

## SANDWICHES

sub gluten free bread +2

**VG EGG SANDWICH** 7  
organic baked eggs, havarti, zesty cashew cream, arugula, focaccia › *add bacon +2, smoked salmon +5*

**V BBQ JACKFRUIT** 9.5  
organic bbq jackfruit, herbed cashew cream, carrot cabbage slaw, ciabatta

**V BASIL PORTOBELLO** 9.5  
roasted portobello, herbed cashew cream, arugula, roasted red pepper, red onion, ciabatta

**JALAPEÑO TURKEY** 10  
turkey, black bean spread, pepper jack cheese, micro greens, tomato, farm bread › *add bacon +2, smoked salmon +5*

**V HUMMUS & HEMP PESTO** 9  
hummus, hemp walnut pesto, avocado, micro greens, tomato, whole wheat › *add turkey +2*

**TUNA KRAUT** 10  
albacore tuna salad, sauerkraut, apples, avocado, spinach, baguette › *make it a melt +1*

**ROAST BEEF** 10.5  
natural roast beef, zesty cashew cream, havarti, spinach, tomato, baguette

**BLT** 9.75  
nitrate-free bacon or portobello bacon, vegan mayo, avocado, tomato, organic spinach, whole wheat › *add turkey +2, smoked salmon +5*

**DIJON TURKEY** 10  
turkey, havarti, cherry dijon, red onion, arugula, pretzel bun › *add bacon +2*

## TOAST

sub gluten free bread +1

**V AVOCADO** 3.5  
avocado, salt, red pepper flakes, micro greens

**V PESTO AVOCADO** 3.5  
avocado, hemp walnut pesto, hemp seeds, salt

**THE LOX** 8  
avocado, smoked salmon, everything spice, red onion, capers

**V PB&J** 3.5  
peanut butter, seasonal house jam, granola

**BANANA ALMOND BUTTER** 3.5  
banana, almond butter, cacao nibs, cinnamon, maple

**COCONUT BACON AVOCADO** 4  
avocado, coconut bacon, arugula, smoked sea salt

**V MEDITERRANEAN** 3.5  
hummus, tomato, micro greens, zaatar, olive oil

**VG STRAWBERRY AVOCADO** 4  
avocado, strawberries, coconut, raw honey

## SOUP + SALADS V | GF

**ROTATING SEASONAL VEGAN SOUP** 4/5

**KALE CAESAR** 10  
organic baby kale, carrots, toasted lemon chickpeas, vegan caesar, cashew parm, hazelnuts › *add smoked salmon +5, avocado +1.5*

## BEVERAGES V | GF

**HOOF HEARTED DRIP COFFEE** 2.5 | 3

**NUMI HOT TEA** 2.5 | 3

**ICED TEA** 2.5

**COLD BREW COFFEE** 3

**ICED ALMOND MILK LATTE** 3.5

**SUPERFOOD LATTES** 5  
*(hot or iced)*  
pink rose, matcha vanilla bean, magic mint, turmeric spice, pumpkin spice +1

**HOT CHOCOLATE** 4.5  
*make it a mocha +1, make it peppermint +.25*

## SNACKS V | GF

**CHOCOLATE AVOCADO PUDDING** 5

**CHIA PUDDING** 5

**NO-BAKE BITES** 1.5

**SUPERFOOD DONUTS** 3.5

# ALCHEMY

café

## SMOOTHIES V | GF

**GREEN MAGIC** 8  
pineapple, banana, spirulina,  
lime coconut cream, almond milk

**GREEN MONSTER** 7.5  
banana, pineapple, kale,  
spirulina, orange juice › *add  
ginger +.75*

**BREAKFAST SMOOTHIE** 8  
blueberries, banana, almond  
butter, oats, maple, almond milk

**BREAKFAST SMOOTHIE II** 8.5  
blueberries, banana, almond  
butter, cold brew coffee,  
turmeric latte spice, maple,  
almond milk

**PEANUT BUTTER POWER** 7.5  
banana, peanut butter, cacao,  
maple, almond milk › *add cold  
brew +1.5*

**BLUEBERRY CACAO** 8  
blueberries, cacao, hemp  
seeds, avocado, vanilla,  
maple, almond milk › *add  
chocolate brown rice protein  
+1.5*

**DRAGON FRUIT** 8.5  
dragon fruit, banana, pineapple,  
coconut, lime, salt, orange juice  
› *add bee pollen +1*

**BLUEBERRY DETOX** 8  
blueberries, kale, avocado,  
turmeric, black pepper,  
maple, almond milk

**TROPICAL GREEN** 7  
banana, pineapple, spinach,  
almond milk

**SNICKERDOODLE** 7.5  
banana, almond butter, flax  
seeds, cinnamon, maple,  
almond milk

**MORNING GLORY** 6.5  
strawberry, banana, orange juice  
› *add goji berries +1*

**COCONUT COFFEE** 7  
banana, coffee beans, coconut,  
maple, almond milk

**VEG HEAD** 9  
avocado, cauliflower, cucumber,  
spinach, kale, vanilla brown  
rice protein, almond milk › *add  
pineapple +1*

**MANGO LASSI** 7.5  
mango, banana, lime coconut  
cream, turmeric, maple, almond  
milk

**PUMPKIN PIE** 8  
banana, pumpkin, almond butter,  
pumpkin pie spice, maple,  
almond milk

**POST WORKOUT** 9  
strawberry, banana, cacao, beet,  
chocolate brown rice protein,  
almond milk

## SMOOTHIE BOWLS

V | GF

**BLUEBERRY ALMOND BUTTER** 9  
acai, banana, blueberries,  
almond butter, almond milk,  
topped with banana, granola,  
coconut, goji berries

**CHERRY CHEEZECAKE** 9  
acai, cherries, vanilla cashew  
cream, almond milk, topped with  
granola, almond butter, cranberry  
pecan no-bake

**NUTTY DRAGON** 9  
dragon fruit, banana,  
strawberries, peanut butter,  
maple, almond milk, topped  
with puffed quinoa, cacao nibs,  
coconut

**CHUNKY MONKEY** 9  
acai, banana, peanut butter,  
cacao, maple, almond milk,  
topped with peanut butter  
cacao no-bake, coconut, cacao  
nibs

**EMERALD PEANUT** 8  
banana, peanut butter, spinach,  
almond milk, topped with  
granola, strawberries, hemp  
seeds, micro greens

**COOKIE MONSTER** 9.5  
banana, cashew butter, vanilla  
brown rice protein, spirulina,  
maple, almond milk, topped with  
cookie dough no-bake and cacao  
nibs

**RIO** 8  
acai, banana, orange juice,  
topped with granola and banana

**PUMPKIN PIE** 9  
banana, pumpkin, almond butter,  
maple, pie spice, almond milk,  
topped with granola, coco whip,  
dried cranberries

## POWER UP

*boost your smoothie with protein, greens, or superfoods*

vanilla or chocolate organic brown rice protein, grass-fed whey protein, cold brew +1.5

spinach, kale, chia seeds, hemp seeds, goji berries, bee pollen, matcha, coffee beans, activated charcoal +1

spirulina, ginger, coconut, flax seeds, cacao powder, cacao nibs, turmeric, oats +.75

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