



## Our Food Philosophy:

Ingredients Matter. Don't Count  
Calories Count Quality

Eat Minimally Processed Food

Plant Power

All Proteins are Not  
Created Equal

Embrace Healthy Fats

Hydrate With Purpose

**OPEN:**

Mon-Fri 8am - 9pm  
Sat/Sun 8am - 9pm

#IMPACTEVERYDAY | info@impactkitchen.ca  
573 King St E, Toronto, Ontario | impactkitchen.ca

## ESPRESSO BAR

(tax included for espresso bar items)

### ESPRESSO

Espresso - 3  
Americano - 3.25  
Macchiato - 3.5  
Cortado - 3.5  
Cappuccino - 3.75  
Flat White - 3.75  
Latte - 4  
Mocha - 5

### COFFEE

Small - 2  
Medium - 2.25  
Large - 2.75  
Butter Coffee - 5

### TEA

Latte - 4  
Loose Leaf - 2.75  
Butter Tea - 5

Add-ons are extra

## WELLNESS LATTES & ELIXIRS

### IMMUNITY ELIXIR

5.5  
Echinacea, cayenne pepper, ginger,  
lemon, honey, hot water

### GOLDEN TURMERIC LATTE

5.5  
turmeric, ginger extract, almond milk  
maple black pepper syrup,

### PUMPKIN SPICE

### DANDY BLEND LATTE

5.5  
dandy blend, pumpkin spice, maple syrup,  
almond milk

### CHAGA HOT

### CHOCOLATE LATTE

5.5  
chaga, vanilla extract, raw cacao,  
maple syrup, almond milk

## BREAKFAST

Served 8am - 11am

### POWER BREAKFAST

7.95  
two eggs, salsa fresca, root vegetable mash,  
avocado, spinach, green onion  
Add smoked salmon or bacon - 3

### DAILY

9.95  
two eggs, avocado, smoked salmon  
or bacon

### SEASONAL OATMEAL

5.95  
steel cut oats, apple, pumpkin seeds,  
cinnamon, almond milk, cashew cream,  
nuts & super seeds, maple syrup

### SUPERFOOD BREAD

3.95  
your choice of avocado, almond butter  
or chia berry jam

### VANILLA CHIA PUDDING

5.95  
coconut milk, chia seeds, berries,  
vanilla extract, nuts & super seeds,  
maple syrup

## WEEKEND BRUNCH

Served 9am - 12:30pm

### PALEO WAFFLES

10.95  
eggs, coconut oil, coconut sugar, sea salt,  
almond milk, almond flour, tapioca starch,  
apple cider vinegar, cashew cream,  
seasonal fruit, maple syrup

### FRITTATA

8.95  
eggs with seasonal ingredients, side salad

### STEAK & EGGS

13.95  
two eggs, flank steak, salsa fresca  
or avocado, spinach or arugula

## POWER BOWLS

served 11am-9pm

### ASIAN SLAW

14.95  
red and green cabbage, bell peppers,  
carrots, kale, fennel, quinoa, green onions,  
chili lime cashews, almond thai dressing

### ZESTY MEXICAN

14.95  
raw mole tortilla crackers, black beans, kale,  
root vegetable mash, bell peppers, avocado,  
salsa fresca, vegan sour cream, lime wedge  
lime cilantro dressing,

### HALO

14.95  
kale, chickpeas, broccoli, sprouts, avocado,  
roasted beets, root vegetable mash, hemp  
hearts, green supreme dressing

### HARVEST

12.95  
quinoa, bacon, roasted brussels sprouts,  
boiled egg, pickled red onions, apple,  
pickled turmeric cauliflower, hemp hearts,  
candied walnuts, arugula,  
honey lemon dressing

### WARRIOR

12.95  
steamed rice, hummus, feta, black olives,  
arugula, sprouts, pickled red onions,  
olive oil & balsamic dressing

### MAVERICK

12.95  
root vegetable mash, broccoli, salsa fresca,  
sprouts, hemp hearts, avocado,  
almonds, pesto

## LEAN BOWL

11.95

choose one of each

protein: steak or chicken or falafel or salmon  
green: arugula or spinach or baby kale  
topping: avocado or salsa fresca  
dressing: lemon & olive oil  
or balsamic & olive oil  
served with grilled zucchini

## MACRO BOWL

11.95

choose one of each

protein: steak or chicken or falafel or salmon  
green: arugula or spinach or baby kale  
topping: root vegetable mash or quinoa  
or rice

## SALADS

served 11am-9pm

### KALE CAESAR

12.95

kale, roasted chickpea croutons,  
pumpkin seed parmesan,  
vegan cashew caesar dressing

### WINTER CITRUS

12.95

arugula, fennel, grapefruit, avocado,  
candied pecans, parmesan, dried cranberries,  
maple apple cider vinegar dressing

### THE ROOTS

12.95

roasted acorn squash, baby kale, roasted  
root vegetables, roasted brussels sprouts,  
dried cranberries,  
maple apple cider vinegar dressing

## ADD PROTEIN TO ANY DISH:

### FALAFEL BALLS

3

### SALMON

4.5

### FLANK STEAK

5

### CHICKEN

4

## SMOOTHIES

### EASY GREEN

7.95

peaches, spinach, kale, lemon, cashews,  
spirulina, medjool dates, banana

### RESTORE

8.95

blueberries, raspberries, banana, maca,  
coconut flakes, almond butter, almond milk

### LIFT

9.95

dark chocolate, coffee, banana, maca,  
Medjool dates, avocado, almond butter,  
almond milk

### TROPICAL GREEN

9.95

mangos, avocado, lemon, spinach,  
basil, ginger, coconut water

## ADD-ONS:

Grass Fed Whey Protein - 3

Fermented Vegan Protein - 3

Greens Plus - 1.5

Bee Pollen - 1.5

Collagen - 2

Glutamine - 2

Blue Majik - 1.5

MCT Oil - 2