

IMPACT



IMPACT KITCHEN CATERING
FUEL YOUR LIFE

#IMPACTEVERYDAY



**WE ARE A GLUTEN FREE KITCHEN
SERVING PALEO TO VEGAN OPTIONS**

OUR FOOD PHILOSOPHY

Eat Real Food
Embrace Healthy Fats
High-Quality Protein is a Must
Be Plant Powered
Drink to Your Health
Be Sweet to Yourself

DIETARY GUIDE

Gluten Free **GF** Paleo **P** Dairy Free **DF**
Vegetarian **VG** Vegan **V**

Visit our website at www.impactkitchen.ca and follow us on Instagram @impactkitchen

CATERING DETAILS



Lead Time:

- 24 hours preferred; contact for more information

Order Basics:

- Compostable and recyclable takeout packaging and sealed eco cutlery included for all orders
- Minimum order size of \$100 before tax and delivery fee
- Delivery available for all orders

Get your order started:

Email: catering@impactkitchen.ca

Phone: 647-272-7877

To reduce the spread of COVID-19, Impact Kitchen Catering will not be offering Family Style items for the time being. All meals, baked goods, & snacks will be individually wrapped and packaged. Find out more about our COVID-19 protocols by visiting www.impactkitchen.ca/covid-19

Allergy statement:

Menu items may contain or come into contact with peanuts, tree nuts, wheat, eggs, and dairy.

BREAKFAST

MAKE YOUR FIRST MEAL OF THE DAY THE MOST IMPACTFUL WITH OUR NUTRITION-FOCUSED BREAKFAST MENU



Daily Breakfast - \$5.95

2 scrambled eggs (grass fed butter), avocado;
optional protein add on

GF P

Power Breakfast - \$9.95

2 scrambled eggs (grass fed butter), spinach, salsa fresca,
roasted sweet potato, avocado, green onion; optional protein
add on

GF P

Seasonal Oatmeal - \$6.25

steel cut oats, coconut oil, almond milk, coconut sugar, maple
syrup, apple, turmeric, cinnamon, nutmeg, sea salt, nut &
super seed topper

GF DF V

Steak and Eggs - \$18.95

grass fed flank steak, 2 scrambled eggs (grass fed butter),
arugula, avocado, black bean mole, salsa fresca, balsamic &
olive oil dressing

GF

PROTEIN ADD ONS

bacon | \$3.95

organic non gmo tempeh | \$4.95

smoked chorizo | \$4.95

smoked salmon | \$5.50

grass fed flank steak | \$5.95

LUNCH & DINNER

OUR POWER BOWLS ARE NUTRIENT DENSE, MINIMALLY PROCESSED, AND PACKED WITH FLAVOUR

Zesty Mexican - \$14.95

GF DF V

kale, black bean mole, white rice, roasted sweet potatoes, bell peppers, avocado, salsa fresca, cashew sour cream, cilantro jalapeño dressing, lime wedge, tostada crumble (*contains walnuts)



Harvest - \$14.95

GF DF

quinoa, roasted Brussels sprouts, hard boiled egg, arugula, bacon, pickled red onions, pickled turmeric celery root, apple, candied walnuts, hemp seeds, honey lemon dressing



Warrior - \$12.95

GF VG

arugula, white rice, pickled red onions, hummus, feta, black olives, sprouts, balsamic & olive oil



Kale Caesar - \$12.95

GF DF V P

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



Hero - \$14.95

GF DF V P

kale, salsa fresca, avocado, roasted broccoli, roasted sweet potatoes, roasted beets, hemp seeds, sliced almonds, sprouts, presto dressing



Thrive - \$12.95

GF DF VG

arugula, chickpeas, lentils, artichokes, red peppers, radishes, cucumbers, hemp seeds, almonds, mint, sprouts, honey lemon dressing



Victory - \$14.95

GF DF V

roasted sweet potatoes, kale, chickpeas, cabbage slaw, pickled turnips, beet hummus, cherry tomatoes, olives, cucumbers, Moroccan dressing



PROTEIN ADD ONS

housemade falafel* | \$4.50

organic non gmo tempeh | \$4.95

smoked chorizo | \$4.95

free run chicken breast | \$4.95

grass fed flank steak | \$5.95

sustainably farmed trout | \$5.95

*contains nuts

BAKED GOODS

OUR IMPACT BAKED GOODS ARE MADE IN-HOUSE EVERYDAY, WITHOUT REFINED SUGARS OR GLUTEN

Paleo Power Cookie - \$3.75

GF DF P VG

almond butter, cranberries, vanilla extract, flax meal, egg, coconut sugar, coconut flour, hemp hearts, baking soda

MCT Bar - \$4.95

GF DF P VG

almonds, chia seeds, coconut flakes, hemp hearts, raw cacao, coffee, sea salt, honey, dark chocolate, almond butter, MCT oil

Raw Chocolate Chip - \$3.75

GF VG

cashew flour, oat flour, semi sweet chocolate, maple syrup, sea salt

Banana Bread - \$3.75

GF DF P VG

banana, egg, coconut milk, maple syrup, almond flour, tapioca starch, vanilla extract, walnuts, baking soda, sea salt

Impact Bar - \$3.95

GF VG

rolled oats, puffed quinoa, walnuts, chia seeds, shredded coconut, cacao nibs, pumpkin seeds, ground cinnamon, sea salt, almond butter, honey, dates, semi sweet chocolate, flax meal, vanilla extract

Chocolate Sea Salt Cookie - \$3.75

GF DF P VG

almond flour, semi sweet chocolate, unsalted butter, cacao powder, tapioca starch, baking soda, sea salt, coconut sugar, egg, vanilla extract, apple cider vinegar

Protein Force Bar - \$4.95

GF DF V

chia seed, rolled oats, dates, cinnamon, banana, pumpkin seeds, vegan whey protein, coconut flakes, sea salt, maple syrup, coconut oil

Almond Protein Brownie - \$4.95

GF VG

almond butter, coconut sugar, sea salt, egg, grass fed butter, vanilla whey protein powder, semi sweet chocolate, vanilla extract, tapioca flour, coconut flour



SNACKS

NUTRIENT DENSE SNACKS TO KEEP YOU FUELED ON THE GO

Overnight Oats - \$6.25

GF DF V

oats, almond milk, almond butter, maple syrup, pistachios, hemp seeds

Chia Pudding - \$6.25

GF DF V P

chia seeds, coconut milk, maple syrup, vanilla extract, fresh berries, nut and super seed topper

Parfait Cup - \$6.50

GF VG

Impact granola, Greek yogurt, blackberry chia jam (blackberries, chia seeds, maple syrup, vanilla extract)

Paleo Chicken Tenders - \$9.95

GF DF P

free run chicken, tapioca starch, egg, almond flour, smoked paprika, garlic powder, black pepper, sea salt

Mango Collagen Pudding - \$4.95

GF DF P

mango, coconut milk, collagen (Kosher, beef)

Chocolate Collagen Pudding - \$4.95

GF DF P

dark chocolate, coconut milk, collagen (kosher, beef)

COLD PRESSED JUICES

OUR COLD PRESSED JUICES ARE ALL CERTIFIED ORGANIC AND MADE FRESH EVERY DAY, AVOIDING GMOS AND TOXIC PESTICIDES AT ALL COSTS

GREENS (410ML):

1000% Green - \$11.95

GF DF V P

spinach, romaine, cucumber, parsley, mint, lemon, chlorophyll, pink salt

Impact Green - \$11.95

GF DF V P

spinach, green apple, cucumber, celery, ginger, lemon, chlorophyll, pink salt

Start Up Green - \$11.95

GF DF V P

red apple, cucumber, celery, green kale, romaine, lemon

SMOOTHIES (410ML):

Blueberry Knockout - \$11.95

GF DF V P

blueberry, almonds, filtered water, almond butter, hemp hearts, maple syrup, dates, lemon, pink salt

Superfood Knockout - \$11.95

GF DF V P

almond butter, filtered water, cacao, hemp hearts, maple syrup, mesquite, maca, pink salt

PERFORMANCE WATERS (410ML):

Balance - \$6.95

GF DF V

filtered water, lime, aloe vera, maple syrup, vegan probiotic

Charcoal Lemonade - \$6.95

GF DF V P

filtered water, lemon, lime, ginger, maple syrup, activated charcoal

Blue Magic - \$6.95

GF DF P VG

filtered water, lemon, blue majik, raw honey

SEASONALS (410ML):

Summer Citrus - \$10.95

GF DF V P

grapefruit, red apple, celery, orange, ginger, lemon

Refresh - \$10.95

GF DF V P

watermelon, lime, basil



BOOSTERS (60ML):

Germ Kick 2.0 - \$4.50

GF DF V P

cayenne, oregano oil, echinacea, raw honey, lemon, lime, ginger, turmeric

Turmeric Repair - \$4.50

GF DF V P

astragalus, maca, orange, turmeric, black pepper

Digestive - \$4.50

GF DF V

aloe vera, apple cider vinegar, lemon, ginger, pineapple, vegan probiotic

Vit C + Collagen - \$4.50

GF DF P

orange, grapefruit, filtered water, lemon, strawberries, collagen, camu camu, lucuma

Ginger Boost - \$4.50

GF DF V P

raw ginger



HOT BEVERAGES

DRINKS

Chicken Bone Broth Carafe - \$50

GF DF P

ABF chicken bones, onions, apple cider vinegar, carrots, garlic, thyme, celery, black pepper, parsley, bay leaf, water

Vegan Broth Carafe - \$50

GF DF V P

seaweed (kombu), mushrooms (yellow boletus, oyster, portobello porcini), white onions, carrots, garlic, celery, Roma tomatoes, ginger, turmeric, lemongrass, apple cider vinegar, thyme, parsley, black pepper, coconut oil, water

Coffee Carafe - \$30

Tea Carafe - \$35

(12 bags; select up to 3 types)

Flow Water (1L) - \$4.95

Flow Water (500ML) - \$2.95

Sparkling Water - \$3.50

Kombucha - \$4.50

blueberry | ginger | goji grapefruit | peach | turmeric lime

Hot Beverages

Coffee Carafe - \$30

Tea Carafe (12 bags; select up to 3 types) - \$35

