

ALCHEMY

WELLNESS CAFE



NASHVILLE, TN

SIGNATURE SMOOTHIES

16 OZ \$15 / \$22

MY BEACH IS BETTER

Blueberry, pineapple, banana, coconut milk, coconut sorbet, GLP-1 booster

NASHVEGAS

Mango, raspberry, orange, fruit punch, turmeric, sea moss, elderberry, electrolytes

THE WORLD IS YOURS

Kale, spinach, lemon, mango, pineapple, apple juice, coconut crème, coconut sorbet, blue spirulina, colostrum, chia seeds

FRUIT SMOOTHIES

THE ALCHEMIST

Strawberry, banana, raspberry, granola, almonds, agave

BERRY BLAST

Strawberry, blueberry, raspberry, blackberry, mint

BORA BORA

Mango, pineapple, strawberry, orange

PROTEIN SMOOTHIES

PBJ

Peanut butter, strawberry, raspberry, blueberry, peanut butter whey protein, peanut butter granola

DIRTY LITTLE SECRET

Chocolate protein, caramel protein, walnuts, almonds, dates, honey, coconut milk

THE DAILY GRIND

Vanilla protein, dates, peanut butter, vanilla extract, honey, espresso

FRESH JUICES

ALL JUICES \$11

THE MAIN SQUEEZE

Grapefruit, lemon, lime, orange, ginger
Immunity boost

FRESH AS KALE

Apple, kale, mint, pineapple, spinach, protein
Energy

VIBRANCE

Apple, cucumber, ginger, lime, pear, pineapple
Hydration · Hangover cure

JUST BEET IT

Apple, beets, carrots, ginger, orange
Detox · High blood pressure · Hangover cure

JUNGLE FEVER

Apple, grapes, cherries, strawberries
Hydration · Improves sleep · Enhances exercise performance

THE REFRESHER

Watermelon, lime, strawberries, mint
Hydration · Energy · Lowers cholesterol

GREEN MACHINE

Kale, celery, lime, cucumber, ginger, green apple
Reduces inflammation · Hydration · High in fiber · Diabetes

THE GLOW UP

Orange, ginger, pineapple, turmeric, carrots
Boosts immunity · Fat burner · Increases metabolism · Promotes youthful skin

AÇAÍ BOWLS

THE ORIGINAL

Base: banana, peanut butter, strawberry, raspberry
Toppings: granola, blueberry, strawberry

TROPICAL

Base: banana, pineapple, mango
Toppings: coconut, granola, kiwi, strawberry

NUTTY BERRY

Base: banana, strawberry, blueberry
Toppings: banana, coconut

GREEN THUMB

Base: banana, kale, pineapple
Toppings: almond butter, chia seeds, almonds, bananas, honey drizzle

SALADS

KALE CAESAR

Freshly chopped kale & red cabbage tossed in lemon vinaigrette, fresh croutons, grated parmesan, drizzled with Caesar dressing

SOUTHWEST CHICKEN

Romaine, chicken, black bean salsa, avocado, chipotle dressing

COBB

Romaine, ham, turkey, bacon, egg, cheese, cucumber, tomatoes, croutons, house-made ranch

SUPERFOOD SALAD

Mediterranean blend, citrus ginger dressing

FIELD OF DREAMS

Spring mix, strawberry, blueberry, seasonal fruit, walnuts, feta

SANDWICHES

CLUB ROYALE

Ham, turkey, bacon, lettuce, tomato, honey mustard

TURKEY AVOCADO

Turkey, avocado, banana peppers, red onion, lettuce, pickles, bean sprouts, garlic aioli

CHICKEN CLUB

Chicken, bacon, banana peppers, lettuce, tomato, avocado ranch

CHICKEN SALAD CROISSANT

House-made chicken salad, lettuce, tomato

ROAST BEEF CROISSANT

Shredded beef, cheese, pickles, garlic aioli

AVOCADO TOAST

Tomato Bruschetta: marinated tomato, basil, balsamic glaze
Spicy Southwest: black bean salsa, jalapeño, chipotle drizzle
Mediterranean: cucumber, red onion, feta, olives

BREAKFAST SANDWICH

CHOOSE YOUR BREAD

English Muffin | Bagel | Croissant

CHOOSE YOUR PROTEIN

Turkey Sausage | Chicken Sausage | Bacon

INCLUDES

Fried Egg | Cheese

COFFEE BAR

LATTES, COFFEE & TEAS 8 OZ

SINGLE ESPRESSO \$2

CAPPUCCINO \$4

AMERICANO \$4

COLD BREW \$5

CHAI LATTE \$7

DOUBLE ESPRESSO \$4

LATTE \$5

DRIP COFFEE \$5

MATCHA LATTE \$7

HOT CHOCOLATE \$2

EXTRA SHOT

+1 shot \$1 | +2 shots \$2

MILKS +\$1

Almond | Oat | Coconut

SYRUPS +\$1

Vanilla | Hazelnut | Pecan | Banana | Mint

SAUCES +\$1

Dark Chocolate | White Chocolate | Caramel

SQUEEZE THE DAY