

# CALII LOVE

Summer Menu

## BEVERAGES

- Brewed Coffee** RG \$2 | LG \$2.25
- Latte** \$4
- Cappuccino** \$3.75
- Espresso** SGL \$2 | DBL \$2.5
- Americano** SGL \$2.5 | DBL \$3
- Tea** \$2.75
- Tea Latte** \$4
- Extra Shot** \$0.5
- Immunity Shot** \$5.5

### WELLNESS LATTES

Available Hot Or Iced

- Matcha Latte
- Chaga Hot Chocolate
- Collagen Latte
- Golden Milk Latte
- Activated Charcoal Latte
- Vegan Bulletproof Coffee
- Blue Majik Spirulina Latte
- Beet Latte

\$5.95



## BREAKFAST

Available until 11am

- Warm** (GF) (V) \$6.95  
Steel cut oatmeal, blueberries, cardamom, Canadian maple, espresso walnuts, coconut flakes, banana  
662 CAL



## SMOOTHIE BOWLS

Available all day

- Dreamy** (GF) (VG) \$10.95  
**Base** - Blend of blue majik spirulina, mango, banana, coconut milk, pineapple  
**Toppings** - Bee pollen, coconut flakes, strawberry, kiwi, mango  
385 CAL

- Powerful** (GF) (V) \$10.95  
**Base** - Blend of avocado, green kale, mango, banana, coconut milk  
**Toppings** - Chia seeds, strawberry, mango, roasted sunflower seeds, blueberries  
374 CAL

- Loved** (GF) (V) \$10.95  
**Base** - Blend of acai, coconut milk, mango, banana  
**Toppings** - Strawberry, coconut flakes, house-made hemp granola, blueberries, fresh banana  
420 CAL

- Happy** (GF) (VG) \$10.95  
**Base** - Blend of acai, strawberry, coconut milk, banana, mango  
**Toppings** - House-made hemp granola, coconut flakes, bee pollen, kiwi, blueberry, banana  
554 CAL

- Excellent** (GF) (V) \$10.95  
**Base** - Peach, mango, Canadian maple, coconut milk  
**Toppings** - House-made hemp granola, coconut flakes, blueberries, kiwi  
468 CAL



## SUPERFOOD SMOOTHIES

Available all day

- Priceless** (GF) (V) \$7.95  
Blueberries, strawberries, banana, vanilla pea protein, coconut water  
**Sub Whey Protein** + \$1  
386 CAL

- Awake** (GF) (V) \$7.95  
Pineapple, carrots, banana, lemon, turmeric, oat milk  
456 CAL

- Fresh** (GF) (V) \$7.95  
Kale, cucumber, celery, pineapple, ginger, lemon, green apple  
166 CAL

- Charming** (GF) (V) \$7.95  
Strawberries, mango, banana, chia seeds, beet, rose water, coconut, Medjool dates, house nut milk  
287 CAL

- Limitless** (GF) (V) \$7.95  
Love Affair cold brew, raw cacao, chaga, maca, ashwagandha, shilajit, almond butter, Medjool dates, banana, house nut milk  
476 CAL

### POWER UP YOUR SMOOTHIE OR BOWL

Turmeric Shot  
Chia Seeds  
Hemp Seeds  
+\$3

Collagen  
Vanilla Pea Protein  
Almond Butter  
Whey Protein  
+\$4

## SIGNATURE SALADS

Available from 11am until close

- Excited** (GF) (V) \$10.95  
Chopped kale, roasted beets, watermelon radish, green apple, vegan feta cheese, espresso walnuts, apple beet vinaigrette  
594 CAL

- Incredible** (GF) (V) (K) \$10.95  
House greens, roasted rosemary-thyme mushrooms, spicy roasted broccoli, smashed avocado, cherry tomatoes, toasted hemp hearts, spicy pumpkin seeds, balsamic almond vinaigrette  
495 CAL

- Legendary** (GF) (V) (S) \$10.95  
House greens, warm quinoa, red cabbage, smashed avocado, pico de gallo, black beans, vegan feta cheese, spicy pumpkin seeds, chipotle nacho ranch dressing  
491 CAL

- Zen** (GF) (V) \$10.95  
House greens, warm quinoa, red cabbage, roasted sweet potatoes, turmeric roasted cauliflower, celery, red grapes, coconut flakes, cilantro lime vinaigrette  
475 CAL



ADD YOUR PROTEIN

- Raw Salmon | Raw Tuna | Baked Salmon + \$6
- Falafel | Roasted Chicken + \$5
- Baked Tofu | BBQ Pulled Jackfruit + \$3.5



## SIGNATURE POKÉ

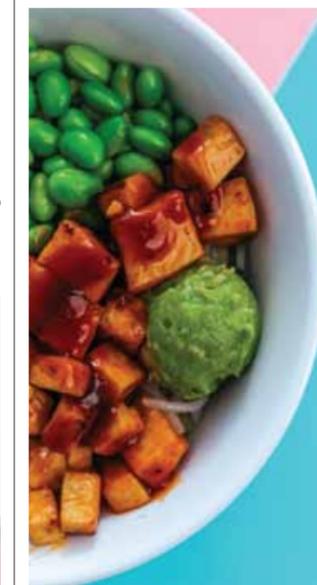
Available from 11am until close  
SML \$11.95 | REG \$15.95

- Clever** (GF) (S)  
Ocean Wise Certified raw Yellowfin tuna, spicy broccoli, crispy shallot, wakame seaweed salad, jalapeño, edamame, sushi rice, sriracha, wasabi aioli  
759 CAL (S) | 807 CAL (R)

- Amazing** (GF) (S)  
Ocean Wise Certified raw Yellowfin tuna, raw Atlantic salmon, mango, watermelon radish, carrot, cucumber, jalapeño, sushi rice, sweet and spicy shoyu sauce, wasabi aioli  
442 CAL (S) | 675 CAL (R)

- Hopeful** (GF) (S)  
Ocean Wise Certified raw Atlantic salmon, grape tomatoes, pickled ginger, jalapeño, smashed avocado, white onion, wakame seaweed salad, black rice, sriracha mayo  
462 CAL (S) | 696 CAL (R)

- Grateful** (GF) (V) (S)  
Baked tofu, edamame, watermelon radish, smashed avocado, zucchini, sweet potato and kelp noodles, white onion, sweet and spicy shoyu sauce  
145 CAL (S) | 277 CAL (R)



## BUILD YOUR OWN

Available from 11am until close

- Calii Box** \$10.45  
BASE + PROTEIN + 2X TOPPINGS + SAUCE

- Small Bowl** \$12.95  
BASE + PROTEIN + 4X TOPPINGS + SAUCE

- Regular Bowl** \$16.95  
BASE + PROTEIN + 6X TOPPINGS + SAUCE

### PICK YOUR BASE:

House Greens | Red Cabbage | Chopped Kale | Calii Noodles | Warm Quinoa | Black Rice | Sushi Rice

### PICK YOUR PROTEIN:

Baked Tofu | BBQ Pulled Jackfruit | Baked Chicken Breast | Baked Salmon | Falafel | Raw Salmon | Raw Tuna

### PICK YOUR TOPPINGS:

Rosemary-Thyme Roasted Mushrooms | Spicy Broccoli | Celery | Carrot | Turmeric Cauliflower | Cucumber | Edamame | Pickled Ginger | Jalapeño | Kimchi | White Onion | Watermelon Radish | Pico de Gallo | Roasted Sweet Potato | Cherry Tomatoes | Wakame | Red Grapes | Smashed Avocado | Mango | Vegan Feta Cheese | Black Beans | Toasted Hemp Hearts | Spicy Pumpkin Seeds | Crispy Shallot | Coconut Flakes | Espresso Walnut | Green Apple | Roasted Beets | Tempeh Bacon

### EXTRAS:

Raw Salmon | Raw Tuna | Baked Salmon + \$6  
Falafel | Roasted Chicken + \$5  
Baked Tofu | BBQ Pulled Jackfruit + \$3.5  
Extra Toppings + \$1  
Extra Sauces + \$0.5

### PICK YOUR SAUCE:

Chipotle Nacho Ranch (V) (GF) | Sweet and Spicy Shoyu (V) (GF) (S) | Wasabi Aioli (VG) (GF) (S) | Sriracha Mayo (VG) (GF) (S) | Balsamic Almond Vinaigrette (V) (GF) | Cilantro Lime (V) (GF) | Apple Beet Vinaigrette (V) (GF)  
Our dressings are house-made

### TOP IT UP:

Spiced Soy Nuts | Calii Spice | Nori | Sesame Seeds | Pea Shoots

# LOVE FOR LIFE.

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



## HOW TO EAT MORE MINDFULLY - AND WHAT'S IN IT FOR YOU.

Do you wolf down your food - or do you take the time to truly enjoy every single bite? Being a bit slower and more mindful when it comes to eating - and most importantly, chewing - your food could be the solution to your digestion, anxiety, and even weight issues once and for all. Yes, it's very likely that simply the speed of your meals is holding you back from your optimal health potential. In fact, I'll argue that simply slowing down to chew your food will bring you countless life-changing benefits - all without having to even change the food itself!

Yup, this a nutrition-focused post, but no - it won't be arguing for certain foods or diets over others. I'll leave that decision in your very capable, intuitive hands for now.

Instead, I'm going to walk you through **3 key ways to eat more mindfully**, and exactly why you should.

Learn more on our website [caliilove.com](https://caliilove.com)

By **Kiki Athanas**, In-House Wellness Expert.

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.

## 3 HERBS TO TRY (WHEN YOU CAN'T GET CBD)

Whether it's a headache, bodyache, or just downright "mindache" - you've likely resorted to less-than-natural remedies (think: over the counter painkillers or prescription drugs), when maybe all you needed was a bit of plant medicine. CBD, one of over a hundred compounds in the cannabis plant, can be a helpful aid in a variety of ailments spanning physical and emotional wellness - and it's a prime example of the power of plants!

With that said, for those uncomfortable with using cannabis in any form, or simply cannot get their hands on a trusted and quality source, there are other adaptogenic herbs that may very well do the trick.

Learn what they are on our website [caliilove.com](https://caliilove.com)

By **Kiki Athanas**, In-House Wellness Expert.

Visit [CALIILOVE.COM](https://CALIILOVE.COM) for more info on macros, allergy grids, and health benefits on ingredients.



## 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](mailto:catering@caliilove.com) or call: **416-792-5683**

# Summer Love CALII LOVE



**EAT GOOD.  
LOVE LIFE.**

Summer Menu

**CALII LOVE**

**KING ST. WEST**  
367 KING ST. WEST  
TORONTO, ON  
M5V 1K1  
CANADA  
416-977-2181

**YORKVILLE**  
1235 BAY STREET  
TORONTO, ON  
M5R 3K4  
CANADA  
416-960-LOVE (5683)

**UNION STATION**  
65 FRONT ST. WEST  
TORONTO, ON  
M5J 1E6  
CANADA

**FIRST CANADIAN PLACE**  
100 KING ST. WEST  
TORONTO, ON  
M5X 1A9  
CANADA  
647-350-6595