

ALCHEMY

café

SANDWICHES

add simple salad +5

sub gluten free bread +2

vg egg sandwich 7.5
baked eggs, havarti, zesty cashew cream, arugula, focaccia › add avocado +1.5, bacon +2, smoked salmon +5

turkey bacon caesar 11.5
turkey, bacon, havarti, baby kale, carrot, caesar dressing, ciabatta

v banh mi 10
mushroom pate, carrot cilantro slaw, cucumber, sriracha aioli, micro greens, farm bread › add avocado +1.5

v bbq jackfruit 9.5
bbq jackfruit, herbed cashew cream, carrot cabbage slaw, ciabatta

v basil portobello 9.5
roasted portobello, herbed cashew cream, arugula, roasted red pepper, red onion, ciabatta

jalapeño turkey 10
turkey, black bean spread, pepper jack cheese, micro greens, tomato, farm bread › add bacon +2, smoked salmon +5

v hummus + hemp pesto 9
hummus, hemp walnut pesto, avocado, micro greens, tomato, whole wheat › add turkey +2

blt 10
bacon, avocado, tomato, spinach, vegan mayo, farm bread
sub portobello bacon › add turkey +2

SOUP + SALAD

V GF

rotating seasonal soup 5

kale caesar 10
baby kale, carrots, toasted chickpeas, vegan caesar, cashew parm, hazelnuts › add smoked salmon +5, avocado +1.5

PICK ME UP

your choice of:
10

one toast (excludes the lox), one juice, one no-bake bite › sub gluten free bread +1



BEVERAGES

V GF

hoof hearted drip coffee 2.75

numi hot tea 3

iced tea 2.5

iced almond milk latte 3.5

hot chocolate 4.5
make it mocha +1
make it peppermint +.25

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

matcha vanilla: matcha, vanilla extract, maple

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

pink rose: beet, rosewater, maple

magic mint: peppermint oil, spirulina, maple

SMOOTHIE BOWLS

V GF

chunky monkey



9

acai, banana, peanut butter, cacao, maple, almond milk, topped with peanut butter cacao no-bake, coconut, cacao nibs › add fresh strawberries +1

nutty dragon



9

dragon fruit, banana, strawberries, peanut butter, maple, almond milk, topped with puffed quinoa, cacao nibs, coconut

blueberry almond butter



9

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

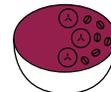
cookie monster



9.5

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

rio



8

acai, banana, orange juice, topped with granola, banana › add fresh strawberries +1

cherry cheezcake

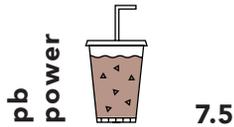


9

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

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

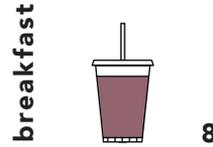
SMOOTHIES **V GF**



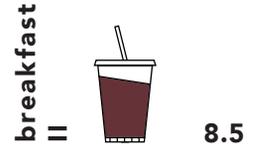
banana, peanut butter, cacao, maple, almond milk › add cold brew +1.5



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



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



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



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



banana, coffee beans, coconut, maple, almond milk › add vanilla brown rice protein +1.50



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



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

v avocado 3.5
avocado, salt, red pepper flakes, micro greens

v pesto avocado 4
avocado, hemp walnut pesto, hemp seeds, salt

v coconut bacon avocado 4
avocado, coconut bacon, arugula, smoked sea salt

vg strawberry avocado 4
avocado, strawberries, coconut, raw honey

the lox 8
avocado, smoked salmon, everything spice, red onion, capers

v mediterranean 3.5
hummus, tomato, micro greens, zaatar, olive oil

v banana almond butter 3.5
banana, almond butter, cacao nibs, cinnamon, maple

v pb+j 3.5
peanut butter, seasonal house jam, granola

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