ALCHEMY

feel good food

TOAST + SANDWICHES

add zesty cashew cream +1 | add avocado +2.50 | add bacon or veggie bacon +3 | add roasted turkey +3 | add roasted chicken +3.50

cowboy burrito 13
egg, bacon or veggie bacon, cheddar, potato latkes and zesty cashew cream in a red pepper wrap

midwest fresh wrap 14
roasted chicken, potato latkes, chopped pickle, super greens and avocado ranch in a red pepper wrap

turkey tzatziki 13.50
roasted turkey, dill feta spread, cucumbers, pickled red onion, microgreens and drizzled honey on housemade focaccia

the lox toast 11
smoked salmon, avocado, everything spice, red onion, capers, sourdough bread

banana almond butter toast 5.50 VT
Krema Nut Co. almond butter with slices of fresh banana, cinnamon, cacao nibs and maple drizzle

egg sandwich 10 VT
egg souffle, havarti, zesty cashew cream, and arugula, on toasted housemade focaccia

blt+ 13.50 V
bacon or veggie bacon, avocado, tomato, super greens, and vegan mayo on toasted sourdough bread

mushroom bahn mi 13 V
mushroom walnut pate, carrot cilantro slaw, cucumber, sriracha aioli, microgreens, demi baguette

avocado toast 6.50 V
avocado, pink Himalayan salt, red pepper flakes and microgreens on toasted sourdough bread

add a swirl of housemade strawberry jam +$1

SALADS

add avocado +2.50 | add bacon or veggie bacon +3 | add roasted chicken +3.50

protein supreme salad 15.50 VT
Napa kale mix, cherry tomatoes, pickled red onion, chipotle marinated chickpeas, shredded cheddar, crushed tortilla crisps and chipotle mango avocado ranch dressing

chopped caesar salad $13 V GF
chopped Napa kale mix, spiralized carrots, cashew "parmesan", toasted hazelnuts, crispy lemon chickpeas, golden raisins and vegan cashew caesar dressing

good green salad 14 VT GF
Napa kale mix, sliced apples, pickled red onion, snap peas, goat cheese, matcha granola and lemon chia vinaigrette

super side salad 7 V GF
Napa kale mix, sliced cucumber, toasted hazelnuts, seasonal berries, hemp seeds and lemon chia vinaigrette

VT VEGETARIAN | V VEGAN | GF GLUTEN FREE

get in touch @ieatalchemy.com linktr.ee/ieatalchemy

SMOOTHIES V+GF

morning glory 9
strawberries, banana, fresh orange juice
`add gogi berries +1`

green monster 9.50
banana, pineapple, kale, spirulina, fresh orange juice
`add ginger +1`

pb power 10
banana, peanut butter, cacao, ohio maple syrup, housemade almond milk
`add cold brew +1.50`

blueberry cacao 10.50
blueberries, cacao, hemp seeds, avocado, ohio maple syrup, housemade almond milk
`add chocolate or vanilla vegan protein +1.50`

breakfast 10
blueberries, banana, almond butter, oats, ohio maple syrup, housemade almond milk
`add cold brew +1.50`

SMOOTHIE BOWLS V+GF

berries & cream 12.90
acai, strawberries, blueberries, vanilla cashew cream, housemade almond milk, topped with fresh baked granola, almond butter, and cranberry pecan protein no-bake bites

chunky monkey 12.90
acai, banana, peanut butter, cacao, ohio maple syrup, housemade almond milk, topped with coconut flakes, cacao nibs and cacao protein no-bake bites

cookie monster 12.90
banana, cashew butter, vanilla vegan protein, spirulina, ohio maple syrup, housemade almond milk, topped with cacao nibs and cookie dough protein no-bake bites

blueberry almond butter 12.90
acai, blueberries, banana, almond butter, housemade almond milk, topped with sliced banana, coconut flakes, fresh baked granola and goji berries

SMOOTHIE MAGIC

ORGANIC AND GMP CERTIFIED APOTHEKARY™ BLENDS – ADD THEM TO YOUR SMOOTHIE OR SMOOTHIE BOWL! +3

chill
for stress support with reishi, ashwagandha and cacao

soothe
for gut health with marshmallow root, burdock root and blue butterfly pea flower

relief
for immunity with elderberry, beetroot and schisandra berry

focus
for focus and vitality with lion's mane, reishi, and chaga mushroom

power +2
vanilla or chocolate whey protein, vanilla or chocolate organic vegan protein or collagen

BEVERAGES V+GF

cold brew w/ vanilla cold foam 6.50
ask about our seasonal cold foam flavors!

blueberry lemon iced matcha 7
matcha, blueberry lemon simple syrup, oat milk

pistachio rose iced matcha 7
pistachio butter made with rose water, cardamom and honey blended with oat milk

iced strawberry london fog 6.50
Rishi earl grey tea concentrate, housemade strawberry jam, oat milk

matcha latte `hot or iced` **5.50**

oat milk latte `hot or iced` **5.50**

Rishi masala chai latte `hot or iced` **6.50**

Brootlegg cold brew 4.50

Brioso hot coffee 3.50

Rishi hot tea `seasonal selections` **3**

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