

**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](http://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](mailto: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](http://www.impactkitchen.ca/covid-19)

## **Allergy statement:**

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



# LUNCH & DINNER

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

## Zesty Mexican - \$14.95

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)

GF DF V



## Warrior - \$12.95

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

GF VG



## Hero - \$14.95

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

GF DF V P



## Victory - \$14.95

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

GF DF V



## Harvest - \$14.95

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

GF DF



## Kale Caesar - \$12.95

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

GF DF V P



## Thrive - \$12.95

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

GF DF VG



## 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

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

## Paleo Chocolate Mint Donut - \$3.95

GF DF P VG

almond flour, cocoa powder, tapioca starch, baking soda, sea salt, coconut sugar, coconut oil, eggs, maple syrup, vanilla, coconut butter, spirulina, peppermint extract, cacao nibs



# SNACKS

NUTRIENT DENSE SNACKS TO KEEP YOU FUELED ON THE GO

## Overnight Oats - \$6.25

GF DF V

rolled oats, almond milk, maple syrup, almond butter, blueberries, raspberries, chia seeds, almonds

## 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

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

GF DF V P

**Impact Green** - \$11.95

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

GF DF V P

**Start Up Green** - \$11.95

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

GF DF V P

## SMOOTHIES (410ML):

**Blueberry Knockout** - \$11.95

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

GF DF V P

**Superfood Knockout** - \$11.95

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

GF DF V P

## PERFORMANCE WATERS (410ML):

**Balance** - \$6.95

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

GF DF V

**Charcoal Lemonade** - \$6.95

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

GF DF V P

**Blue Magic** - \$6.95

filtered water, lemon, blue majik, raw honey

GF DF P VG

## SEASONALS (410ML):

**Summer Citrus** - \$10.95

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

GF DF V P

**Refresh** - \$10.95

watermelon, lime, basil

GF DF V P



## BOOSTERS (60ML):

**Germ Kick 2.0** - \$4.50

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

GF DF V P

**Turmeric Repair** - \$4.50

astragalus, maca, orange, turmeric, black pepper

GF DF V P

**Digestive** - \$4.50

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

GF DF V

**Vit C + Collagen** - \$4.50

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

GF DF P

**Ginger Boost** - \$4.50

raw ginger

GF DF V P



# 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

