

ALCHEMY

café

SANDWICHES

sub gluten free bread +2

v bahn mi 9.5
mushroom pate, carrot cilantro slaw, sriracha aioli, micro greens, farm bread

v basil portobello 9.5
roasted portobello, herbed cashew cream, arugula, roasted red pepper, red onion, ciabatta › add herbed goat cheese +1

jalapeño turkey 10
turkey, black bean spread, pepper jack cheese, micro greens, tomato, farm bread › add bacon +3, smoked salmon +5

smoked salmon club 11
smoked salmon, arugula, tomato, cucumber, red onion, carrot, lemon caper mayo, whole wheat › add bacon +3

turkey bacon caesar 11
turkey, bacon, havarti, baby kale, carrot, caesar dressing, ciabatta

vg egg sandwich 7.75
egg soufflé, havarti, zesty cashew cream, arugula, focaccia › add avocado +1.5, bacon +3, smoked salmon +5

v hummus + hemp pesto 9
hummus, hemp walnut pesto, avocado, micro greens, tomato, whole wheat › add turkey +2

blt 11
bacon, avocado, tomato, spinach, vegan mayo, farm bread
sub portobello bacon ›

SOUP & SALAD

V GF

kale caesar 11
baby kale, carrots, toasted chickpeas, vegan caesar, cashew parm, hazelnuts › add smoked salmon +5, avocado +1.5

soup 6
bowl of rotating seasonal soup › add toasted farm bread +1, bread with havarti +2

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, oat milk, blackberry jam

hot chocolate 4.5
make it mocha +1
make it peppermint +.25

numi hot tea 3

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

matcha vanilla: matcha, vanilla extract, maple

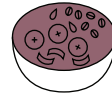
turmeric spice: fresh turmeric + ginger, black pepper, cinnamon, maple

pink rose: beet, rosewater, maple

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

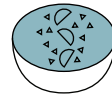
chunky monkey



9

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

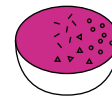
cookie monster



9.5

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

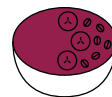
nutty dragon



9

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

rio



8

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

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

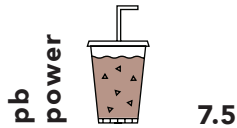
*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

VG | VEGETARIAN

V | VEGAN

GF | GLUTEN FREE

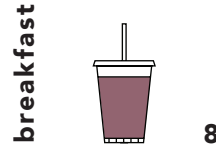
SMOOTHIES **V GF**



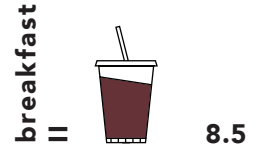
banana, peanut butter, cacao, maple, almond milk › add cold brew +1.5



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



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



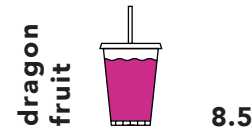
blueberries, banana, almond butter, cold brew coffee, turmeric latte spice, maple, almond milk



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



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



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



blueberries, kale, avocado, turmeric, black pepper, maple, almond milk



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



strawberry, banana, cacao, beet, chocolate brown rice protein, almond milk



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

TOAST sub gluten free bread +1

v avocado 4
avocado, salt, red pepper flakes, micro greens

v pesto avocado 4.25
avocado, hemp walnut pesto, hemp seeds, salt

vg strawberry avocado 4.25
avocado, strawberries, coconut, raw honey

the lox 8.50
avocado, smoked salmon, everything spice, red onion, capers

v banana almond butter 4
banana, almond butter, cacao nibs, cinnamon, maple

v pb+j 3.75
peanut butter, seasonal house jam, granola

UPGRADES

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

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

+0.75 each
spirulina, ginger, cacao nibs, turmeric