

ALCHEMY

feel good food

 linktr.ee/ieatalchemy

 @ieatalchemy.com

HANDHELDS

sub gluten free bread +2

power burrito 13

ancient grains, hemp walnut pesto, kaleboul, potato kale hash, hummus, feta, kraut, red pepper wrap

VG egg sandwich 9.5

egg soufflé, havarti, zesty cashew cream, arugula, focaccia
add avocado +2, bacon +3, smoked salmon +5

FAV cowburrto 12.5

scrambled eggs, bacon, cheddar, latke bites, zesty cashew cream
sub portobello bacon

smoked salmon club 13.5

smoked salmon, arugula, tomato, cucumber, red onion, carrot, lemon caper mayo, whole wheat
add bacon +3

blt+ 13

bacon, avocado, tomato, spinach, vegan mayo, farm bread
add egg +2
sub portobello bacon

turkey tzatziki 13.5

turkey, feta dill spread, cucumbers, pickled red onion, honey, microgreen, local foccacia

SIDES

VG GF daily soup 7

rotating seasonal

VG GF sweet potato waffle fries 5.5

za'atar spiced
add vegan ranch dip +1

BOWLS

add fried egg +2
add chicken +3.5
add bacon +3
add smoked salmon +5

kale caesar salad V GF



12

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

power bowl VG GF



13

ancient grains, hemp walnut pesto, kaleboul, potato kale hash, hummus, feta, kraut, hazelnuts, microgreens

farmer's bowl VG GF



13

two eggs your way, latkes, beet pico, avocado, herbed goat cheese, microgreen

BEVERAGES

V GF

tahini vietnamese 6.5

cold brew, sweet tahini, coconut milk

iced london fog 6.5

earl grey, oat milk, blackberry jam

iced matcha pistachio 7

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

iced honey latte 7

cold brew, honey, lavender, saffron, oat milk

hot turmeric spice latte 6

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

hot tea 3.5

hot coffee 3.5

cold brew 4

iced oat milk latte 6

join us for
BRUNCH

saturdays & sundays only

classic breakfast 14

two eggs your way, bacon or avocado, hash potatoes, whole wheat toast, house jam

cinnamon roll 14

pancakes VG GF
banana, cream cheese frosting

two eggs 4

bacon 4

potato kale hash 5

V GF

SMOOTHIES + SMOOTHIE BOWLS V GF



morning glory



8.5

strawberries, banana, orange juice

add goji berries +1

pb power



8.5

banana, peanut butter, cacao, maple, almond milk

add cold brew +1.5

breakfast



9

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

green monster



8.5

banana, pineapple, kale, spirulina, orange juice

add ginger +.75

blueberry cacao



9

blueberries, cacao, hemp seeds, avocado, vanilla, maple, almond milk

add chocolate +.75
add protein +1.5

breakfast



10

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

berry cheezcake



11.5

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

cookie monster



11.5

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

chunky monkey



11.5

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

add fresh strawberries +1

blueberry almond butter



11.5

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



+1.75 each

collagen, cold brew, vanilla or chocolate vegan protein, grass-fed whey protein

+1 each

spinach, kale, chia seeds, hemp seeds, goji berries, bee pollen, matcha, coffee beans

+0.75 each

spirulina, ginger, cacao nibs, turmeric

TOASTS sub gluten free bread +1

classic avocado



5

avocado, salt, red pepper flakes, microgreens, whole wheat

add egg +2

pesto avocado



6

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

add egg +2

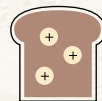
the lox



9

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

banana almond butter



6

banana, almond butter, cacao nibs, cinnamon, maple