## ALL DAY BREAKFAST

CREATE YOUR SMOOTHIE BOWL | 69k

Choose your liquid (Yoghurt/M!lk/Smoothie)
Select 3 fruits - Pick 2 sprinkles

Extra Topping +12k

Extra Liquid +15k

CHIA PUDDING
Almond m!lk, fruits and berries | 69k

A Ç A I B O W L Smoothie bowl with wild açai berries | 115k



## MEDICINAL SOUPS

CREATE YOUR OWN SOUP BOWL | 69k

Choose 1 Healing Broth - Choose 5 Soup Toppings

Extra Topping +12k

Extra Broth +49k

### ITALIAN MINESTRONE

Hearty tomato soup with zucchini noodles, seasonal vegetables and Sunflower rawmesan | 69k

#### TURMERIC LAKSA

Creamy coconut chili broth with veggie noodles, spinach, mushrooms and cilantro | 69k

#### MEDICINAL MISO

Flavorful broth with bok choi, zucchini noodles, dried mushrooms and nori | 69k

#### CREAM OF MUSHROOM

Rich and tasty champignon, portabello and shiitake soup topped with crispy fresh veggies and almond croutons  $\mid 69k$ 



### RAW CHOCOLATES

BOUNTY BALL

Coconut vanilla filling covered in dark chocolate | 15k

M ! L K

Coconut m!lk chocolate | 22k

PEPPERMINT PATTIE

A creamy cashew mint filling covered

in dark chocolate  $\mid 22k$ 

CACAOPOW

Chocolate coffee energy ball with oats and coconut | 22k

PEANUT BUTTER CUP Crunchy peanut butter filling in

coconut m!lk chocolate | 27k

MARBLED HALVA Ground sesame, honey and cacao | 22k

A L M O N D B U T T E R C U P Dark chocolate filled with crunchy almond butter | 27k

SALTED CARAMEL
Smooth and chewy honey toffee covered in dark chocolate and a sprinkle of salt | 22k

NUTELLA TRUFFLES Silky smooth hazelnut honey chocolate fudge | 22k

RUM RAISIN

Dark chocolate with a divine chewy rum raisin honey center  $\mid 22k \mid$ 



# ALCHEMY

food as medicine

Our food is home made with love and care to retain as much life force and nutrition as possible. We carefully select our suppliers to have the best organic vegetables and the highest quality medicinal ingredients. To preserve as much precious life force and nutrition as possible, most of our food is raw, meaning it hasn't been heated above 43°C /110°F. Everything on our menu is plant based and most items are gluten free. We do use honey, as we believe it to be a highly medicinal food when sourced right. Our produce is rinsed thoroughly in filtered water and grapefruit seed extract.

## MAINS

VIETNAMESE SPRING ROLLS Assorted fresh veggies in a raw papaya wrap served with hoisin dip | 65k

### SPINACH MUSHROOM QUICHE

An Alchemy classic filled with juicy spinach, mushrooms & marinated fennel, topped with cashew cream 'cheese', tomatoes & parsley | 69k

#### OPEN SANDWICH TRIO (MIX N' MATCH)

- "Egg" salad with pickles and coconut bacon
- Avocado with cilantro tomato salsa, green olives and bell peppers
- Smoked papaya lox with herb cream cheese and capers | 69k

#### PASTA PRIMAVERA

Zucchini noodles, cherry tomatoes, sun-dried tomatoes, capers, avocado, sunflower rawmesan & pesto | 69k

### CALIFORNIA MAKI NORI

Raw sushi rolls filled with crispy veggies, cauliflower 'rice', pink sauerkraut, served with sesame dip & small miso soup | 69k

### PHILADELPHIA MAKI NORI

Raw sushi rolls filled with crispy veggies cauliflower 'rice', papaya, homemade pickles, cashew & dill creamy 'cheese' served with sesame shoyu dip & small miso soup | 69k

### ALOHA PIZZA

Sun dried tomato crust, marinara sauce, cashew cream 'cheese', pineapple, peppers, olives, mushrooms & rocket  $\mid 75k$ 

### MEXICAN BURGER

Lightly spiced vegetable pattie with almonds & sunflower seeds served with mango 'cheese' slice, pickles & chipotle  $\mid 75k$ 

### CANNELONI

Mushroom ragu wrapped in sliced zucchini served with marinara suace, cashew cream 'cheese', pesto & rocket | 75k

### SPINACH & MUSHROOM PIZZA

Thin spinach crust topped with mushrooms, spinach, capers and pili nut 'cheese' | 75k

### NACHO PLATE

Crispy lettuce, mexican chili, tomato salsa, cashew sour cream, guacamole, jalapeno peppers & homemade raw corn chips | 75k

### MEDITERRANEAN WRAP

Flax wrap filled with spinach, fresh dill cream cheese or hummus, crispy veggies, and avocado. Served with cauliflower tabbouleh and tahini lime dip  $\mid 79k$ 

### TERIYAKI BOWL

Smoked papaya lox with sesame rice, stir-not-fry, kimichi, arame slaw, avocado and teriyaki sauce | 79k

## SATISFYING SALADS

CREATE YOUR OWN SALAD BOWL | 69k

Leafy Greens - Select 4 toppings - Choose a dressing  $Extra\ Topping\ +12k$ 

#### ALCHEMY LOVER

Mixed greens, fresh herbs, pink sauerkraut, avocado, sprouted pumpkin seeds, crispy onion served with herb vinaigrette | 69k

#### CAESAR SALAD

Crispy romaine lettuce with strawberries, sunflower rawmesan, coconut bacon, capers & creamy caesar dressing  $\mid 69k$ 

### SAVORY BAR

CREATE YOUR OWN SAVORY PLATE | 69k

From 7 to 11am

Select 5 savory sides - Choose 1 dip

 $Extra\ Side\ +12k$ 

 $Extra\ Dip\ +15k$ 

### DESSERTS

LEMON COCONUT CAKE

A cashew coconut "cheese" cake & lemon zest | 50k

MOCHAHOLIC

Silky chocolate coffee "cheese" cake | 50k

## CLASSIC VANILLA CHEESECAKE WITH RASPBERRY COMPOTE

Vanilla yogurt "cheese" cake with toasted peanut crust and raspberry compote | 50k

### BANOFFEE PIE

Rich toffee, thin banana slices & fluffy coconut whipped cream  $\mid 50k$ 

### CARROT CAKE

Hearty, nutfree oat and carrot cake with dates, raisins & mango frosting | 50k

SNICKERS PIE

Chocolate, nougat, caramel and peanuts | 55k |

CHOCOLATE ORANGE CAKE Layers of dark chocolate and zesty orange | 55k

> CHOCOLATE MOUSSE Silky smooth, fluffy & nut free | 35k

MANGO PASSION CAKE

Tangy, delicious tropical dessert with nut free oat crust  $\mid 50k$ 



### BARS

ALMOND GOJI BAR Power bar with nuts, seeds, goji berries & honey | 35k

B O U N T Y B A R

Chocolate covered bar with fresh coconut vanilla filling  $\mid 30k$ 

### CHEWYBAR

Dark chewy chocolate cashew bar, honey | 30k

### CAROB RAISIN BAR

Chewy chocolate bar with carob, cashews, honey & raisins | 35k

### OMEGA BROWNIE

Walnut & chia brownie with chocolate ganache | 35k

### SMOOTHIES

Served in a 350ml glass

POPEYE Banana, pineapple & spinach | 40k

RASPBERRY LIPSTICK
Dragonfruit, raspberry, coconut & coconut nectar | 60k

PAPAYA PASSION Papaya, passion fruit & coconut nectar | 45k

BEE HERE NOW Mango, passion fruit, honey & bee pollen | 60k

LIKE A VIRGIN
Soursop, almond m!lk, coconut, vanilla
& coconut nectar | 45k

C H O C O L A T E M A C A
Cashew, coconut, cacao, maca, & coconut sugar | 45k

MANGO LASSIE
Mango, coconut, cashews & coconut nectar | 55k

PB & J

Strawberries, peanut butter, banana, cashew m!lk & coconut nectar  $\mid 60k$ 

C H I P M U N K Banana, chocolate chips, cashew m!lk & cinnamon | 55k

PEPPERMINT KISS Banana, spinach, cashew m!lk, fresh mint, vanilla | 55k

PINA COLADA Pineapple, coconut, vanilla & coconut nectar | 55k

PEACHES & CREAM Mango, papaya, almond m!lk & flower peach essence | 65k

STRAWBERRIES & CREAM Strawberries, coconut cream, cashew m!lk & honey | 60k

ALMOND BUTTER CUP Almond m!lk, banana, cinnamon vanilla and almond extract | 65k

H E A V Y M E T A L D E T O X S M O O T H I E Blueberries, banana, cilantro, orange, spirulina & moringa | 75k

TROPICAL GREEN
Moringa, banana, pineapple, coconut milk, lime | 55k

Every drink sold plants a tree





### HOT DRINKS

FRESH MINT INFUSION Served with lime slice and honey | 30k

GOJI GINGER INFUSION Served with lime slice, lemongrass & honey | 30k

HOT CHOCOLATE
Warm cacao, with coconut cream, cashew m!lk
& coconut sugar | 50k

C H A I L A T T E
Chai spices and your choice of vegan m!lk | 5ok

T U R M E R I C L A T T E
Turmeric, your choice of vegan m!lk & cinnamon | 55k

MATCHA LATTE
Matcha with your choice of vegan m!lk | 55k



Our store has incredible and well selected items for you to take home with you as souvenirs or to enjoy while your stay in Bali!

Don't forget to have a look!



# ALCHEMY

food as medicine

## COLD PRESSED JUICES

Served in a 400ml glass or bottle

Our cold-pressed juices are produced throughout the day using the esteemed Norwalk juicer, designed to maximize nutrient and enzyme retention. The Norwalk juicer also reduces oxidizing of the juice, so it stays nutritious and fresh for up to 3 days.

CLASSIC GREEN Cucumber, parsley, spinach, kale, celery, bok choy & cilantro  $\mid 60k$ 

CLASSIC GREEN
WITH APPLE + LIME
Cucumber, apple, parsley, spinach, kale,
celery, bok choy, cilantro & lime | 55k

JUICY FRUIT Pineapple, carrot, ginger & lime | 55k

RUBY MANIA Beet, carrot, apple & lime | 55k

SPICE UP Apple, pineapple, coconut juice, lime & ginger | 55k

> ALOHA COOLER Pineapple, mint & cucumber | 50k

M E L O N B L U S H Watermelon, pineapple & lime | 55k

KISS KISS

Pineapple, beet, watermelon & lime | 50k

PURE CELERY

The greatest healing tonic of all times - Drink on an empty stomach for maximum benefit | 89k

VIRGIN MARY Carrot, tomatoes, cucumber, lime & salt | 55k

GINGER SUN
Pineapple, orange, coconut water & ginger | 55k

PURE

Your choice of pure: apple, pineapple, carrot, watermelon or cucumber  $\mid 40k$ 

GREEN GIANT Cucumber, coconut water, bok choy, kale, spinach, Parsley and celery (1 litre) | 110k



## RAW VEGAN ICE CREAM

BANANA BOMB Banana, lime & palm nectar | 62k

B U B B L E G U M Dragonfruit, banana, orange, raspberry & coconut nectar | 65k

HONEYMOON
Tropical fruits, almond m!lk & raw honey | 55k

MANGO TANGO Mango, coconut water, raspberry & coconut nectar | 60k

LIME SORBET Lime, coconut water and honey | 59k

## COOLERS & TONICS

WHOLE COCONUT | 30k

R A S P B E R R Y S O D A Coconut kefir, raspberry flower essence beet & honey | 50k

ELECTROLYTE

Coconut water with ginger and lime, by glass | 30k

C O C O B I O T I C Fermented coconut kefir by glass | 35k - by bottle | 50k

LEMON SQUASH Coconut kefir, lime, honey by glass | 40k - by bottle | 55k

VIRGIN MOJITO

Fresh mint, coconut water, lime, honey & ice | 37k

TANGERINE MOJITO
Fresh tangerine juice, ice & orange zest | 40k

TANGY TURMERIC TONIC Lime, ginger, turmeric, honey & pepper | 35k

GINGER ALE Coconut kefir, apple juice, ginger by glass | 40k



### CLASSIC COFFEE OR MEDICINAL CHICKORY

- Choose Arabica coffee beans, decaf (+11), or our medicinal (non caffein) chickory, reishi and chaga blend
  - Choose your favorite homemade m!lk cashew, almond or coconut

SINGLE ESPRESSO | 15k

DOUBLE ESPRESSO | 25k

CAPPUCCINOhot | 40k - ice | 45k

LATTE hot | 40k - ice | 45k

FLAT WHITE | 40k

M O C H A C C I N O hot | 45k - ice | 50k

PICCOLO LATTE | 30k

LONG BLACK hot |25k| - ice |30k|

FRAPPUCCINO | 45k

BALI MOCHA SPICE Coffee, cacao, cayenne and vegan m!lk of your choice | 55k

DIRTY CHAI LATTE
Coffee, chai spices, vegan
m!lk of your choice | 55k



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