# C a t e r i n g 2 0 2 4

625 PARSONS AVE | IEATALCHEMY.COM | CATERING@ALCHEMY-BRANDS.COM

### BREAKFAST

VG = vegetarian V = vegan GF = gluten free DF = dairy free NF = nut free

#### SMOOTHIES

Priced per 8oz serving + Minimum order 6 per item

#### GREEN MONSTER \$8.00 V GF

banana, kale, spirulina, pineapple, orange juice, +**\$1 per smoothie add fresh ginger** 

#### MORNING GLORY \$8.00 V GF

strawberry, banana, orange juice

#### **BREAKFAST SNACKS**

Priced per item serving + Minimum order 6 per item

#### FLOURLESS BLUEBERRY ALMOND BUTTER MUFFIN \$3.50 v gf

FLOURLESS ZUCCHINI ALMOND BUTTER CHOCOLATE CHIP MUFFIN \$3.50 VG GF

RASPBERRY & GOOD SEED MUFFIN \$3.50 v

ALCHEMY NO BAKE PROTEIN BITES \$1.75 v GF choose matcha pistachio, peanut butter cacao, or cranberry pecan

#### OVERNIGHT OATS \$7.00, 8oz VGF

choose blueberry muffin, apple pie, banana bread, matcha latte or pumpkin spice HOUSEMADE ENGLISH MUFFINS \$4.00 VG toasted or untoasted english muffin with butter and homemade strawberry jam

PEANUT BUTTER POWER \$8.00 V GF

milk. +\$1 per smoothie add cold brew

banana, Krema Nut Co. peanut butter, cacao,

Bonhomie Acre's maple syrup, house almond

**BREAKFAST PARFAIT** \$6.00, 8oz **vg gF** layers of greek yogurt, house made golden granola, mixed berries, banana, drizzled with local honey

**EGG MUFFIN BITES** \$3.00 **GF** choose bacon, cheddar and chive or spinach, mushroom and feta

#### BREAKFAST SANDWICHES + WRAPS Priced per item + Minimum order 6 per item

+\$2.50 per to sub local, gluten free bread

BOXED BREAKFAST: +\$3 per includes cutlery, napkins, and choice of two sides Simple Salad, Simply Organic Chips, Chocolate Chip Cookie, Whole Fresh Fruit

A LA CARTE	SANDWICH PLATTER
Served individually wrapped	Pick up to three kinds, served wrapped and cut in half
Minimum order 6 per item	(12 full sandwiches total / \$150.00)

**COWBOY BURRITO** \$13.00 **VG upon request** latke bites, scrambled eggs, bacon or Umaro bacon, cheddar cheese, zesty cashew cream **+\$2 add avocado** 

ALCHEMY EGG SANDWICH \$13.00 VG upon request local focaccia, egg soufflé, bacon or Umaro bacon, havarti cheese, arugula, zesty cashew cream +\$2 add avocado **GRIDDLED EGG N' CHEESE** \$13.00 VG upon request house made english muffin, folded eggs, sausage, bacon or Umaro bacon, havarti cheese, spicy aioli **+\$2 add avocado** 

#### breakfast continued...

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### BREAKFAST

#### **BREAKFAST BUFFETS**

Priced per person Minimum order 12 person per buffet selection +\$10 per optional disposable chafer kit VG = vegetarian V = vegan GF = gluten free DF = dairy free NF = nut free

#### CLASSIC BREAKFAST \$16.00 VG

house made english muffins, butter and strawberry jam, scrambled eggs, home fries, fresh cut fruit, **+\$3 bacon, veggie bacon, or** sausage per person

#### BREAKFAST TACO \$16.00 VG

corn and flour tortillas, scrambled eggs, bacon or veggie bacon, pico de gallo, shredded cheddar, avocado crema, salsa roja

#### ACAI SMOOTHIE BOWL \$12.00 V GF

acai, banana and orange juice blended base served with house made golden granola, fresh cut fruit and berries, signature no bake protein bite crumbles (contains nuts), **+\$1 per person** *local Krema peanut or almond butter spread* 

### LUNCH

#### LUNCH SANDWICHES + WRAPS

Priced per item + Minimum order 6 per item +\$2.50 per to sub local, gluten free bread

BOXED LUNCH: +\$3 per includes cutlery, napkins, and choice of two sides Simple Salad, Simply Organic Chips, Chocolate Chip Cookie, <u>Whole Fresh Fruit</u>

A LA CARTE Served individually wrapped Minimum order 6 per item

#### TURKEY TZATZIKI \$14.00

turkey, feta dill spread, cucumbers, pickled red onion, honey, greens, local focaccia

#### **CHICKEN BACON RANCH \$14.00**

chicken, bacon, arugula, tomato, caramelized red onion and avocado ranch on local ciabatta

#### CHICKEN CAESAR WRAP \$14.00

herb chicken, parmesan cheese, house caesar dressing, greens, red pepper tortilla

#### MEXICALI STEAK WRAP \$14.00

ancho steak, greens, queso fresco, pickled red onion, cherry tomatoes, avocado crema, red pepper tortilla

#### Pick up to three kinds, served wrapped and cut in half (12 full sandwiches total / \$168.00) POWER BURRITO \$14.00 VG

ancient grains, hemp pesto, kale tabouli, potato and kale hash, hummus, feta, kraut, red pepper tortilla

SANDWICH PLATTER

#### MUSHROOM BANH MI \$14.00 V

mushroom walnut pate, carrot cilantro slaw, sriracha aioli, greens, demi baguette

#### BLT+ \$14.00 V upon request

bacon or Umaro bacon, avocado, tomato, spinach, vegan mayo, local ciabatta

#### lunch continued...

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GREAT FOR CASUAL GATHERINGS!

### LUNCH + DINNER

SALADS + BOWLS Priced per item + Minimum order 6 per item +\$2.50 per to sub local, gluten free bread

BOXED LUNCH: +\$3 per includes cutlery, napkins, and choice of two sides Simply Organic Chips, Chocolate Chip Cookie, Whole Fresh Fruit, Housemade English Muffin

A LA CARTE Served individually boxed Minimum order 6 per item

**POWER BOWL** \$13.00 VG V upon request ancient grains, hemp walnut pesto, kale tabouli, potato kale hash, hummus, feta, kraut, hazelnuts

#### AVO CRUNCH BOWL \$13.50 VG V upon request

greens mix, spiced ancient grains, avocado smash, beet pico, goat cheese, tortilla chips and cilantro lime hemp dressing

#### **BURGER BOWL** \$16.00

greens mix, seasoned ground beef, tomatoes, chopped house made pickles, red onion, cheddar, zesty special sauce and sesame seeds

#### GOOD GREENS SALAD \$13.50 VG V upon request

shaved greens, avocado, green apple, pickled red onion, snap peas, goat cheese, house made matcha granola, lemon chia vinaigrette

#### KALE CAESAR SALAD \$12.00 v

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

SERVE IT FAMILY-STYLE

#### BERRY BALSAMIC SALAD \$13.50 VG V upon request

mixed greens, strawberries, house made golden granola, red onion, goat cheese, berry balsamic vinaigrette

#### ALCHEMY COBB SALAD \$13.50

mixed greens, soft boiled egg, cherry tomatoes, avocado, pickled red onion, bacon, pepitas, queso fresco, avocado ranch

#### MEDITERRANEAN SALAD \$13.00 VG V upon request

mixed greens, cherry tomatoes, cucumber, red onion, kalamata olives, hummus, feta, toasted chickpeas, garlic lemon vinaigrette

#### LUNCH & DINNER BUFFETS

Priced per person Minimum order 12 person per buffet selection +\$10 per optional disposable chafer kit

#### **TACOS** \$18.00

choose birria, ancho chicken, or braised chickpeas, corn tortillas, beet pico de gallo, corn and black bean salsa, queso fresco, lettuce, peppers and onions, cilantro lime crema, salsa matcha +\$3 per person add chips with salsa and guacamole

#### **SHAWARMA** \$18.00

spiced chicken or falafel, griddled pita, hummus, purple cabbage, feta, pickled red onion, house pickles, avocado-tahini ranch, toum +\$3 per person add crispy cilantro garlic potatoes

#### BURGERS \$16.50

beef or beyond burger patties, brioche buns, lettuce, tomato, onion, havarti and american cheese, house made pickles, spicy aioli, vegan mayo, mustard and ketchup **+\$2 per person add sweet potato waffle fries or simple salad** 

#### **BISON BOLOGNESE** \$17.00

spaghetti, herb marinara sauce, simple salad with lemon vinaigrette, housemade garlic bread

#### CHILI CRISP CHICKEN TENDERS \$16.50 DF

crispy chicken in a spicy chili sauce, housemade pickles, red cabbage slaw, sweet potato fries with avocado ranch, bread rolls

#### ENCHILADAS \$17.00

choose beef, chicken or black bean and potato, choose verde (mild) or roja (medium) salsa, mexican rice, refried beans, peppers and onions, queso fresco and sour cream **+\$3 per person add tortilla chips and guacamole** 

#### **STIR FRY** \$16.50

Grilled chicken or maple tamari tofu, stir fried rice with sesame cucumber, edamame, pickled radish, marinated mushrooms, crispy sesame wontons, scallions, and peanut sauce

## LUNCH + DINNER

#### GRAZING BOARDS

Priced per board + Serves 25 - 32 people

#### **VEGGIE PLATTER \$150**

crudite vegetable variety with dip options: avocado ranch, garlic hummus, beet hummus

#### FRUIT PLATTER \$150

fresh cut pineapple, strawberries, grapes, blueberries and seasonal fruits

#### MEDITERRANEAN BOARD \$195

farmer's vegetable crudite, griddled pita with dip options: avocado ranch, garlic hummus, beet hummus

#### **CHARCUTERIE BOARD** \$225

assorted cured meats: prosciutto, salami, pepperoni with assorted cheeses: brie, cheddar, gouda and assorted crackers, pickles, olives, dried fruit, strawberry jam, goat cheese aoili

#### DESSERTS

Priced per item serving + Minimum order 6 per item

ASSORTED DESSERT TRAY

**BERRY BROWNIE SKEWER** \$3.50 brownie bites skewered with fresh strawberries

#### COCO DREAM BARS \$300 V GF

topped with dark chocolate

no bake sweetened coconut almond bar

#### **SALTED CHOCOLATE CHIP COOKIES \$3.00**

FUNFETTI BAR \$4.00 shortbread, rainbow sprinkles

### BEVERAGES

Priced per gallon, serves 10 - 15 + Kegs available upon request

#### **HOT COFFEE \$30** COLD BREW \$38 FRESH OJ \$25

#### **ICED MATCHA PISTACHIO \$48 ALCHEMY ARNOLD PALMERS \$35 BLUE MAJIK LEMONADE \$35**

PRICED PER INDIVIDUAL SERVING

**ICED TEA** \$4 (12 oz) fresh brewed black tea

**LEMONADE** \$4 (12oz) house made with fresh pressed lemon juice

ALCHEMY JUICE SHOTS \$3.00 (2 oz) Awaken, Immunity, Lemon Fire, Pomegranate Chia

**ALCHEMY ELECTROLYTES** \$3.50 (8 oz) hydrating electrolyte beverages made inhouse: Tropical, Berry, Citrus

POPPI PREBIOTIC SODAS (12 oz) \$3.00 Ginger Lime, Orange, Raspberry Rose

LACROIX SPARKLING WATER (12 oz) \$2.00 Original, Pamplemousse, Hi-Biscus, Key Lime, Tangerine

#### **BOTTLED WATER** \$2.00



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