

# CALII LOVE

Winter 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
- BROTHS**
- Bone Broth** \$5.5
- Vegan "Bone" Broth** \$9

## BREAKFAST

- Available 'til 11am
- Uplifting** (VG) \$7.95  
Beyond Meat vegetable crumble, pico de gallo, scrambled free range eggs, spinach, vegetable ricotta  
412 CAL
- Festive** (GF) (K) \$8.95  
Baked Chicken Breast, scrambled free range eggs, smashed avocado, baked sweet potato, red and green cabbage, carrot, watermelon radish, cilantro, coconut, lime  
221 CAL
- Superb** (GF) (VG) \$7.95  
Scrambled free range eggs, roasted mushrooms, fresh herbs, black and kidney bean "refrito", smashed avocado, Thai black rice  
452 CAL
- 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, house nut milk, pineapple  
**Toppings** - Bee pollen, shredded coconut, raspberry, kiwi, mango  
385 CAL
- Powerful** (GF) (V) \$10.95  
**Base** - Blend of spinach, mango, banana, house nut milk, avocado and kale  
**Toppings** - Chia seeds, strawberry, mango, roasted sunflower seeds, blueberries  
374 CAL
- Loved** (GF) (V) \$10.95  
**Base** - Blend of acai, house nut milk, mango and banana  
**Toppings** - strawberry, coconut flakes, hemp granola, blueberries, fresh banana  
420 CAL
- Fabulous** (GF) (V) \$10.95  
**Base** - Blend of dragon fruit, banana, house nut milk and mango  
**Toppings** - Chia seeds, blueberry, coconut flakes, pineapple, kiwi  
456 CAL
- Happy** (GF) (V) \$10.95  
**Base** - Blend of acai, strawberry, house nut milk, banana and mango  
**Toppings** - Hemp granola, coconut flakes, kiwi, blueberry, banana  
554 CAL

## SUPERFOOD SMOOTHIES

- Available all day
- Wonderous** (GF) (V) \$7.95  
**MINT CHOCOLATE CHIP**  
Peppermint, cacao nibs, blue spirulina, house nut milk, banana  
443 CAL
- Priceless** (GF) (V) \$7.95  
**BERRY RECOVERY**  
Wild Ontario blueberries, spinach, butternut squash, strawberry, mango, 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, cinnamon, garlic, cardamom, black pepper  
383 CAL
- Fresh** (GF) (V) \$7.95  
**CLEANSING**  
Green kale, spinach, celery, ginger, apple, cucumber, pineapple, lemon squeeze  
166 CAL
- Marvelous** (GF) (V) \$7.95  
**KID AT HEART**  
Strawberries, mango, pitaya, banana, coconut water  
287 CAL
- Limitless** (GF) (V) \$7.95  
**MOCHA BRAIN FOOD**  
Love Affair cold brew, raw cacao, chaga, maca, ashwagandha, shilajit, almond butter, Medjool dates, house nut milk  
476 CAL

- POWER UPS**
- Ginger Shot | Turmeric Shot | Chia Seeds +\$2
- Almond Butter | Upgraded Collagen | Pea Protein | Whey Protein +\$3

- ADAPTOGENIC DUSTS** + \$3
- Beauty Mix | Brain Mix | Energy Mix | Power Mix | Sexy Mix | Zen Mix

## SEASONAL GOODNESS

- Available from 11am
- Invincible** (V) \$13.95  
**SPAGHETTI + "MEAT" BALLS**  
Plant based meatballs, tomato sauce, basil, vegan ricotta, cashew parmesan, zucchini, sweet potato and kelp noodles  
909 CAL
- Rebellious** (GF) (V) \$8.95  
**VEGAN CHILI**  
Beyond Meat vegetable crumble, black and kidney beans, chickpeas, carrot, celery, onion, cumin, tomato, carrot, celery, onion and spices topped with cashew sour cream, spicy pumpkin seeds and cilantro  
472 CAL | 586 CAL
- Immortal** (GF) (V) \$7.95  
**SOUP**  
Butternut squash and miso soup with ginger, turmeric, chaga mushrooms, lime leaf, maca root, garlic, celery, coconut milk, topped with crispy baked chickpeas, coconut yogurt and cilantro  
360 CAL | 480 CAL



## SIGNATURE SALADS

- Available from 11am
- Classy** (GF) (V) \$9.95  
**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 broccoli, carrot, celery, onion and spices smashed avocado, toasted hemp hearts, spicy pumpkin seeds, balsamic almond vinaigrette  
495 CAL
- Legendary** (GF) (V) (K) \$10.95  
**MEXII CALII**  
Smashed avocado, pico de gallo, black and kidney beans, warm quinoa, red and green cabbage, baby arugula, spicy pumpkin seeds, vegan feta cheese, lime tomatillo vinaigrette  
491 CAL
- Excited** (GF) (V) \$10.95  
**BEET & APPLE**  
Roasted beets, Granny Smith apple, watermelon radish, celery, chopped kale, vegan feta cheese, espresso walnuts, apple beet vinaigrette  
594 CAL

- Zen** (GF) (V) \$9.95  
**BUDDHA LOVE**  
Roasted sweet potato, turmeric cauliflower, celery, red grapes, carrot, crispy baked chickpeas, warm quinoa, red and green cabbage, house greens, cilantro coconut dressing  
594 CAL

- ADD YOUR PROTEIN**
- Baked Chicken Breast | Chili Ponzu Tofu | Vegetable "Meat" Balls | BBQ Pulled Jackfruit + \$3.5
- Baked Falafel + \$5
- Baked Salmon + \$6

## SIGNATURE POKÉ

- Available from 11am
- Clever** (GF) \$11.95 | REG \$15.95  
Raw Yellowfin tuna, spicy broccoli, crispy shallot, wakame, jalapeño, edamame, sushi rice, wasabi aioli, house hot sauce  
759 CAL (S) | 807 CAL (R)
- Amazing** (GF) \$12.95  
Raw Yellowfin tuna, raw Atlantic salmon, mango, watermelon radish, carrot, cucumber, jalapeño, sushi rice, sweet and spicy shoyu, wasabi aioli  
480 CAL (S) | 675 CAL (R)
- Blissful** (GF) (K) \$16.95  
Raw Atlantic Salmon, wakame, avocado, cucumber, watermelon radish, tamari lime vinaigrette, blend of seasonal organic baby greens, wasabi aioli  
480 CAL (S) | 582 CAL (R)
- Hopeful** (GF) (S) \$16.95  
Raw Atlantic salmon, grape tomatoes, pickled ginger, jalapeño, smashed avocado, sweet onion, wakame, black rice, sriracha mayo  
462 CAL (S) | 696 CAL (R)
- Grateful** (GF) (V) (S) \$16.95  
Chili ponzu tofu, edamame, watermelon radish, smashed avocado, sweet onion, zucchini, sweet potato and kelp noodles, sweet and spicy shoyu  
145 CAL (S) | 277 CAL (R)



## BUILD YOUR OWN

- Available from 11am
- Calii Box** \$9.95  
BASE + PROTEIN + 2X TOPPINGS + SAUCE
- Small Bowl** \$12.95  
BASE + PROTEIN + 4X TOPPINGS + SAUCE
- Regular Bowl** \$16.95  
BASE + 2X PROTEIN + 6X TOPPINGS + SAUCE
- PICK YOUR BASE:**
- House Greens | Red and Green Cabbage | Chopped Kale | Baby Arugula | Sweet Potato, Kelp and Zucchini Noodles | Warm Quinoa | Black Rice | Sushi Rice
- PICK YOUR PROTEIN:**
- Baked Falafel | Baked Salmon | Raw Salmon | Raw Tuna Chili Ponzu Tofu | BBQ Jackfruit | Veggie "Meat" Balls | Baked Chicken Breast

- PICK YOUR TOPPINGS:**
- Roasted Mushrooms | Roasted Beet | Spicy Broccoli | Celery | Carrot | Turmeric Cauliflower | Cucumber | Edamame | Pickled Ginger | Jalapeño | Kimchi | Sweet Onion | Watermelon Radish | Pico de Gallo | Pickled Red Onion | Roasted Sweet Potato | Grape Tomato | Wakame | Red Grapes | Granny Smith Apple | Smashed Avocado | Mango | Cashew Parmesan | Vegan Ricotta | Vegan Feta Cheese | Black and Kidney Beans | Tempeh Bacon | Brussels Sprouts

- EXTRAS:**
- Baked Chicken Breast | Chili Ponzu Tofu | Vegetable "Meat" Balls | BBQ Pulled Jackfruit + \$3.5
- Raw Salmon | Raw Tuna | Baked Falafel + \$5
- Baked Salmon + \$6
- Toppings + \$1
- Sauce + \$0.5

- PICK YOUR SAUCE:**
- Lime Tomatillo Vinaigrette (V) (GF) | Horseradish Caesar (V) (GF) | House Hot Sauce (V) (S) | Sweet and Spicy Shoyu (V) (GF) | Apple Beet Vinaigrette (V) (GF) | Cilantro Coconut Dressing (V) (GF) | Wasabi Aioli (V) (GF) | Sriracha Mayo (V) (GF) (S) | Balsamic Almond Vinaigrette (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.

## NEW TO ADAPTOGENS? START HERE.

Adaptogens are non-toxic plants that protect the body from the impact of stressors - be it physical, chemical, or biological. They do this through supporting our adrenals, which regulate our hormonal responses to stress. Our adrenals are super important, as they control many activities in the body, including weight, blood sugar, blood pressure, the immune system, and of course - our stress response.

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

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



## 2019 - A YEAR OF SMALL CHANGES. BIGGER GROWTH.

As 2019 roars on, the gyms are full, the fridges stocked with healthy food, and our calendars marked with milestones. Feel familiar? It should. We find ourselves here every year. The start of a new year represents an opportunity to become a stronger, healthier, better version of ourselves. But often, even though our resolutions are great, they lack focus – they lack specificity.

Read the full story on our website [caliilove.com](http://caliilove.com)

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

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.

## IF YOU ARE ON THE MOVE OR LOOKING FOR SNACKS, TRY THESE DELICIOUS MYLK & COOKIES

Our in-house made from scratch Vegan Adaptogen Cookies, they are not just delicious but they also have some great benefits. They go well together with our custom Nut Mylk with Adaptogen. We also have other in-house made items that are perfect for on-the-move.



Visit [CALIILOVE.COM](http://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

# Winter Love

CALII LOVE



EAT GOOD.  
LOVE LIFE.

Winter Menu | January

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**  
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TORONTO, ON  
M5X 1A9  
CANADA  
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