

CALII LOVE

Spring Menu

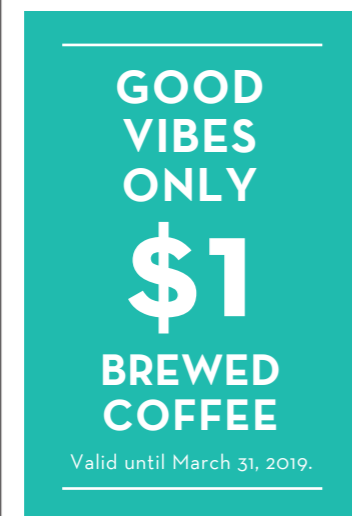
BEVERAGES

- 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
- Ginger Shot** \$2
- Turmeric Shot** \$2
- WELLNESS LATTES**
- Available Hot Or Iced
- Matcha 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
- Activated Charcoal Latte** \$5.5
- Vegan Bulletproof Coffee** \$5.5

BREAKFAST

Available 'til 11am

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



SMOOTHIE BOWLS

Available all day

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

- Powerful** (GF) (V) \$10.95
- Base** - Blend of avocado, green kale, spinach, 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, hemp granola, blueberries, fresh banana
- 420 CAL

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

- Vibrant** (GF) (V) \$10.95
- Base** - Blend of turmeric, ginger, cardamom, cinnamon, pineapple, butternut squash, banana, house nut milk
- Toppings** - Coconut flakes, house hemp granola, kiwi, goji berries, blueberries
- 360 CAL



SUPERFOOD SMOOTHIES

Available all day

- Priceless** (GF) (V) \$7.95
- BERRY RECOVERY**
- Wild Ontario blueberries, strawberries, banana, pea protein, coconut water
- Sub Whey Protein** + \$1
- 386 CAL

- Badass** (GF) (V) \$7.95
- IMMUNE BOOST**
- Wild Ontario blueberries, spinach, butternut squash, banana, house nut milk, ginger, turmeric, cinnamon, cardamom, black pepper
- 383 CAL

- Fresh** (GF) (V) \$7.95
- CLEANSING**
- Green kale, spinach, pineapple, cucumber, ginger, celery, Granny Smith apple, filtered water, lemon squeeze
- 166 CAL

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

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

- POWER UPS**
- Ginger Shot | Turmeric Shot | Chia Seeds +\$3
- Almond Butter | Upgraded Collagen | Pea Protein | Whey Protein +\$4
- ADAPTOGENIC DUSTS** + \$3
- Beauty Mix | Brain Mix | Energy Mix
- Power Mix | Sexy Mix | Zen Mix



SIGNATURE SALADS

Available from 11am



PICK YOUR BOWL

- Classy** (GF) (V) \$10.95
- CALII CAESAR**
- Chopped kale, shaved brussel sprouts, tempeh bacon bits, crispy baked chickpeas, cashew parmesan, horseradish Caesar dressing
- 339 CAL

- Incredible** (GF) (V) (K) \$10.95
- PALEO & KETO**
- Rosemary-thyme roasted mushrooms, spicy roasted broccoli, grape tomatoes, smashed avocado, toasted hemp hearts, spicy pumpkin seeds, house greens, balsamic almond vinaigrette
- 495 CAL

- Legendary** (GF) (V) (S) \$10.95
- MEXII CALII**
- Smashed avocado, pico de gallo, black and kidney beans, warm quinoa, red and green cabbage, house greens, spicy pumpkin seeds, vega feta cheese, chipotle nacho ranch dressing
- 491 CAL

- Zen** (GF) (V) \$10.95
- BUDDHA LOVE**

- Roasted sweet potato, turmeric roasted cauliflower, celery, red grapes, coconut flakes, warm quinoa, red and green cabbage, house greens, cilantro lime dressing
- 475 CAL



ADD YOUR PROTEIN

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

SIGNATURE POKÉ

Available from 11am until close

SML \$11.95 | REG \$15.95

Clever (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)

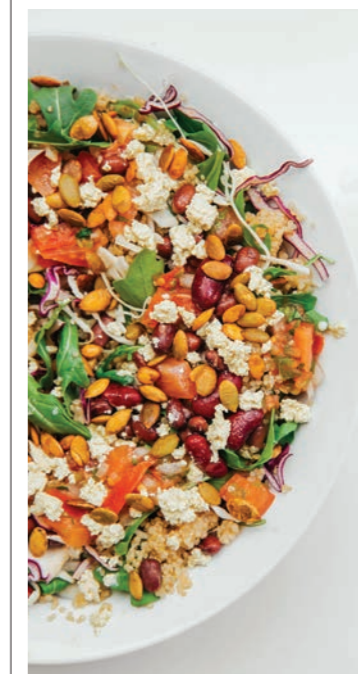
- Ocean Wise Certified raw Yellowfin tuna, raw Atlantic salmon, mango, watermelon radish, carrot, cucumber, jalapeño, sushi rice, sweet and spicy shoyu, wasabi aioli
- 442 CAL (S) | 675 CAL (R)

Hopeful (GF) (S)

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

Grateful (GF) (V) (S)

- Chili ponzu tofu, edamame, watermelon radish, smashed avocado, zucchini, sweet potato and kelp noodles, sweet and spicy shoyu
- 145 CAL (S) | 277 CAL (R)



BUILD YOUR OWN

Available from 11am until close

Calii Box \$9.95

- (Bowl) + (Protein) + 2x (Toppings) + (Sauce)
- BASE PROTEIN TOPPINGS SAUCE

Small Bowl \$12.95

- (Bowl) + (Protein) + 4x (Toppings) + (Sauce)
- BASE PROTEIN TOPPINGS SAUCE

Regular Bowl \$16.95

- (Bowl) + (Protein) + 6x (Toppings) + (Sauce)
- BASE PROTEIN TOPPINGS SAUCE

PICK YOUR BASE:

- House Greens | Red and Green Cabbage | Chopped Kale | Sweet Potato, Kelp and Zucchini Noodles | Warm Quinoa | Black Rice | Sushi Rice

PICK YOUR PROTEIN:

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

PICK YOUR TOPPINGS:

- Roasted Mushrooms | Spicy Broccoli | Celery | Carrot | Turmeric Cauliflower | Cucumber | Edamame | Pickled Ginger | Jalapeño | Kimchi | Spanish Onion | Watermelon Radish | Pico de Gallo | Pickled Red Onion | Roasted Sweet Potato | Grape Tomato | Wakame | Red Grapes | Smashed Avocado | Mango | Cashew Parmesan | Vegan Feta Cheese | Black and Kidney Beans | Tempeh Bacon | Toasted Hemp Hearts | Crispy Baked Chickpeas | Spicy Pumpkin Seeds | Crispy Shallot | Coconut Flakes

EXTRAS:

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

PICK YOUR SAUCE:

- Chipotle Nacho Ranch (V) (GF) | Horseradish Caesar (V) (GF) | Sweet and Spicy Shoyu (V) (GF) (S) | Soy Lime Vinaigrette (V) (GF) | Wasabi Aioli (VG) (GF) | Sriracha Mayo (VG) (GF) (S) | Balsamic Almond Vinaigrette (V) (GF) | Cilantro Lime (V) (GF)

TOP IT UP:

- Spiced Soy Nuts | Togarashi | 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.

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.

SPRING AWAKENING: STAY MINDFUL IN THOSE "SPRING CLEANSSES"

It's that time of the year again: spring "cleanses", "detoxes", and "resets" are being marketed at us in full throttle. In the following post, I outline what you need to master FIRST, before jumping into any restrictive or regimed "get-fit-for-summer" program. This isn't just some usual "self-care is important" advice - what I share below could save you not only time and money, but more importantly: your health. This information is intended to minimize the chance that you'll end up doing more harm than good.

Learn more on our website caliilove.com

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



FOODS FOR HAPPINESS

This winter has certainly been a long one - and while it's not quite over just yet, I highly encourage you to start embracing spring salads...like...yesterday. Why? Leafy greens can help you beat those last remaining winter blues once and for all, as well as increase your cognitive stamina and mental performance on the whole! That's what I call a smart lunch.

Learn more on our website caliilove.com

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



SPRING CLEANING YOUR MIND: 3 EASY WAYS TO START MEDITATING

The season of tidying, organizing, and discarding our extra baggage is almost upon us. Spring is synonymous with "new beginnings" (I blame the flowers). With all the focus on sprucing up our surroundings, we run the risk of creating beautiful tidy spaces while remaining cluttered inside the one place we spend all of our time, our minds. By now, we all know about meditation. We know the studies, we know the benefits, we know people who say it's been life changing. But, we might not know how to start.

By **Mitchell LeBlanc**, In-House Writer.



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



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Spring Love

CALII LOVE



EAT GOOD.
LOVE LIFE.

Spring Menu | March

CALII LOVE

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