



ABOUT IMPACT KITCHEN / OUR FOUNDERS / MISSION

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Impact Kitchen was founded on the belief that food has the power to shape our daily lives. That real, wholesome ingredients, prepared simply and with integrity, can provide us with the energy to take on the day with ambition and optimism.

When we stop counting, obsessing, stressing, and 'dieting' we begin to feel better, love better, look better, and live happier. This positive lifestyle has the potential to make a real and lasting impact on ourselves and the world around us.

So we created a place where anyone can be confident that the food they are eating supports the life they want to lead. We work closely with our farmers and suppliers to ensure all our fresh, local, and organic ingredients are of the highest quality. With the support of our team of chefs, nutritionists, and fitness experts, we are dedicated to ensuring each item on our menu has a nutritional purpose (and tastes amazing too).

Whether you stop in for a coffee in the morning, grab a smoothie packed with antioxidants after a workout, or pull up a chair to connect with friends over a protein-packed meal for lunch or dinner, Impact Kitchen is your daily source of nourishment for your body, mind, and soul.



OUR FOUNDERS

Founded in 2015, Impact Kitchen is the brainchild of former personal trainer and nutrition expert, Josh Broun, and Frank Toskan (co-founder of M·A·C Cosmetics).

Josh had always been inspired by Frank's story of successful entrepreneurship and dedication to impacting the community, and the two built a strong relationship over many years of working together with Josh as Frank's trainer. During their sessions, they would discuss the gap in the Toronto marketplace for healthy places to eat and drink, and over time, an idea began to brew: what if there was a place that made living a healthier lifestyle easy and accessible? A place that served quality coffee, healthier baked goods, smoothies, cold pressed juices, bone broths, and a full breakfast, lunch, and dinner menu. A place where anyone would be able to find high-quality food for any meal of the day, everyday.

Together they found a spot in the up-and-coming wellness community of Corktown on King Street East, and built what has since become a hub for the community, a place where people come in for a quick bite or to linger with friends over a meal prepared by a team that prioritizes the health and well-being of its customers.



MISSION

Food has the power to change lives. We believe that quality, wholesome food boosts our health, happiness and longevity, and that choosing local, ethically-sourced ingredients can invigorate a community. We believe that you can taste the difference when food is created with real passion and respect.

Your health is your most important asset, and our goal is to empower you to choose healthier foods that supply the energy and drive you need to take on the rest of your day.

We invite our community to gather around the table and share a meal that nourishes the soul and sparks the drive to create positive change.

Fuel Your Life.



IMPACT EVERYDAY.

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