

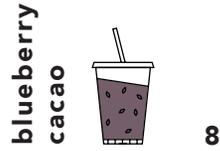
SMOOTHIES V GF



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



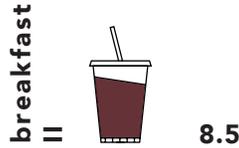
banana, pineapple, kale,
spirulina, orange juice ›
add ginger +.75



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



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



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



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



avocado, cauliflower, spinach,
kale, cucumber, vanilla brown
rice protein, almond milk ›
add pineapple +1



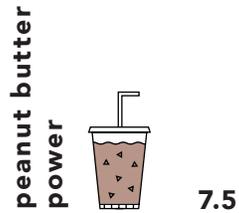
strawberries, banana,
orange juice › *add goji
berries +1*



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



banana, coffee beans,
coconut, maple, almond milk



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



banana, pumpkin, almond
butter, pumpkin pie spice,
maple, almond milk

POWER UP

*boost your smoothie with protein,
greens, or superfoods*

vanilla or chocolate organic brown
rice protein, grass-fed whey protein,
cold brew

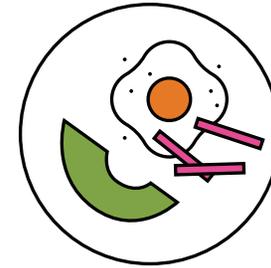
+1.5

spinach, kale, chia seeds, hemp seeds, goji
berries, bee pollen, matcha, coffee beans,
activated charcoal **+1**

spirulina, ginger, coconut, flax seeds, cacao
powder, cacao nibs, turmeric **+0.75**

BRUNCH MENU

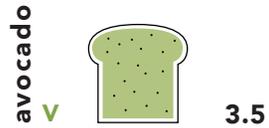
saturday 8am–2pm | sunday 8am–5pm



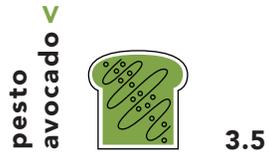
ALCHEMY
kitchen

TOAST

sub gluten free bread +1
add organic poached egg +2,
smoked salmon +5



avocado, salt, red pepper flakes,
micro greens, whole wheat



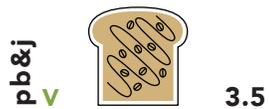
avocado, hemp walnut pesto,
hemp seeds, salt, whole wheat



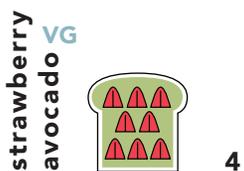
smoked salmon, avocado,
everything spice, red onion,
capers, whole wheat



almond butter, banana,
coconut bacon, smoked sea
salt, maple, whole wheat



peanut butter, seasonal house
jam, granola, whole wheat



avocado, strawberries,
coconut, raw honey, whole
wheat

BRUNCH

brunch toast VG **10**

avocado mash, cured lemon,
pickled turnips, sumac, organic
poached eggs, cilantro, farm
bread › add bacon +2, smoked
salmon +5

quiche + greens VG **12**

seasonal rotating vegetable
and cheese quiche with
dressed arugula

sweet tumeric bagel V **7**

house cashew cream
cheese, seasonal house jam,
pistachio

savory tumeric bagel V **7**

house cashew cream cheese,
organic kraut, arugula ›
add fried egg +2, bacon +2,
smoked salmon +5

basil benny VG **12**

organic poached eggs,
avocado mash, tomatoes,
balsamic reduction, focaccia ›
add hollandaise, micro greens ›
add bacon +2, smoked salmon +5

power bowl VG GF **11**

ancient grains, hemp pesto,
kalebouli, tri potato kale
hash, hummus, bulgarian feta,
organic kraut, hazelnuts, micro
greens › add poached egg +2,
smoked salmon +5

breakfast tacos VG GF **11**

organic blue corn tortillas,
scrambled eggs, cilantro lime
black bean spread, purple
cabbage slaw, avocado, hot
sauce › add bacon +2

egg sandwich VG **7**

organic baked eggs, havarti,
zesty cashew cream, arugula,
focaccia › add bacon +2,
smoked salmon +5

american breakfast **12**

organic eggs, nitrate-free
bacon, tri potato kale hash,
whole wheat toast, seasonal
house jam

mediterranean breakfast VG **12**

organic eggs, whole wheat toast,
mixed olives, hummus, pickled
turnips, tomato, cucumber,
bulgarian feta, za'atar, olive oil ›
add bacon +2, smoked salmon +5

mexican shakshuka VG **12**

spiced pepper and tomato
sauce, sunny eggs, black
beans, avocado, bulgarian
feta, pickled chillies and red
onions, cilantro, farm toast

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

kale caesar salad V GF **10**

baby kale, carrots, toasted
lemon chickpeas, vegan
caesar, cashew parm, hazelnuts
› add salmon +5

belt **11**

nitrate-free bacon or portobello bacon,
fried egg, avocado, spinach, vegan
mayo, whole wheat › add smoked
salmon +5

A LA CARTE

organic eggs **4**
nitrate-free bacon **3**
toast and jam **3**
tri potato and kale hash **4**
smoked salmon **5**
avocado half **1.5**
soup **5**

COCKTAILS

mimosa **8**
juice mimosa flight **13**
beet bloody mary **9**

DRINKS

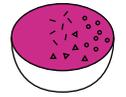
hoof hearted coffee **3**
cold brew coffee **3**
numi hot tea **3**
iced almond milk latte **3.5**
superfood lattes *hot or iced* **5**
pink rose, matcha vanilla bean,
magic mint, turmeric spice, pumpkin spice +1

hot chocolate **4.5**
make it a mocha +1, make it peppermint +.25

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

SMOOTHIE BOWLS

V GF

nutty dragon  **9**

dragon fruit, banana, peanut butter,
strawberries, 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

cherry cheezcake  **9**

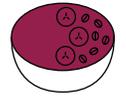
acai, cherries, vanilla cashew cream, almond milk,
topped with granola, almond butter, crumbled
cranberry pecan no-bake

cookie monster  **9.5**

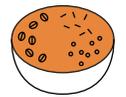
banana, cashew butter, vanilla brown rice protein,
spirulina, maple, almond milk, topped with cookie
dough no-bake and cacao nibs

chunky monkey  **9**

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

rio  **8**

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

pumpkin pie  **9**

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