

## SMOOTHIES V GF



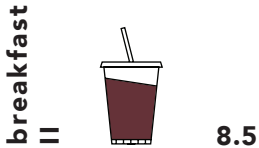
pineapple, banana, lime  
coconut cream, spirulina,  
almond milk



banana, pineapple, kale,  
spirulina, orange juice ›  
add ginger +.75



blueberries, banana,  
almond butter, oats,  
maple, almond milk



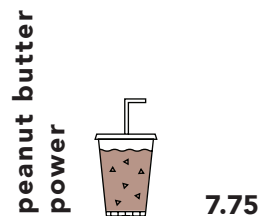
blueberries, banana,  
almond butter, cold brew,  
turmeric latte spice,  
maple, almond milk



strawberries, banana,  
orange juice › add goji  
berries +1



blueberries, cacao, hemp  
seeds, avocado, vanilla, maple,  
almond milk › add chocolate  
vegan protein +1.5



banana, peanut butter,  
cacao, maple, almond milk ›  
add cold brew +1.5

## POWER UP

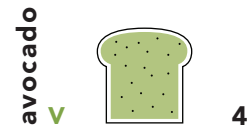
collagen, vanilla or chocolate organic vegan  
protein, grass-fed whey protein, cold brew **+1.5 ea**

spinach, kale, chia seeds, hemp seeds, goji berries,  
bee pollen, matcha, coffee beans, walnut, flax seeds **+1 ea**

spirulina, ginger, cacao nibs, turmeric **+0.75 ea**

## TOAST

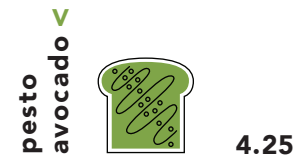
sub gluten free bread +1



avocado, salt, red pepper flakes,  
microgreens, whole wheat › add  
egg +2



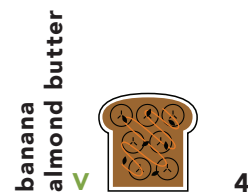
peanut butter, seasonal house  
jam, granola, whole wheat



avocado, hemp walnut pesto,  
hemp seeds, salt, whole wheat  
› add egg +2



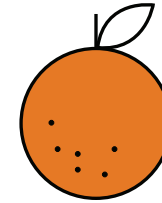
smoked salmon,  
avocado, everything  
spice, red onion, capers,  
whole wheat



banana, almond butter,  
cacao nibs, cinnamon, maple

# BREAKFAST MENU

daily until 11am



ALCHEMY  
kitchen

[www.alchemy-brands.com](http://www.alchemy-brands.com)

## BEVERAGES

V GF

**cold brew** 3.5

**iced oat milk latte** 5

**tahini vietnamese** 6  
*cold brew, tahini, coconut milk*

**iced london fog** 6  
*earl grey, oat milk, blackberry jam*

**superfood lattes** 5  
*choose hot (hemp milk) or iced (almond milk)*

**matcha vanilla:** matcha, vanilla, maple

**turmeric spice:** fresh turmeric + ginger, black pepper, cinnamon, maple

**pink rose:** beet, rosewater, maple

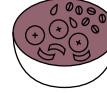
## A LA CARTE

organic eggs (2) 4  
nitrate-free bacon (2) 3  
toast and jam 3  
tri potato and kale hash 4  
smoked salmon 5  
avocado half 1.5

## SMOOTHIE BOWLS

V GF

**blueberry almond butter**



10

acai, blueberries, banana, almond butter, almond milk topped with banana, coconut, granola, goji berries

**cherry cheezcake**



10

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

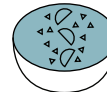
**chunky monkey**



10

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

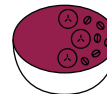
**rainbow cookie monster**



10

banana, cashew butter, vanilla vegan protein, spirulina, maple, almond milk, topped with funfetti no-bake and sprinkles

**rio**



9

acai, banana, orange juice, topped with granola and banana

## BREAKFAST

*add avocado +1.5  
add fried egg +2  
add bacon +3  
add smoked salmon +5  
add grilled salmon +6  
sub gluten free bread or bun +2*

**farmer's bowl VG GF** 11

two eggs your way, latkes, beet pico, avocado, herbed goat cheese, microgreens

**egg sandwich VG** 8.5

egg souffle, havarti, zesty cashew cream, arugula, focaccia

**egg sandwich II VG** 7.5

scrambled or fried eggs, cheddar, spinach, tomato, dijonaise, black sesame bun

**belt** 12

bacon, fried egg, avocado, tomato, spinach, vegan mayo, farm bread  
› sub portobello bacon

**american burrito** 9.5

scrambled eggs, bacon, cheddar, latke bites, zesty cashew cream  
› sub portobello bacon

**power bowl VG GF** 12.5

ancient grains, hemp walnut pesto, kaleboul, tri potato kale hash, hummus, feta, kraut, hazelnuts, microgreens