

SMOOTHIES V GF



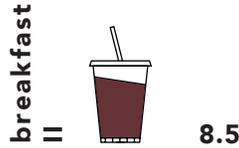
pineapple, banana, lime
coconut cream, spirulina,
almond milk



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



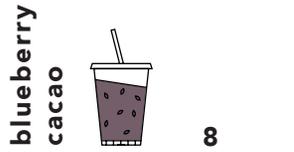
blueberries, banana,
almond butter, oats,
maple, almond milk



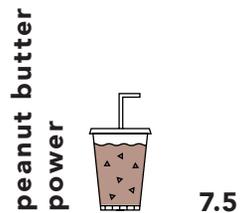
blueberries, banana,
almond butter, cold brew
coffee, turmeric latte
spice, maple, almond milk



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



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



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

POWER UP

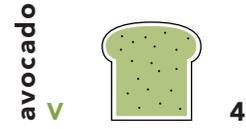
collagen, cold brew, vanilla or chocolate vegan
protein, grass-fed whey protein **+1.5**

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

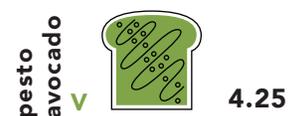
spirulina, ginger, cacao nibs, turmeric **+0.75**

TOASTS

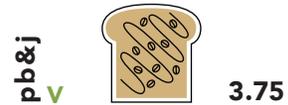
sub gluten free bread +2



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



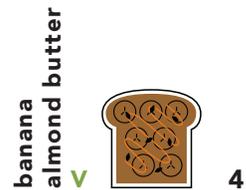
avocado, hemp walnut pesto,
hemp seeds, salt, whole wheat
› add egg +2



peanut butter, seasonal house
jam, granola, whole wheat

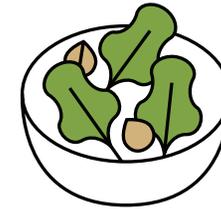


smoked salmon,
avocado, everything
spice, red onion, capers,
whole wheat



banana, almond butter,
cacao nibs, cinnamon,
maple

LUNCH + DINNER MENU



ALCHEMY
kitchen

www.alchemy-brands.com

HOUSE FAVORITES

addfried egg +2
add bacon, chicken +3
add smoked salmon or
grilled salmon +5

kale
caesar
salad **V GF**



11

baby kale, carrots, toasted lemon chickpeas, vegan caesar, cashew parm, hazelnuts

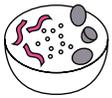
good
green
salad **GF**



14

shaved greens, chicken, green apple, radish, pickled onion, snap peas, goat cheese, matcha granola, lemon chia vin › sub avocado, sub salmon +2

power
bowl **V GF**



12.5

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

power
stir fry **V GF**



12.5

stir-fried ancient grains + veggies, charred pineapple, cucumber salad, kimchi, purple cabbage, peanut sauce, cashews, avocado

HANDHELDS

broccoli
melt **VG** 12

slow roasted broccoli, caramelized onion and kale, preserved lemon aioli, provolone whiz, focaccia › add bacon +3

chicken
ranch 13

herb salad, lemon chia vin, cucumbers, pickled onions, house ranch, sesame bun

veggie
burger **V** 11

black beans + shiitakes, goji mayo, shaved greens, tomato, onion, house pickles, sesame bun

egg
sandwich **VG** 7.75

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

hummus
hemp pesto **V** 9

hummus, hemp pesto, avocado, tomato, micro greens, whole wheat

SIDES

sweet potato waffle fries **V GF** 3.75

curry spiced + preserved lemon aioli 5
za'atar spiced + vegan ranch 5

beet
reuben **VG** 11.5

"corned" beets, kraut, alpine swiss, house russian, marbled rye

blt 11

bacon, vegan mayo, avocado, tomato, spinach, whole wheat › sub portobello bacon

smash
burger 13

two beef-shitake blend patties, american cheese, shredded lettuce, onion, house pickles, goji mayo, sesame bun › single smash \$11.5

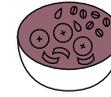
power
burrito **VG** 12

ancient grains, hemp pesto, kalebouli, tri potato kale hash, hummus, feta, kraut, red pepper wrap

SMOOTHIE BOWLS

V GF

blueberry
almond
butter 9



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

cherry
cheezcake 9



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

chunky
monkey 9



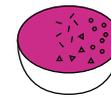
acai, banana, peanut butter, cacao, maple, almond milk, topped with peanut butter cacao no-bake, coconut, cacao nibs

cookie
monster 9.5



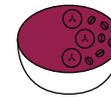
banana, cashew butter, vegan protein, spirulina, maple, almond milk, topped with cookie dough no-bake cacao nibs

nutty
dragon 9



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

rio 8



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

BEVERAGES

V GF

cold brew 3.5

iced oat milk latte 5

tahini vietnamese iced coffee 6
cold brew, tahini, coconut milk

iced london fog 6
earl gray tea, oat milk, blackberry jam

hot tea 3

superfood lattes 5

choose hot (hemp milk) or
iced (almond milk)

matcha vanilla: matcha, vanilla extract, maple

turmeric spice: turmeric ginger juice, cinnamon, maple

pink rose: beet, rosewater, maple

GF gluten free **V** vegan **VG** vegetarian

*Menu items may come into contact with wheat, eggs, peanuts, tree nuts, and milk. If you have an allergy, please speak with a manager.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness