



SOUP & STEW

BONE BROTH.....3.95 (8oz)/5.50 (12oz)
 Filtered water, grass fed beef bones (cooked for 12 hours), onions, garlic, turmeric, ginger, Himalayan pink salt, pepper, leek, carrot

SWEET POTATO SOUP5.50
 Sweet potato, chili, ginger, turmeric, garlic, caraway, coconut milk
A flu-busting tonic with anti-inflammatory soldiers

PALEO STEW7.00
 Roast butternut, aubergine, cauliflower, cherry tomato, portobello mushrooms, coconut milk, garlic, chili, ginger, turmeric
A hearty warming stew, that would be the envy of the Stone Age

**BUY ANY OF OUR DELICIOUS SALADS
 AND ADD A SOUP FOR ONLY 3.00**



TREATS

SPIRULINA BALLS & MATCHA BALL.....2.00
 Dates, cashews, coconut oil, spirulina powder, matcha powder, desiccated coconut

‘NEW IMPROVED’ GRANOLA BARS.....4.50
 GF oats, olive oil, honey, figs, apricots, pecans, cranberries, pumpkin seeds, almonds, sesame, cinnamon
Be good to your body. You’re the one who has to live in it

BOUNTY BAR BROWNIES5.50
 Chia, dark chocolate, almonds, eggs, coconut, coconut sugar

With added chia to hotwire our brain cells

CASHEW & CHOC CHEW BAR4.50
 Cashews, dates, coconut flour, almond butter, dark chocolate (85%), desiccated coconut, maple syrup, coconut oil

PROTEIN BALLS.....2.00
 Ground almond, sesame seeds, chia seeds, cacao, almond butter, protein powder, maple syrup, coconut oil



COFFEE

GO JOE!2.95
In a hurry? Ask for our batchbrew 300ml

SHORT

Espresso 40 ml.....2.50
 Macchiato 60 ml.....2.60

MOO...

Flat White 160ml.....3.00
 Cappuccino 200ml.....3.00
 Latte 300 ml3.00

Moo..also available w/ almond milk, coconut milk or soy milk

We offer the very best specialty coffee available, sourced from small independent craft roasters. Small cup culture is our foundation, and we’re certain that using the right recipe for each coffee makes for a more delicious tasting beverage. Like your coffee served in a particular way? Do tell, and we’ll be more than happy to oblige. Enjoy your cup...your way!



REAL TEA

Pot of Clement & Pekoe Breakfast.....2.50

Pot of Clement & Pekoe Lovely Leaf2.90
Organic Sencha, Organic Camomile, Organic Rooibos, Organic Peppermint, Earl Grey/Darjeeling, White Lemon Rosemary

Matcha Latte.....3.50



ALCHEMY JUICE CO.	Open Mon - Fri
5 LEESON ST LOWER	7.30am - 4.00pm
DUBLIN 2	E: LEESONSTREET@ALCHEMYJUICE.IE
IRELAND	W: WWW.ALCHEMYJUICE.IE



SMOOTHIES

SLUSH PUPPY 6.90

strawberries, mango, apple, lemon, ginger, cayenne pepper, coconut water

For the flirt, will get your heart beating like a bodhrán

BERRY BUDDY 6.95

Banana, blueberries, strawberries, acai powder, Himalayan pink salt, coconut water

A hub of antioxidants and potassium for your inner athlete

OMG 6.90

Banana, dates, almond milk, almond butter, vanilla extract, cinnamon, Pink Himalayan salt

Totally amazeballs

Green Brute 7.50

Avocado, fresh pressed green juice, almond milk, spinach, banana, dates, lemon, ginger

An anti-aging vaccine, sponsored by Mother N and our specialized alchemists

My-My Milkshake 6.80

Bananas, almond milk, fresh pressed coffee, raw cacao powder, organic maple syrup

For energy ignition.

Warning: will vastly improve your afternoon

Kale-keto crush 7.80

Lightly steamed kale, coconut milk, coconut oil, cinnamon, cider vinegar, Sun warrior powder

For keto kids, we've lightly coked the kale to keep the goitrogen load tamed

Booty Mint & Lemonade crush 5.50

Lemon, juice, reverse osmosis water, cayenne, organic maple syrup, mint

Beyoncé's favourite, allegedly. Guaranteed to sting the lips to a bootiful pout and fire up your mood.



SHOTS & ANCILLARY

in 2 oz shot glasses 3.00

Spice Girl: Ginger and lemon

Fantastic cold and flu buster

Mean Girl: Wheatgrass straight up

Say no more

Add to your smoothie or juice

Bee Pollen €1 Spirulina €2 Sun Warrior Powder €2
Chlorella €1 Acai Powder €1
Matcha Green Tea €2 Organic Supergreen+ €2



JUICES

JUICE 1

"MEAN GREENS" 4.75/7.50

Kale, spinach, cos, celery, cucumber, flat-leaf parsley, apple, lemon, ginger, mint

The Patron Saint of Eternal Youth

JUICE 2

"GATEWAY JUICE" 4.50/6.95

Spinach, cos, celery, pineapple, apple, pear, flat-leaf parsley, lemon, ginger

A sneaky way of fox-trotting nutrients into your veins

JUICE 3

"ANTI-EVERYTHING" 4.75/7.50

Carrot, apple, fresh turmeric, lemon, ginger, black pepper, cold pressed flax oil

When your body feels like a petri dish

JUICE 4

"BEAT IT" 4.50/6.95

Beetroot, spinach, cos, celery, flat-leaf parsley, apple, lemon, ginger

Full of folate and other exciting nutrients to enhance performance. Will also help keep your liver on speaking terms with you.

BUY 4 JUICES OF ONE SIZE AND GET THE FIFTH JUICE FOR FREE!



BREAKFAST

CHIA PORRIDGE POT 4.50

Chia seed, almond milk, cinnamon almond butter, banana

A high-octane breakfast, the benefits of which will last all day. Prepare for some serious tail wagging

CARROT & APPLE MUFFIN 3.95

carrot, apple, ground almond, eggs, buckwheat, coconut oil, almond milk, maple syrup, prunes, vanilla, cinnamon, all spice



LUNCH BOXES

KALE CRACK SALAD 3.95

kale, tahini, seeds, raisins

Party on a plate. And you're invited.

SUMMER SALAD €5.95

baby spinach, cos lettuce, strawberry, orange segments, mixed seeds, walnuts, red onion, sesame seeds, goji berry dressing

BEEF CRACK KALE 9.50

Rare Irish beef, asian dressing, kale, portobella mushrooms, quinoa, nutritional yeast, crushed walnuts

A powerhouse of iron and cruciferous greens

ASIAN SALMON SALAD €9.50

Raw salmon, carrot strips, chinese leaves, red & yellow peppers, courgette, spring onions, coriander, edamame beans, asian dressing, lime slice

RAW PAD THAI "NOODLES" WITH CHICKEN 7.50

Irish free-range chicken (steamed), yellow & green courgette, savoy cabbage, carrot, red pepper, cherry tomato, cashew nut butter, lime, tamari, ginger, garlic, chilli

Crazy good, raw pad Thai "noodles" Squeeze the lime for added zing

SUPERFOOD: OUR CLASSIC: 8.50

spinach, blueberries, toasted chickpeas, roast sweet potato, honeyed walnuts, sprouts, goji-berry & lemon oil
Feed your body, and your body will feed you

PALEO POWER 8.50

Nut loaf with leeks & carrots, plus cabbage and beetroot power slaw

Ammunition for the afternoon. You'll need two forks - one to ward off the office envy

PALEO CAESAR 9.50

Steamed Irish free-range chicken, kale, tahini dressing, mixed seeds

Lean protein and cruciferous greens. Paleo disciples would approve

'THE HAPPY MEAL'

KALE CRACK SALAD, ANY SOUP, ANY SMALL JUICE FOR 10.00