

ALCHEMY

café

SANDWICHES

sub gluten free bread +2

- v banh 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, baby kale, carrot, caesar dressing, ciabatta
- vg egg sandwich** 7.5
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 › add turkey +2

SOUP & SALAD

V GF

- kale caesar** 10
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

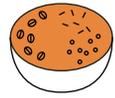
V GF

- 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
- hot tea** 3
- superfood lattes** 5
choose hot (hemp milk) or iced (almond milk)
- pumpkin spice:** pumpkin, cold brew, pumpkin pie spice, maple 6
- matcha vanilla:** matcha, vanilla extract, maple
- turmeric spice:** fresh turmeric + ginger, black pepper, cinnamon, maple
- pink rose:** beet, rosewater, maple

SMOOTHIE BOWLS

V GF

pumpkin pie



9.5

banana, pumpkin, pumpkin pie spice, almond butter, maple, almond milk, topped with coco whip, granola, dried cranberries, cinnamon

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

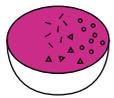
cookie monster



9.5

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

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

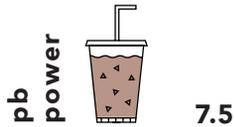
*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

VG | VEGETARIAN

V | VEGAN

GF | GLUTEN FREE

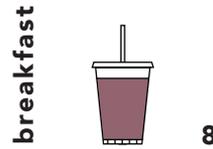
SMOOTHIES **V GF**



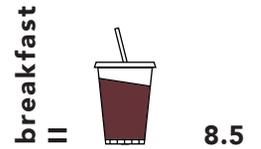
banana, peanut butter, cacao, maple, almond milk › add cold brew +1.5



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



blueberries, banana, almond butter, oats, maple, almond milk › add granola +.75



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



banana, pumpkin, pumpkin pie spice, almond butter, maple, almond milk › add chocolate brown rice protein +1.5



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



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



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



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



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

TOAST sub gluten free bread +1

VG squash & chevre **5**

local herbed goat cheese, roasted squash, caramelized onions, maple

the lox **8**

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

V avocado **3.5**

avocado, salt, red pepper flakes, micro greens

V pesto avocado **4**

avocado, hemp walnut pesto, hemp seeds, salt

V banana almond butter **3.5**

banana, almond butter, cacao nibs, cinnamon, maple

V pb+j **3.5**

peanut butter, seasonal house jam, granola

VG strawberry avocado **4**

avocado, strawberries, coconut, raw honey

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

+.75 each

spirulina, ginger, cacao nibs, turmeric