

CALII LOVE

Summer Menu

BEVERAGES

Brewed Coffee REG \$2 | LG \$2.25

Latte \$4

Cappuccino \$3.75

Espresso SGL \$2 | DBL \$2.5

Americano SGL \$2.5 | DBL \$3

Extra Shot \$0.5

Tea \$2.75

Tea Latte \$4

SPECIALTY LATTE

Matcha Latte \$5.5

Vegan Bulletproof Coffee \$5.5

Activated Charcoal Latte \$5.5

Chaga Hot Chocolate \$5.5

Collagen Latte \$5.5

Golden Milk Latte \$5.5

Blue Majik Spirulina Latte \$6

Beet Latte \$6

Available Hot Or Iced

BONE BROTH \$5

DRINKS

Calii Fountain Drinks \$3.5

Calii Bottled Drinks \$5

Coconut Water \$4

Just Water \$3

FROM THE BAKERY

Vegan Brownies (V) (GF) \$3.95 | 194 CAL

Protein Bites (V) (GF) \$1.95 (each) or 3 for \$5 | 99-145 CAL

Cookies (V) (GF) \$2.95 | 290 CAL



Goodness

GRAB & GO

Peachy (V) (GF) \$5.95
Peach Yogurt Parfait

276 CAL

Goodness (V) (GF) \$5.95
PB&J Yogurt Parfait

308 CAL

Noble (V) (GF) \$5.95
Chia Pudding

458 CAL

Calm (V) (GF) \$5.95
Apple Pie Overnight Oats

470 CAL

Bold (V) (GF) \$7.95
Tex-Mex Salad Jar

206 CAL

Blessed (VG) (GF) \$7.95
Tabouli Salad Jar

245 CAL

Hardy (VG) \$7.95
BBQ Jackfruit wrap

286 CAL

Classy \$7.95
Chicken Club Wrap

415 CAL

Fortunate (V) \$7.95
Tex-Mex Wrap

380 CAL

SMOOTHIE BOWLS

Loved (V) (GF) \$10.95

Base - Blend of acai, coconut mylk, mango and banana
Toppings - Strawberry, Coconut Flakes, Hemp Granola, Blueberries, Fresh Banana

420 CAL

Dreamy (VG) (GF) \$10.95

Base - Blend of blue majik spirulina, mango, banana, coconut mylk, pineapple
Toppings - Bee Pollen, Shredded Coconut, Raspberry, Kiwi, Mango

385 CAL

Powerful (V) (GF) \$10.95

Base - Blend of spinach, mango, banana, oat mylk, avocado and kale
Toppings - Chia Seeds, Strawberry, Mango, Roasted Sunflower Seeds, Blueberries

374 CAL

Fabulous (V) (GF) \$10.95

Base - Blend of dragon fruit, banana, coconut mylk and mango
Toppings - Chia seeds, Blueberry, Coconut Flakes, Pineapple, Kiwi

456 CAL

Brilliant (VG) (GF) \$10.95

Base - Blend of pineapple, mango, banana and green coconut
Toppings - Hemp Granola, Coconut Flakes, Strawberry, Raspberries, Honey

441 CAL



Warm

Mucho

SUPERFOOD SMOOTHIES

Limitless (V) (GF) \$8.95

MENTAL ECSTASY

Chaga, cacao, espresso, banana, maca, brain octane, oat mylk

363 CAL

Peaceful (V) (GF) \$8.95

GOOD VIBES ONLY

Kale, avocado, spinach, celery, matcha, flaxseed oil, cucumber, alkaline water, mango, stevia leaf extract

143 CAL

Beautiful (GF) \$8.95

FOREVER YOUNG

Cranberry juice, apple, red grapes, flaxseed oil, banana, collagen, coconut water

273 CAL

Playful (V) (GF) \$9.95

READY PLAYER ONE

Carrot juice, banana, almond butter, almond mylk, plant protein, dates, cinnamon, hemp hearts
Sub Whey Protein add \$1

667 CAL

Great (V) (GF) \$8.95

POWER UP

Banana, blueberries, mango, camu camu, coconut mylk, plant protein, chia seeds
Sub Whey Protein add \$1

428 CAL

Magical (VG) (GF) \$9.95

LIFE IS GOOD

Peppermint, cacao nibs, spirulina, almond butter, almond mylk, banana, avocado

433 CAL

Charming (V) (GF) \$7.95

KID AT HEART

Strawberry, mango, vanilla, banana, coconut mylk, rose water, ginger, turmeric, cinnamon, beet crystals

281 CAL



SPIKE IT

Ginger Shot \$2 | Turmeric Shot \$2 | Plant Protein \$3 | Whey Protein \$4 | Hemp Hearts \$1 | Chia Seeds \$2 | Almond Butter \$3 | Activated Charcoal \$3 | Bee Pollen \$3 | Blue Majik Spirulina Algae \$5 | Beet Crystals \$4 | Camu Camu Fruit \$2 | Chaga Mushroom \$2 | Maca Root \$2 | Brain Octane \$3 | Upgraded Collagen \$2 | Flax Seed Oil \$2

SIGNATURE POKE BOWLS

REG \$15.95 | SML \$11.95

Amazing (GF)

Raw Yellowfin tuna, raw Atlantic salmon, mango, watermelon radish, carrot, cucumber, jalapeño, sushi rice
Sauce - sweet & spicy shoyu, wasabi aioli

675 CAL (R) | 442 CAL (S)

Confident (GF) (S)

Raw Atlantic salmon, kimchi, green apple, jalapeño, sweet corn watermelon radish, sushi rice
Sauce - sriracha mayo

648 CAL (R) | 466 CAL (S)

Humble (GF)

Raw Yellowfin tuna, wakame, sweet onion, cucumber, sushi rice
Sauce - wasabi aioli

658 CAL (R) | 419 CAL (S)

Hopeful (GF) (S)

Raw Atlantic salmon, grape tomatoes, pickled ginger, jalapeño, smashed avocado, sweet onion, wakame, black rice,
Sauce - sriracha mayo

696 CAL (R) | 462 CAL (S)

Grateful (V) (GF) (S)

Chili ponzu tofu, edamame, watermelon radish, smashed avocado, sweet onion, zucchini, sweet potato and kelp noodles,
Sauce - sweet & spicy shoyu

277 CAL (R) | 145 CAL (S)



Glorious

SIGNATURE SALAD BOWLS

Pure (V) (GF) \$11.95

Our blend of seasonal organic baby greens, red grapes, blackberries, green apple, watermelon radish, carrot, roasted sunflower seeds, black rice, organic quinoa

Sauce - Coconut lime dressing

Baked Salmon

+\$3.50 (half) +\$6 (regular)

Roast Chicken

+\$3 (1 scoop) +\$5 (2 scoop)

546 CAL

Adventurous (V) (GF) \$12.95

Barbecue Jackfruit, smashed avocado, red & green cabbage, watermelon radish, cilantro, carrot, sweet onion, green apple, corn nuts, lime wedge

Sauce - Coconut lime dressing

529 CAL

Supreme \$15.95

Baked Atlantic salmon, grape tomatoes, cucumber, sweet corn, watermelon radish, carrot, baked chickpeas, black & kidney beans, cilantro, pickled shallots, black rice, organic quinoa, corn nuts, lemon

Sauce - Lemon herb tahini

776 CAL

Passionate (GF) \$15.95

Roasted chicken, smashed avocado, sweet onion, black and kidney beans, cilantro, lime, warm quinoa, blend of seasonal baby greens, tortilla chips
Sauce - Chipotle cashew crema

866 CAL

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Glorious (V) (GF) \$14.95

Baked falafel, organic shredded kale, red & green cabbage, maple roasted sweet potato, za'atar cauliflower, baked chickpeas, pickled shallot, roasted sunflower seeds, lemon wedge

Sauce - Cashew parmesan, lemon herb tahini dressing

627 CAL

BUILD YOUR OWN

Regular Base \$16.95

+ 4oz protein + 6 toppings + sauce

Small Base \$12.95

+ 2oz protein + 4 toppings + sauce

Pick A Base:

Bases

Shredded Kale | Baby Greens | Spinach | Red & Green Cabbage | Sweet Potato, Kelp & Zucchini Noodles | Quinoa | Black Rice | Sushi Rice

Pick Your Protein:

Protein

Raw Salmon | Raw Tuna | Baked Salmon | Chili Ponzu Tofu | Roasted Chicken | BBQ Jackfruit | Falafel

Pick Your Toppings:

Toppings

Baked Chickpeas | Pickled Ginger | Black & Kidney Beans | Jalapeño | Sweet Onion | Cucumber | Watermelon Radish | Edamame | Carrot | Mango | Toasted Sunflower Seeds | Dried Currants | Crispy Shallot | Kimchi | Wakame | Corn Nuts | Green Apple | Grape Tomatoes | Sweet Corn | Gochujang Roasted Broccoli | Smashed Avocado | Roasted Za'atar Cauliflower | Beet | Red Grapes | Tortilla Chips | Blackberries | Cashew Parmesan

Dress it up:

Sauces

Chipotle Cashew Crema (V) (GF) | Soy Lime Vinaigrette (V) | Sweet & Spicy Shoyu (V) (GF) (S) | Coconut Lime Dressing (V) (GF) | Wasabi Aioli (VG) (GF) | Sriracha Mayo (VG) (GF) (S) | Lemon Herb Tahini (V) (GF)

Top It Up:

Spiced Soy Nuts | Togarashi | Nori | Sesame seeds | Pea shoots

Load It Up:

Raw Salmon \$3 | Raw Tuna \$3 | Baked Salmon \$3.50 | Chili Ponzu Tofu \$2 | Roasted Chicken \$3 | BBQ Jackfruit \$2 | Falafel \$2

Extra toppings +\$1.00

Extra sauce +\$0.50

LOVE FOR LIFE.

Our Mission: is to positively uplift, inspire healthier communities and deliver happiness one person and one bowl at a time.

While everything we do starts and ends with the products we create, it also extends to every aspect of the brand. From our physical store, the people we hire and serve to our social presence. This is just the beginning.

Calii Love started from the idea that a grab and go food place could be more than just your everyday salads and bowls. We decided to take that experience and elevate it with positive emotions, wellness and a sense of community. Where we could be your third place between home and work.

“ OPEN UP YOUR HEART CHAKRA ”

supporting the heart chakra with nourishing green foods. We love using bright and phytochemical-rich ingredients because generally speaking, green foods are detoxifying, deodorizing, and neutralizing.

Learn more in this week's blog post on our website caliilove.com.

Did you know that foods have vibrations that can activate or balance your chakras? For the summer of love, we're all about

- By **Kiki Athanas**, the In-House Wellness Expert at Calii Love



Visit CALIILOVE.COM for more info on macros, allergy grids, and health benefits on ingredients



SUPERHERO AMONG US

Fats are making a comeback! MCT oil, ketosis and bulletproof coffee have all been buzz words recently but what do they all mean and how can increasing fats in your diet improve your health? Check out our website caliilove.com to learn more about Calii Loves super - oil brain octane.

- by **Mikaela Moretti**

WE NOW CATER

Good vibes for all.

Corporate lunches, craft services, private functions, multi-day events - we do it all. Our packaging is environmentally friendly, and we can accommodate all dietary needs.

Email us at: CATERING@CALIILOVE.COM
Or call: **416-792-5683**



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Summer Love



EAT GOOD.
LOVE LIFE.

Summer Menu