

SIGNATURE SALADS

GREENS ----- 6-8 people \$40 ----- 12-16 people \$75
GRAINS ----- 6-8 people \$45 ----- 12-16 people \$80
BEANS & VEG ----- 6-8 people \$45 ----- 12-16 people \$80

GREENS v | GF

KALE & QUINOA: almonds, bell peppers, golden raisins, lemon olive oil dressing

KALE CAESAR: cashew caesar, toasted chickpeas, shaved carrot

STRAWBERRY KALE: coconut, pecans, dried cranberries, red onion, strawberry rhubarb jam vinaigrette

DETOX KALE: beets, carrots, walnuts, olive oil, lemon dijon vinaigrette

HARVEST KALE: sweet potato, sweet and spicy pecans, dried cranberries, red onion, maple balsamic vinaigrette

GRAINS GF

MEDITERRANEAN QUINOA (V): tomatoes, peppers, olives, red onion, parsley, feta, red wine vinaigrette

QUINOA "FRIED" RICE (V): carrots, onion, bell peppers, kale, broccoli, sriracha tamari sauce

FIESTA QUINOA (V): black beans, peppers, red onion, cilantro, corn, tomato, cumin lime vinaigrette

ASIAN PEANUT NOODLES (V): carrots, bell peppers, spinach, cilantro, cashews, peanut ginger dressing, rice noodles

BEANS & VEGGIES v | GF

ASIAN CARROT NOODLES: carrots, cilantro, black sesame seeds, peanut ginger dressing

ARUGULA BEAN: tomato, black beans, red onion, cilantro lime hemp dressing

FIESTA BLACK BEAN: bell peppers, tomato, red onion, cilantro, lime

CURRIED CHICKPEA: bell pepper, red onion, cilantro, golden raisins, cashews, maple curry tahini dressing

SWEET POTATO LENTIL: kale, sweet potatoes, lentils, cilantro, red onion, orange za'atar dressing

CURRIED BRUSSELS SPROUTS: golden raisins, walnuts, creamy curried almond dressing

SANDWICH PLATTERS

--- Served on local whole wheat unless otherwise noted ---
----- Add Shagbark corn tortilla chips for \$2 each -----
----- Sub gluten-free bread + \$2 -----
----- \$9 per sandwich -----

HUMMUS & HEMP PESTO (V): hummus, hemp walnut pesto, avocado, tomato, micro greens

ULTIMATE VEGGIE (V): carrot hummus, cucumber, tomato, purple kraut, arugula, red onion

JALAPEÑO TURKEY: nitrate-free turkey, pepper jack cheese, black bean spread, tomato, micro greens

ROAST BEEF: nitrate-free roast beef, vegan zesty cashew cream, swiss cheese, tomato, micro greens

TUNA KRAUT: albacore tuna salad with organic sauerkraut and apples, micro greens, avocado

CAPRESE FLORENTINE (v): fresh mozzarella, tomato, hemp walnut pesto, spinach

BASIL PORTOBELLO (V): roasted portobello mushrooms, roasted red peppers, red onion, arugula, herbed cashew cream, local ciabatta

BBQ JACKFRUIT (V): organic BBQ jackfruit, herbed cashew cream, carrot cabbage slaw, local ciabatta

BREAKFAST/BRUNCH

SUPERFOOD SMOOTHIES (v/GF): \$8.50 per person

ORGANIC YOGURT PARFAIT (v/GF): \$6 per person

ASSORTED COLD-PRESSED JUICE: \$5 per juice

ASSORTED NO-BAKE BITES (V/GF): \$1.50 each

SNACKS v | GF

HUMMUS: \$5 | 8oz

SHAGBARK CORN TORTILLA CHIPS: \$2

HEN OF THE WOODS KETTLE CHIPS: \$2

CHOCOLATE AVOCADO PUDDING: \$5

CHIA PUDDING: \$5

BOXED LUNCHES

----- 1/2 SANDWICH & 1/2 GREENS \$12.50 -----
----- SANDWICHES \$12 --- SALADS \$13 -----
----- Boxes include peanut butter cacao no-bake bite & whole fresh fruit. -----

SALADS v | GF

KALE & QUINOA: almonds, bell peppers, golden raisins, lemon olive oil dressing

KALE CAESAR: cashew caesar, toasted chickpeas, shaved carrot

DETOX KALE: beets, carrots, walnuts, olive oil, lemon dijon vinaigrette

SANDWICHES

HUMMUS & HEMP PESTO (V): hummus, hemp walnut pesto, avocado, tomato, micro greens

ULTIMATE VEGGIE (V): carrot hummus, cucumber, tomato, purple kraut, arugula, red onion

JALAPEÑO TURKEY: nitrate-free turkey, pepper jack cheese, black bean spread, tomato, micro greens

ROAST BEEF: nitrate-free roast beef, vegan zesty cashew cream, swiss cheese, tomato, micro greens

TUNA KRAUT: albacore tuna salad with organic sauerkraut and apples, micro greens, avocado

CAPRESE FLORENTINE (v): fresh mozzarella, tomato, hemp & walnut pesto, spinach

ADDITIONAL INFORMATION

TABLEWARE: \$1 per person (includes plates, cutlery, napkins)

BOTTLED WATER: \$1.50 each

DELIVERY: \$30 (subject to conditions and location)

MINIMUM FOR DELIVERY: \$200

SET UP FEE: \$20 (optional)

v: vegetarian, V: vegan, GF: gluten-free

SMOOTHIES

\$8.50

BLUE MAJIK (V/GF): pineapple, banana, coconut cream, blue majik, lime, almond milk

GREEN MONSTER (V/GF): banana, pineapple, kale, spirulina, orange juice

BREAKFAST SMOOTHIE (V/GF): blueberries, banana, almond butter, oats, ohio maple, almond milk

BREAKFAST SMOOTHIE II (V/GF): blueberries, banana, almond butter, turmeric latte spice, cold brew coffee, ohio maple

PEANUT BUTTER POWER (V/GF): banana, peanut butter, cacao powder, ohio maple, almond milk

BLUEBERRY CACAO (V/GF): blueberries, cacao powder, hemp seeds, avocado, vanilla, ohio maple, almond milk

DRAGON FRUIT (V/GF): dragon fruit, banana, pineapple, coconut, lime, salt, orange juice

MANGO LASSI (v/GF): mango, banana, organic yogurt, turmeric, ohio maple, almond milk

BLUEBERRY DETOX (V/GF): blueberries, kale, avocado, turmeric, black pepper, ohio maple, almond milk

TROPICAL GREEN (V/GF): banana, pineapple, spinach, almond milk

SNICKERDOODLE (V/GF): banana, almond butter, flax seeds, cinnamon, ohio maple, almond milk

STRAWBERRY BANANA CHIA (V/GF): strawberry, banana, chia seeds, ohio maple, almond milk

MORNING GLORY (V/GF): strawberry, banana, orange juice

COCONUT COFFEE (V/GF): banana, coffee beans, coconut, ohio maple, almond milk

FOR CATERING ORDERS

Please allow at least 72 hours notice for all orders. Payment due upon receipt. To place an order, email us with "Catering: South Side" as the subject at:

INFO@ALCHEMYJUICECAFE.COM

JUICES V | GF

\$5

GREEN

MEAN GREEN: pear, kale, spinach, celery, cilantro, lime

TRUE GREEN: apple, kale, lemon, parsley

GREEN GLOW: apple, carrot, cucumber, spinach, kale, celery, lemon, ginger

GREEN MACHINE: cucumber, celery, kale, spinach, parsley, lemon, mint, sea salt

ROOT/CITRUS

EASY BEET: beet, apple, pear, lemon

ORANGE ZING: carrot, orange, lemon, ginger, cayenne

EMERALD ISLE: cucumber, orange, lime, lemon, filtered water, raw sugar simple syrup, spirulina, sea salt

LEMON FIRE: filtered water, ohio maple, lemon, cayenne

DRAGON FRUIT LEMONADE: filtered water, raw sugar simple syrup, lemon, organic dragon fruit

MAJIK LEMONADE: filtered water, raw sugar simple syrup, lemon, blue majik, ginger

MYLK

CACAO MYLK: raw cashews, filtered water, ohio maple, cacao powder, cinnamon, vanilla

TURMERIC MYLK: raw cashews, filtered water, ohio maple, turmeric, cinnamon, black pepper

MATCHA MYLK: raw cashews, filtered water, ohio maple, vanilla, matcha

SEASONAL

STRAWBERRY CHIA FRESCA: strawberries, filtered water, lemon, raw sugar simple syrup, chia seeds

ORANGE GRAPEFRUIT BASIL: orange, grapefruit, basil

STRAWBERRY MYLK: raw cashews, filtered water, strawberries, ohio maple, vanilla

v: vegetarian, V: vegan, GF: gluten-free



CATERING

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