

SANDWICHES

sub gluten free bread +2

EGG SANDWICH **VG** 7

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

BBQ JACKFRUIT **V** 9.5

organic bbq jackfruit, herbed cashew cream, carrot cabbage slaw, ciabatta

BASIL PORTOBELLO **V** 9.5

roasted portobello, herbed cashew cream, arugula, roasted red pepper, red onion, ciabatta

JALAPEÑO TURKEY 10

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

HUMMUS & HEMP PESTO **V** 9

hummus, hemp walnut pesto, avocado, micro greens, tomato, whole wheat › *add natural 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 9.5

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

DIJON TURKEY 10

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

TOAST

sub gluten free bread +1

AVOCADO **V** 3.5

avocado, salt, red pepper flakes, micro greens

PESTO AVOCADO **V** 3.5

avocado, hemp walnut pesto, hemp seeds, salt

THE LOX 8

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

PB&J **V** 3.5

peanut butter, seasonal house jam, granola

BANANA ALMOND BUTTER **V** 3.5

banana, almond butter, cacao nibs, cinnamon, maple

COCONUT BACON AVOCADO **V** 4

avocado, coconut bacon, arugula, smoked sea salt

MEDITERRANEAN **V** 3.5

hummus, tomato, micro greens, zaatar, olive oil

STRAWBERRY AVOCADO **VG** 4

avocado, strawberries, coconut, raw honey

SALADS

KALE CAESAR **V** 10

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

STRAWBERRY MISO **VG** 12

organic spinach, strawberries, radish, almond butter, granola, pickled goji berries, feta, strawberry miso dressing › *add natural turkey +2*

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, majik mint, turmeric spice

HOT CHOCOLATE 4.5

make it a mocha +1,

make it peppermint +.25

SNACKS **V | GF**

CHOCOLATE AVOCADO PUDDING 5

HUMMUS 5

CHIA PUDDING 5

NO-BAKE BITES 1.5

SUPERFOOD DONUTS 3.5

SOUP 4 | 5

ALCHEMY
café

SMOOTHIES ^{GF}

BLUE MAJIK ^v 8
pineapple, banana, blue majik,
lime coconut cream, almond milk

GREEN MONSTER ^v 7
banana, pineapple, kale,
spirulina, orange juice › *add
ginger +.75*

BREAKFAST SMOOTHIE ^v 7.5
blueberries, banana, almond
butter, oats, maple, almond milk

BREAKFAST SMOOTHIE II ^v 8
blueberries, banana, almond
butter, cold brew coffee,
turmeric latte spice, maple,
almond milk

PEANUT BUTTER POWER ^v 7
banana, peanut butter, cacao,
maple, almond milk › *add cold
brew +1.5*

BLUEBERRY CACAO ^v 7.5
blueberries, cacao, hemp
seeds, avocado, vanilla,
maple, almond milk › *add
chocolate brown rice protein
+1.5*

DRAGON FRUIT ^v 8
dragon fruit, banana, pineapple,
coconut, lime, salt, orange juice
› *add bee pollen +1*

BLUEBERRY DETOX ^v 7.5
blueberries, kale, avocado,
turmeric, black pepper,
maple, almond milk

TROPICAL GREEN ^v 7
banana, pineapple, spinach,
almond milk

SNICKERDOODLE ^v 7
banana, almond butter, flax
seeds, cinnamon, maple,
almond milk

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

COCONUT COFFEE ^v 7
banana, coffee beans, coconut,
maple, almond milk

VEG HEAD ^v 8
avocado, cauliflower, cucumber,
spinach, kale, vanilla brown
rice protein, almond milk › *add
pineapple +1*

MANGO LASSI ^{vg} 7.5
mango, banana, organic yogurt,
turmeric, maple, almond milk

PURPLE MAJIK ^v 10
strawberry, banana, lime coconut
cream, lavender CBD oil, blue
majik, almond milk › *without CBD
oil 8*

POST WORKOUT ^v 8.5
strawberry, banana, cacao, beet,
chocolate brown rice protein,
almond milk

SMOOTHIE BOWLS

^v | ^{GF}

BLUEBERRY ALMOND BUTTER 8
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 8.5
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
banana, cashew butter, vanilla
brown rice protein, blue majik,
maple, almond milk, topped with
cookie dough no-bake and cacao
nibs

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

SUPER GREEN 9
banana, pineapple, avocado,
kale, orange juice, topped with
strawberry, banana, puffed
quinoa

POWER UP

boost your smoothie with protein, greens, or superfoods

organic brown rice protein, grass-fed whey protein, blue majik, cold
brew, lavender CBD oil +1.5

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

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

ALCHEMY
café