATS

RICH IN PROTEIN, NUTRIENT-DENSE AND HIGH IN FIBRE, WHICH CAN AID IN BLOOD SUGAR CONTROL BY SLOWING DOWN THE BREAKDOWN AND ABSORPTION OF CARBOHYDRATES.

QUINOA

RICH IN PROTEIN, NUTRIENT-DENSE AND HIGH IN FIBRE, WHICH CAN HELP REGULATE BOWEL MOVEMENTS AND KEEP YOUR DIGESTIVE SYSTEM RUNNING OPTIMALLY.

BULGUR

RICH IN PROTEIN, NUTRIENT-DENSE, HIGH IN FIBRE AND A GREAT CHOICE FOR THOSE WITH LOW IRON LEVELS!

HEALTHY FATS:

AVOCADO

LOADED WITH VITAMINS, MINERALS AND ANTIOXIDANTS, WHICH ACTUALLY WORK TO INCREASE ABSORPTION OF NUTRIENTS AND ANTIOXIDANTS FROM OTHER FOODS!

ALMOND BUTTER

CONTAINS COMPOUNDS THAT WORK TO REDUCE LOW-DENSITY LIPOPROTEIN CHOLESTEROL, ALSO KNOWN AS "BAD CHOLESTEROL" IN THE BLOOD.

BRAIN OCTANE OIL

SUPPLIES A QUICK SOURCE OF ENERGY WHILE CONTAINING COMPOUNDS THAT WORK TO HELP YOUR BODY BURN FAT.

CHIA SEEDS

PACKED WITH VITAMINS, MINERALS AND COMPOUNDS THAT WORK TO SUPPORT DIGESTIVE, SKIN AND HEART HEALTH!

COCONUT

CONTAINS HIGH AMOUNTS OF VITAMIN A AND E, AND COMPOUNDS THAT WORK TO DECREASE THE LEVELS OF LDL CHOLESTEROL IN THE BLOOD.

CASHEWS

PACKED WITH VITAMINS AND MINERALS THAT WORK TO LOWER BLOOD PRESSURE AND SUPPORT BONE HEALTH.

CACAO NIBS

CONTAINS COMPOUNDS THAT WORK TO CONTROL BLOOD GLUCOSE LEVELS AND REGULATE BLOOD PRESSURE.

FLAX SEEDS

HIGH IN PROTEIN AND CONTAINS COMPOUNDS THAT WORK TO IMPROVE DIGESTION AND LOWER CHOLESTEROL.

HEMP SEEDS

HIGH IN PROTEIN AND CONTAINS COMPOUNDS THAT WORK TO BOOST METABOLISM AND BALANCE HORMONES.

PECANS

CONTAINS COMPOUNDS THAT WORK TO SUPPORT CARDIOVASCULAR HEALTH AND KEEP YOUR HEART HEALTHY BY INHIBITING UNWANTED OXIDATION OF BLOOD LIPIDS.

HIGH-QUALITY PROTEIN SOURCES:

BONE BROTH

CONTAINS ANTI-NAUSEA, ANTIOXIDANT AND ANTI-INFLAMMATOR COMPOUNDS THAT WORK TO REDUCE INTESTINAL INFLAMMATION, WHILE STRENGTHENING OVERALL DIGESTION AND IMMUNITY.

COLLAGEN

CONTAINS OVER 19 DIFFERENT AMINO ACIDS THAT CAN WORK TO BOOST YOUR METABOLISM AND IMPROVE THE OVERALL HEALTH OF YOUR SKIN, HAIR, JOINTS AND GUT!

EGGS

ONE OF THE MOST NUTRITIOUS FOODS IN THE WORLD, WHICH IS WHY THEY ARE KNOWN AS "NATURE'S PERFECT FOOD" - CONTAINING ALMOST EVERY NUTRIENT WE NEED TO THRIVE.

GRASS-FED PROTEIN POWDER

NUTRIENT QUALITY IS UNDENIABLY SUPERIOR WHEN COMPARED TO GRAIN-FED PROTEINS, WITH INCREASED LEVELS OF CLA, OMEGA-3'S AND ESSENTIAL MINERALS LIKE CALCIUM, MAGNESIUM AND POTASSIUM.

SALMON

CONTAINS HIGH AMOUNTS OF VITAMIN D - WHICH IS IMPORTANT FOR THE MAINTENANCE OF HEALTHY BONES AND TEETH.

TUNA

CONTAINS HIGH LEVELS OF OMEGA 3 FATTY ACIDS, WHICH CAN REDUCE BLOOD PRESSURE AND LOWER THE RISK OF HEART DISEASE.

VEGAN PROTEIN POWDER

IS VOID OF MOST COMMON KNOWN ALLERGENS, AND CAN WORK TO PROMOTE MUSCULAR DEVELOPMENT, LOWER CHOLESTEROL, REDUCE BLOOD PRESSURE AND STRENGTHEN THE IMMUNE SYSTEM.

HERBS AND SPICES:

ASHWAGANDHA

THIS ADAPTOGENIC HERB WORKS TO BOOST IMMUNE FUNCTION AND PROMOTE HORMONE BALANCE BY RELIEVING STRESS WITHIN THE BODY.

CAYENNE PEPPER

THIS SPICE IS VERY BENEFICIAL FOR THE BOTH THE CIRCULATORY AND DIGESTIVE SYSTEMS AS IT WORKS TO REGULATE BLOOD FLOW BY OPENING CAPILLARIES, WHICH CAN ASSIST IN REMOVING EXCESS TOXINS FROM THE BODY.

GINGER

THIS HERB CONTAINS COMPOUNDS THAT WORK TO AID IN DIGESTION AND RELIEVE INDIGESTION BY SPEEDING UP THE EMPTYING OF THE STOMACH.

GARLIC

THIS HERB IS ONE OF MOST EFFECTIVE ANTI-MICROBIAL PLANTS THAT SUPPORTS THE LIVERS NATURAL DETOXIFICATION PROCESS AND IMPROVES DIGESTION BY SUPPORTING THE DEVELOPMENT OF THE NATURAL BACTERIAL FLORA.

MACA

THIS ADAPTOGENIC HERB WORKS TO PROMOTE HORMONE BALANCE WITHIN THE BODY BY BALANCING ESTROGEN LEVELS.

MUCUNA PRURIENS

THIS HERB CONTAINS COMPOUNDS THAT SUPPORT THE NERVOUS SYSTEM BY ENHANCING THE BODY'S NATURAL ABILITY TO BETTER HANDLE STRESS.

MINT

THIS HERB CONTAINS COMPOUNDS THAT WORK TO PROMOTE PROPER DIGESTION BY SOOTHING THE STOMACH.

MATCHA POWDER

THIS HERBAL TEA WORKS TO FORTIFY THE IMMUNE SYSTEM AND AID IN THE BODY'S NATURAL DETOXIFICATION PROCESSES.

PINE POLLEN

THIS HERB CONTAINS IMMUNE-BOOSTING COMPOUNDS THAT WORK TO PROMOTE RAPID HEALING WITHIN THE BODY.

TURMERIC

THIS HERB CONTAINS A SPECIFIC ANTI-INFLAMMATORY COMPOUND CALLED CURCUMIN THAT IS KNOWN TO BE ONE OF THE MOST EFFECTIVE TREATMENTS FOR CONTROLLING INFLAMMATION WITHIN THE BODY.

LIQUIDS:

COCONUT WATER

IS NOT ONLY LOADED WITH HIGH AMOUNTS OF VITAMINS, MINERAL, ENZYMES, AMINO ACIDS AND ANTIOXIDANTS - BUT IT CONTAINS ELECTROLYTES THAT WORK TO PREVENT DEHYDRATION WITHIN THE BODY.

RAW HONEY

THIS NATURAL SUGAR IS LOADED WITH RAW ENZYMES AND ANTIOXIDANTS THAT WORK TO BOOST OVERALL IMMUNITY.

APPLE CIDER VINEGAR

WORKS TO BALANCE THE PH OF THE BLOOD, REMOVE EXCESS ACIDITY AND ALLOW A MORE OPTIMAL HEALING ENVIRONMENT WITHIN THE BODY.

COCONUT MILK

CONTAINS HIGH AMOUNTS OF LAURIC ACID, WHICH WORKS TO IMPROVE CHOLESTEROL LEVELS AND OVERALL HEART HEALTH.

SHOYU

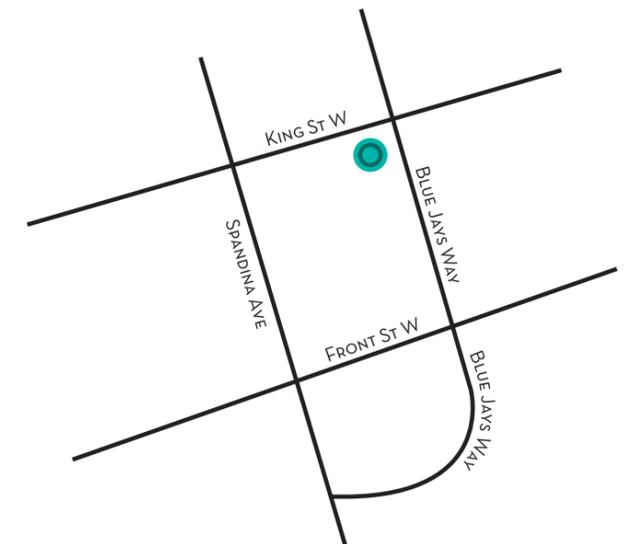
IS A FERMENTED SOY PRODUCT, WHICH CONTAINS POWERFUL ANTIOXIDANT AND ANTI-CANCER PROPERTIES.



HOURS OF OPERATION

MON - FRI (7AM - 10PM)

SAT & SUN (8AM - 10PM)



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