

## SMOOTHIES V GF



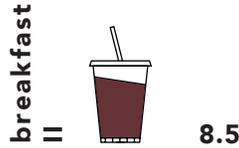
pineapple, banana, lime  
coconut cream, spirulina,  
almond milk



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



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



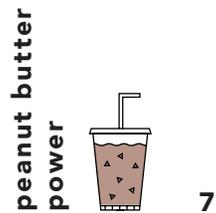
blueberries, banana,  
almond butter, cold brew  
coffee, turmeric latte  
spice, maple, almond milk



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



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



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

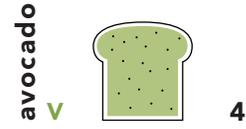
## POWER UP

spinach, kale, chia seeds, hemp seeds, goji berries,  
bee pollen, matcha, coffee beans, activated charcoal **+1.5**

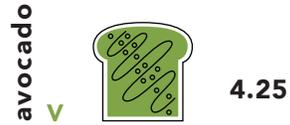
spinach, kale, chia seeds, hemp seeds, goji berries,  
bee pollen, matcha, coffee beans, activated charcoal **+1**

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

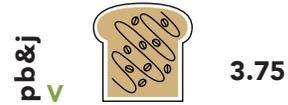
## TOAST



avocado, salt, red pepper flakes,  
micro greens, whole wheat › sub  
gluten free bread +1, add egg +2



avocado, hemp walnut pesto,  
hemp seeds, salt, whole wheat ›  
sub gluten free bread +1,  
add egg +2



peanut butter, seasonal house  
jam, granola, whole wheat ›  
sub gluten free bread +1



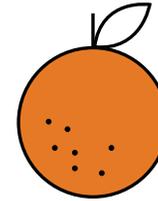
smoked salmon,  
avocado, everything  
spice, red onion, capers,  
whole wheat › sub gluten  
free bread +1



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

<b>cold brew</b>	<b>3.5</b>
<b>iced oat milk latte</b>	<b>5</b>
<b>tahini vietnamese iced coffee</b> <i>cold brew, tahini, coconut milk</i>	<b>6</b>
<b>iced london fog</b> <i>earl gray tea, oat milk, blackberry jam</i>	<b>6</b>
<b>hot chocolate</b> <i>make it a mocha +1</i>	<b>4.5</b>
<b>hot tea</b>	<b>3</b>
<b>superfood lattes</b> <i>choose hot (hemp milk) or iced (almond milk)</i>	<b>5</b>
<b>matcha vanilla:</b> matcha, vanilla extract, maple	
<b>turmeric spice:</b> turmeric ginger juice, cinnamon, maple	
<b>pink rose:</b> beet, rosewater, maple	

## A LA CARTE

organic eggs	<b>4</b>
nitrate-free bacon	<b>3</b>
bison patty	<b>5</b>
toast and jam	<b>2.5</b>
tri potato and kale hash	<b>4</b>
smoked salmon	<b>5</b>
avocado half	<b>1.5</b>

GF gluten free V vegan VG vegetarian

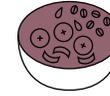
\*Menu items may come into contact with wheat, eggs, peanuts, tree nuts, and milk. If you have an allergy, please speak with a manager.

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

## SMOOTHIE BOWLS

V GF

### blueberry almond butter



**9**

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

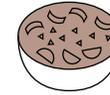
### cherry cheezcake



**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

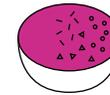
### cookie monster



**9.5**

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

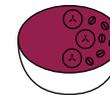
### nutty dragon



**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

## BREAKFAST

*add avocado, fried hershberger farms egg +1.5  
add bacon, chicken +3,  
add smoked salmon, faroe island salmon +5  
sub gluten free bread or bun +2*

### farmer's bowl VG GF

**10**

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

### american burrito 9.5

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

### egg sandwich VG

**7.75**

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

### egg sandwich II VG

**7.5**

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

### power bowl VG GF

**12.5**

ancient grains, hemp walnut pesto, kalebouli, tri potato kale hash, hummus, bulgarian feta, kraut, hazelnuts, micro greens

### belt

**12**

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