

A BOLD
APPROACH TO
HEALTHY EATING

The Well blends clean ingredients, local and sustainable farming, and authentic flavors for a culinary experience that redefines eating well in Austin, Texas.

OUR PROUD
LOCAL PARTNERS



it's all good™



TOZI

3RD EYE
CACAO



AUSTIN, TEXAS
EST. 1993
LITTLE CITY
COFFEE ROASTERS

We emphasize the importance of low sugar, healthy fats, and clean oils; only utilizing the highest quality ingredients, and ensuring any produce listed on the “Dirty Dozen” is organically sourced.

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SNACKS

Guacamole ○ 14
pomegranate, jalapeño, onion, parsley, cilantro, caper, “tozi” blue corn tortilla chips
sub grass-fed beef tallow MASA chips +4

Avocado Toast ○ 13
organic chia cashew pesto, tomato, pickled onion, everything house seasoning, “It’s All Good” gluten free bread

Hummus ○ 14
organic chickpea, aleppo, olive oil, served with seasonal raw vegetables

Thai Lettuce Wraps ○ 15
local mushroom, mint, ginger, organic wild grain trio, fresno and organic jalapeno, local gem lettuce, cashew
add organic pasture-raised chicken +6, grass-fed steak +9

NEW Beet-Cured Salmon Toast* 18
avocado, caper, pomegranate, pickled onion, arugula

NEW Falafel ○ 14
coconut tzatziki, bell pepper,

BONE BROTH

12oz
simmered overnight with vegetables
add-ons: squash medley, carrot, celery, pea +3, pasture-raised chicken +6, grass-fed steak +9
ginger & turmeric or coconut curry +1

Pasture-raised Chicken 12

Local Grass-fed Beef 12

SALADS

add: grated asiago americano, lira rosso artisan cheese, moulted, tx +3
add: organic pasture-raised chicken +7

Vegan Caesar ○ 15
organic romaine, cherry tomato, broccoli, alfalfa sprout, snap pea, crispy chickpea

Local Beet ○ 16
organic arugula, blonde frisee, local grapefruit, parsley, local dill, organic pepita, cauliflower tahini, lemon vinaigrette

NEW Kale & Squash ○ 16
roasted acorn squash, pickled acorn, red onion, turmeric sunflower seeds, pomegranate, miso vinaigrette

MAINS

add: raw milk cheddar +3

Chilaquiles* ● 17
sunny side up pasture-raised egg, avocado, cauliflower, carrot, red onion, cilantro, sunflower seed and sprout, pecan mole, “tozi” blue corn tortilla chips

Classic Breakfast Plate 18
two pasture-raised eggs any style, nitrate-free uncured bacon, avocado, house salad
choice of “It’s All Good” gluten free bread or crispy potatoes

Grass-fed Steak & Eggs* 32
grass-fed texas wagyu, sunny-side up pasture-raised egg, fingerling potato, house salad

NEW Organic Pasture-raised Chicken* 28
fingerling potatoes, parsley, leeks, red kale, caramelized onion & rosemary jus

Sustainably-sourced Salmon* 30
organic spinach & kale, fresno, broccoli, northern bean, onion, garlic, olive oil & balsamic glaze

Coconut Curry Squash ○ 22
local seasonal squash medley, seasonal bell pepper, heirloom cherry tomato, pepitas, sesame seeds, organic heirloom grain trio
add organic pasture-raised chicken +7

SANDWICHES

served on gluten free sourdough with a side arugula salad

Grass-fed Texas Wagyu Steak* 20
shaved sirloin, organic beef bone broth jus, tomato, pickled red onion, arugula, horseradish aioli

Housemade Pecan Chicken Salad 18
housemade pasture-raised pecan chicken salad, dijon, garlic herb aioli, pickle, tomato, romaine

DESSERTS

Gati Ice Cream ○ 12
choice of vanilla bean, golden milk, seasonal ice cream; topped with cacao sauce, almonds

Avocado Mousse ○ 12
organic cacao, banana, cinnamon, vanilla topped with organic coconut & pistachio

Organic Apple Crumble ○ 12
agave, coconut, ceylon cinnamon, vanilla bean ice cream

NEW Affogato ○ 8
little city roasters espresso or ceremonial matcha, coconut vanilla bean ice cream

ASADA TACOS

served on “tozi” blue corn tortillas with cilantro, lime, onions, avocado salsa verde, and salsa macha
sub siete tortillas +2

Local Mushroom & Organic Red Kale ○ 21
avocado, salsa macha, pickled red onion, cilantro, salsa verde

Organic Pasture-raised Chicken Breast* 22
avocado, salsa macha, pickled red onion, cilantro, salsa verde

Texas Wagyu Sirloin Steak * 24
avocado, salsa macha, pickled red onion, cilantro, salsa verde

The Well Taco Flight 23
red kale & mushroom, pasture-raised chicken, grass-fed texas wagyu steak, avocado, salsa macha, pickled red onion, cilantro, salsa verde

SIDES

Organic Pasture-raised Chicken* 16
8oz airline breast, petite herbs, local cold-pressed olive oil

Sustainably-sourced Salmon* 18
6oz skin-on filet, petite herbs, local cold-pressed olive oil

Grass-fed Texas Wagyu Sirloin* 18
6oz steak, petite herbs, local cold-pressed olive oil

Local Mushrooms & Sweet Potato ○ 10
organic spinach, seasonal mushroom medley

Crispy Macha Fingerlings ● 8
seasonal fingerling potatoes, salsa macha, sea salt, chive, garlic aioli

Organic Heirloom Grain Trio ○ 8
organic tri-color quinoa, forbidden black heirloom rice, cilantro, mint, shallot

Crispy Brussels Sprouts ● 9
organic apple, pineapple honey, organic almond, fresno chili

Avocado Half ○ 4

Two Pasture-raised Eggs 7

Uncured Bacon 7
nitrate and sugar free

Grass-Fed Texas Wagyu Ribeye* 60
12oz steak, petite herbs, local cold-pressed olive oil

○ : vegan
● : vegetarian
⊕ : contains nuts

**consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

W

6317 BEE CAVES RD. #200,
AUSTIN, TX 78746

We are proud to offer recipes that are completely free of:

GLUTEN • DAIRY •
SEED OILS • SOY •
REFINED SUGAR •
GMOS

The only oils we use are

OLIVE,
COCONUT,
& AVOCADO.

100% gluten free kitchen

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SMOOTHIES & BOWLS

all smoothies are made with housemade organic cashew milk, 100% whole ingredients & have no added sugar.

smoothie add ons: promix vanilla grass-fed whey +2, promix grass-fed collagen peptides +2.5, promix vegan vanilla protein +2, additional adaptogens & supplements available

Revive (10g protein) ○ ◎ 13
unsweetend organic açai, wild blueberry, organic strawberry, banana, organic goji, organic chia seed, organic hemp seed, organic almond butter, housemade granola, organic ceylon cinnamon

Recover (27g protein) ● ◎ 14
banana, organic almond butter, organic cacao, cauliflower, organic chaga, organic MCT oil, vanilla grass-fed whey isolate

Clarity (7g protein) ○ ◎ 13
organic mint, organic cacao nib, avocado, organic spinach, organic medjool date, banana, cauliflower, organic lion's mane, organic ginkgo biloba, organic ginseng, organic ceylon cinnamon

Strawberry Shake (12oz) ● ◎ 9
organic strawberry, banana, organic hemp and chia seed, local honey, vegan french vanilla protein

Chia Seed Pudding ● ◎ 12
oat milk & coconut cream, vanilla, cinnamon, monk fruit, topped with fresh fruit, organic housemade granola, & local honey

Overnight Oats ○ ◎ 12
organic gluten-free oats, oat milk, flax, maple, hemp hearts, chia, monk fruit, cinnamon topped with fresh fruit & organic housemade granola
your choice of: apple cinnamon, blueberry banana, or strawberry cacao

Coconut Yogurt Parfait ● ◎ 12
housemade chia seed pudding, organic vanilla coconut yogurt, organic housemade granola, organic berries, organic hemp seed, organic coconut flakes, local honey

WELLNESS

cold pressed & organic

Reset Shot 5
activated charcoal, coconut water

Kickstart 13
green apple, cucumber, lemon, ginger, cayenne

All Green + Lemon 13
kale, seasonal greens, cucumber, celery, lemon, mint and parsley

High 5 13
carrot, pineapple, ginger, turmeric, lemon

Hydrogen Water 5
purified water, H2tab

BOTTLED

PATH Alkaline Water 6
Richard's Sparkling Rainwater 4
Richard's Still Rainwater 4
Olipop Soda 5

COFFEE

by Little City Coffee Roasters
milk options include: housemade organic cashew, organic whole milk, organic half & half, unsweetened almond, oat, and coconut milks

Drip 4
Housemade Cold Brew 5
Nitro Cold Brew 5
Espresso 4
Americano 4
Cappuccino 5
Latte 6

TEA

Nekohama Matcha 7
"ceremonial grade"
Golden Milk Latte 5
Chai Tea Latte 6
Nilgiri Jade Green 4
Assam Black 4
Herbal Turmeric 4
Butterfly Pea Flower 4

SPECIALTY

LIMITED TIME ONLY!
Leche **Pumpkin Spice Latte** 8
**hot or iced*
little city roasters espresso, pumpkin, maple, vanilla, fall spices, pumpkin-coconut cold foam

Iced Vanilla Maca 8
housemade cold brew coffee, organic maca, vanilla, organic medjool date, grass-fed collagen peptides, organic mct oil

Cacao Hot Chocolate ● 7
local ceremonial grade "third eye cacao" with mushroom adaptogen blend, local honey, choice of milk

Iced Blue Matcha Latte ○ ◎ 9
ceremonial grade matcha, blue spirulina, housemade organic cashew milk, vanilla, monk fruit

Strawberry Matcha ○ ◎ 9
housemade organic cashew milk, organic strawberry, maple

Citrus Hibiscus ○ 5
black tea, rose petals, hibiscus, orange infused agave

Blueberry Refresh ○ 6
green tea, blueberry ginger agave, lime juice

HOUSE-MADE SPRITZERS

Cucumber-Basil Spritz ○ 8
fresh-squeezed lemon, cucumber, basil-agave

Cherry Vanilla Limeade ○ 8
organic cherries, vanilla bean, fresh squeezed lime

THE
WELL

LUNCH MENU

Fall 2025