

SIGNATURE SALADS

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

GREENS

KALE & QUINOA (V/GF): almonds, bell peppers, golden raisins, lemon olive oil dressing

KALE CAESAR (V/GF): caper caesar dressing, coconut "bacon"

STRAWBERRY KALE (V/GF): coconut, pecans, dried cranberries, red onion, strawberry rhubarb jam vinaigrette

UMAMI KALE (V/GF): pecans, red onion, peppers, grapes, sun-dried tomatoes, roasted garlic, cheezy herb dressing

DETOX KALE (V/GF): beets, carrots, walnuts, olive oil, lemon Dijon vinaigrette

HARVEST KALE (V/GF): sweet potato, sweet and spiced pecans, dried cranberries, red onion, maple balsamic vinaigrette

GRAINS

MEDITERRANEAN QUINOA (v/GF): tomatoes, peppers, olives, red onion, parsley, feta, red wine vinaigrette

QUINOA "FRIED" RICE (V): carrots, onion, bell peppers, spinach, garlic, ginger, Sriracha, soy sauce

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

PESTO NOODLES (V): hemp walnut pesto, tomato, spinach (GF rice noodles upon request)

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

BEANS & VEGGIES

ASIAN CARROT NOODLES (V/GF): carrots, cilantro, black sesame seeds, peanut ginger dressing

ARUGULA BEAN (V/GF): tomato, black beans, red onion, creamy cilantro lime hemp dressing

FIESTA BLACK BEAN (V/GF): bell peppers, tomato, red onion, cilantro, lime

CURRIED CHICKPEA (V/GF): bell pepper, red onion, cilantro, golden raisins, cashews, maple curry tahini dressing

SWEET POTATO LENTIL (V/GF): kale, sweet potatoes, cilantro, red onion, orange za'atar dressing

CURRIED BRUSSELS SPROUTS (V/GF): 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): house-made hummus with hemp & walnut pesto, avocado, tomato, micro kale

ULTIMATE VEGGIE (V): house-made carrot hummus, cucumber, tomato, local beet sauerkraut, arugula, red onion

JALAPEÑO TURKEY: natural nitrate-free sliced turkey, pepper jack cheese, house-made black bean spread, tomato, micro kale

ROAST BEEF: natural nitrate-free sliced roast beef, vegan zesty cashew mayo, swiss cheese, tomato, micro kale

TUNA KRAUT: house-made mayonnaise-free albacore tuna salad (local sauerkraut + apple), micro kale, avocado

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

BASIL PORTOBELLO (V): roasted Portobello mushrooms, roasted red peppers, red onion, arugula, basil cashew mayo, local ciabatta

CHICKPEA SALAD (V): house-made, topped with fresh spinach and tomato

BBQ JACKFRUIT (v): house-made organic BBQ jackfruit, herbed cashew cream, carrot cabbage slaw, local ciabatta

SUPERFOOD SNACKS

HUMMUS (V, GF): \$5 | 8oz

SHAGBARK CORN TORTILLA CHIPS: \$2

HEN OF THE WOODS KETTLE CHIPS: \$2

ADDITIONAL INFORMATION

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

BOTTLED WATER: \$1.50 each

DELIVERY: \$20 (subject to conditions and location)

SET UP FEE: \$20 (optional)

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

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

KALE & QUINOA (V/GF): almonds, bell peppers, golden raisins, lemon olive oil dressing

KALE CAESAR (V/GF): caper caesar dressing, coconut "bacon"

UMAMI KALE (V/GF): pecans, red onion, peppers, grapes, sun-dried tomatoes, roasted garlic, cheezy herb dressing

DETOX KALE (V/GF): beets, carrots, walnuts, olive oil, lemon Dijon vinaigrette

SANDWICHES

HUMMUS & HEMP PESTO (V): house-made hummus with hemp & walnut pesto, avocado, tomato, micro kale

ULTIMATE VEGGIE (V): house-made carrot hummus, cucumber, tomato, organic beet sauerkraut, arugula, red onion

JALAPEÑO TURKEY: natural nitrate-free sliced turkey, jalapeño havarti cheese, house-made black bean spread, tomato, micro kale

ROAST BEEF: natural nitrate-free sliced roast beef, vegan spicy cashew mayo, swiss cheese, tomato, micro kale

TUNA KRAUT: house-made mayonnaise-free albacore tuna salad with organic local sauerkraut, micro kale, avocado

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

CHICKPEA SALAD (V): house-made, topped with fresh spinach and tomato

BREAKFAST/BRUNCH

SUPERFOOD SMOOTHIES: \$8 per person

ORGANIC YOGURT PARFAIT: \$6 per person

ASSORTED COLD-PRESSED JUICES: \$5 per juice

CHIA PUDDING (V, GF): \$5

ASSORTED NO-BAKE BITES: \$1.75 each

JUICES

----- \$5 per juice · (V/GF) -----

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, kiwi, 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

DRAGONFRUIT LEMONADE: filtered water, raw sugar simple syrup, lemon, organic dragonfruit

MYLK

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

TURMERIC MYLK: raw cashews, filtered water, Ohio maple, turmeric, cinnamon, vanilla

MATCHA CASHEW MYLK: raw cashews, filtered water, Ohio maple, vanilla, matcha green tea powder

SEASONAL

CITRUS CLOVE: orange, grapefruit, kale, cloves

PEAR CHAI: pear, carrot, lemon, masala chai

SWEET POTATO SPICE: apple, sweet potato, lemon, ginger, cinnamon

PUMPKIN CASHEW MYLK: raw cashews, pumpkin, Ohio maple, pumpkin pie spice

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NUTRITION SEMINAR

Hosting a business meeting or social event?

Led by Alchemy's nationally recognized Registered Dietitian, our Corporate Nutrition Seminars will provide your business or group the latest nutrition information and tools for optimal wellness and success.

Interested in a Lunch N' Learn?

Let us bring the food and the nutrition with our catering services!

For more information email:
alexis@alchemyjuicecafe.com

FOR CATERING ORDERS:

Please allow at least 72 hours notice for all orders. Payment due upon receipt. To place order, email: info@alchemyjuicecafe.com with "Catering" as the subject.
Thank you!

*Discounts available for Fitness Loft members.
Please note that we do not take insurance.
Major credit cards and cash are accepted.*

At Alchemy we take pride in supporting our community by ethically and sustainably sourcing from local farmers and purchasing organic whenever possible. Our unique chef and dietitian-crafted menu pushes the boundaries of local food and drink. We feature wholesome and energizing made-from-scratch foods with a purpose.

Let food be thy medicine!



CATERING

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www.alchemyjuicecafe.com