

SMOOTHIES V GF



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



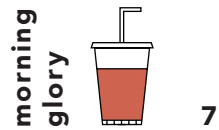
banana, pineapple, kale,
spirulina, orange juice ›
add ginger +.75



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



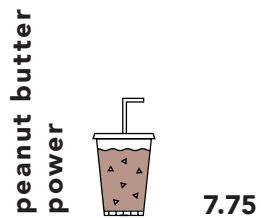
blueberries, banana,
almond butter, cold brew,
turmeric latte spice,
maple, almond milk



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



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



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

POWER UP

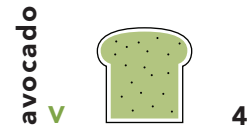
collagen, vanilla or chocolate organic vegan
protein, grass-fed whey protein, cold brew **+1.5 ea**

spinach, kale, chia seeds, hemp seeds, goji berries,
bee pollen, matcha, coffee beans, walnut, flax seeds **+1 ea**

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

TOAST

sub gluten free bread +1



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



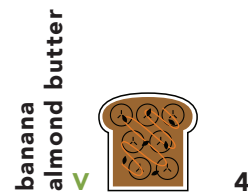
peanut butter, seasonal house
jam, granola, whole wheat



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

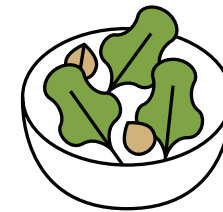


smoked salmon,
avocado, everything
spice, red onion, capers,
whole wheat



banana, almond butter,
cacao nibs, cinnamon, maple

LUNCH + DINNER MENU



ALCHEMY
kitchen

www.alchemy-brands.com

HOUSE FAVORITES

add fried egg +2
add chicken +3.50
add bacon +3
add smoked salmon +5
add grilled salmon +6

kale
caesar
salad **V GF**



11

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

power
bowl **VG GF**



12.5

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

power
stir fry **V GF**



12.5

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

good
green
salad **GF**



14

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

HANDHELDS

sub gluten free bread or bun +2

egg
sandwich **VG** 8.5

egg soufflé, havarti, zesty cashew cream, arugula, focaccia › add avocado +1.5

blt 11

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

power
burrito 12

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

chicken
ranch 13

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

SIDES

sweet potato waffle fries **V GF** 3.75

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

hummus hemp
pesto **V** 9

hummus, hemp walnut pesto, avocado, tomato, microgreens, whole wheat

veggie
burger **V** 11

black beans + shiitakes, cashew fancy sauce, lettuce, tomato, onion, pickles

smash
burger 13

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

SMOOTHIE BOWLS

V GF

blueberry
almond
butter



10

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

cherry
cheezcake



10

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

chunky
monkey



10

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

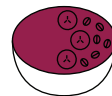
rainbow
cookie
monster



10

banana, cashew butter, vanilla vegan protein, spirulina, maple, almond milk, topped with funfetti no-bake and sprinkles

rio



9

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

BEVERAGES

V GF

cold brew 3.5

iced oat
milk latte 5

tahini vietnamese 6
cold brew, tahini, coconut milk

iced london fog 6
earl grey, oat milk, blackberry jam

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

matcha vanilla: matcha, vanilla, maple

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

pink rose: beet, rosewater, maple

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

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