

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



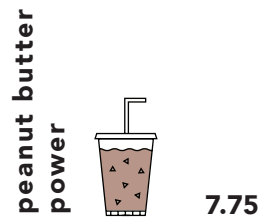
blueberries, banana, almond butter, cold brew, turmeric latte spice, maple, almond milk



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

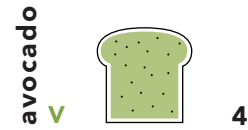
collagen, vanilla or chocolate organic vegan protein, grass-fed whey protein, cold brew **+1.5 ea**

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

spirulina, ginger, cacao nibs, turmeric **+.75 ea**

TOAST

sub gluten free bread +1



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



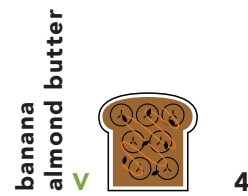
peanut butter, seasonal house jam, granola, whole wheat



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

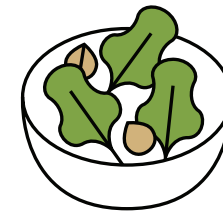


smoked salmon, avocado, everything spice, red onion, capers, whole wheat



banana, almond butter, cacao nibs, cinnamon, maple

LUNCH + DINNER MENU



ALCHEMY
kitchen

www.alchemy-brands.com

HOUSE FAVORITES

add fried egg +2
add chicken +3.5
add avocado +2
add smoked salmon +5

kale
caesar
salad **V GF**



11

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

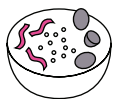
green
winter
salad **VG GF**



12

delicata squash, shaved beets, pear, goat cheese, sweet and spicy pecan granola, baby kale and napa, sumac vinaigrette › add chicken +3.5

power
bowl **VG GF**



12.5

ancient grains, hemp walnut pesto, kaleboul, tri potato kale hash, hummus, feta, kraut, hazelnuts, microgreens › add chicken +3.5

power
stir fry **V GF**



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

HANDHELDS

sub gluten free bread or bun +2

egg sandwich **VG** 8.75

egg soufflé, havarti, zesty cashew cream, arugula, focaccia › add avocado +2

blt 11

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

power burrito 12

ancient grains, hemp walnut pesto, kaleboul, 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

hummus 9.5
hemp pesto **V**

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

veggie burger **V** 11

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

smash burger 13

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

harvest turkey 11

turkey, Mackenzie Creamery goat cheese with maple pecans, cranberry onion chutney, arugula, ciabatta

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

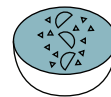
chunky
monkey



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

BEVERAGES

V GF

hot coffee 3

hot tea 3

hot turmeric
spice latte 6

fresh turmeric + ginger, black pepper, cinnamon, maple, hemp milk

hot matcha 6

vanilla latte
matcha, vanilla, maple, hemp milk

cold brew 3.5

iced honey latte 6

cold brew, honey, lavender, saffron, oat milk

iced matcha
pistachio latte 6

matcha, pistachio, rose, cardamom, maple, oat milk

iced london fog 6

earl gray tea, blackberry jam, oat milk

tahini vietnamese
iced coffee 6

sweet tahini, cold brew, coconut

iced oat milk latte 5

SIDES

soup **V GF** 6

rotating seasonal

sweet potato waffle fries **V GF** 3.75

add za'atar spiced + vegan ranch 5

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

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