

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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# TO START

## Snacks

**Guacamole** ○ ✓ 14  
pomegranate seeds, mint, organic jalapeno, caper, cilantro, Tozi blue corn chips  
*sub grass-fed beef tallow MASA chips +4*

**Market Fish Ceviche\*** ○ 18  
sustainably caught white fish, coconut, chili, red onion, jalapeño, citrus, basil, Tozi blue corn chips

**Avocado Toast** ○ ✓ 13  
organic chia cashew pesto, tomato, pickled onion, everything house seasoning, “It’s All Good” gluten free bread  
*add organic chicken salad +6*

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

**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*

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

**NEW Falafel** ✓ ○ 14  
coconut tzatziki, bell pepper, cucumber, dill, parsley, aleppo

## Salads

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

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

**Vegan Caesar** ✓ ○ 15  
organic romaine lettuce, cherry tomato, alfalfa sprout, asparagus, crispy chickpea

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

## Bone Broth

*add ons:*  
*squash medley, carrot, celery, pea +3*  
*chicken +6, grass-fed steak +9*  
*ginger & turmeric or coconut curry +1*

**Organic Pasture-raised Chicken** 〰 ○ 12  
simmered overnight with roasted vegetables

**Grass-fed Texas Wagyu Beef** 〰 ○ 12  
simmered overnight with roasted vegetables

## Bowls

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

**Acai Bowl** ● ○ 15  
unsweetened acai, organic strawberries, organic mango, organic apple juice, coconut water, fresh bananas, hemp seeds, chia seeds, housemade granola, honey

**Overnight Oats** ○ ✓ 12  
organic gluten-free oats, organic oat milk & coconut cream, 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 +1

## Asada Tacos

*served on “tozi” blue heirloom corn tortillas with cilantro, lime, onions, avocado salsa verde, and salsa macha*  
*sub: lettuce wrap*

**Local Mushroom & Organic Red Kale (3)** ○ ✓ 21

**Organic Pasture-raised Chicken Breast (3)** ○ 22

**Texas Wagyu Sirloin Steak (3)** ○ 24

**The Well Taco Flight (3)** ○ 23  
local mushroom & organic red kale, organic pasture-raised chicken breast, texas wagyu sirloin steak

# TO CONTINUE

## Mains

### NEW

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

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

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

**Grass-fed Texas Wagyu Steak Frites\*** 36  
sweet potato, chimichurri pesto, housemade ketchup  
*add: side of grass-fed & pasture raised butter*  
*mill-king creamery, mcgregor, tx +3*

**Chicken Salad Sandwich** ○ 18  
housemade pasture-raised pecan chicken salad, dijon, garlic herb aioli, pickle, tomato, romaine, “It’s All Good” organic bread, side arugula salad

## Available Until 3pm

*add: raw milk cheddar+3*

**Three Egg Omelette** ● 18  
pasture-raised egg, wild mushroom, marinated tomato, organic spinach, petite greens salad

**Chilaquiles** ● ○ ○ 18  
sunny side up pasture-raised eggs, avocado, cauliflower, carrot, red onion, cilantro, sunflower seeds, chili, pecan mole, “tozi” blue corn tortilla chips

**Grass-fed Texas Wagyu Steak & Eggs\*** ○ 32  
6 oz texas wagyu sirloin, sunny-side up pasture-raised eggs, fingerling potato, house salad

**Side of Two Pasture-raised Eggs** 7

**Side of Uncured Bacon** 7  
nitrate and sugar free

## Sides

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

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

**Roasted Cauliflower & Organic Red Kale** ○ ✓ ○ 8  
capers, carrots, walnuts, date

**Crispy Macha Fingerlings** ● ○ 8  
seasonal fingerlings, salsa macha, chive, garlic aioli

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

**Sofrito Lentils** ✓ ○ 8  
organic red bell pepper, chive, tomato

**Avocado Half** 4

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

**Sustainably-sourced Seared 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

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

**Grass-Fed & Pasture Raised Butter** 3  
mill-king creamery, mcgregor, tx

## Desserts

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

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

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

### NEW

**Affogato** 8  
little city roasters espresso or ceremonial matcha, coconut vanilla ice cream



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

○ : Allium  
● : vegetarian  
○ : contains nuts  
〰 : make it spicy  
✓ : vegan

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440 W 2ND ST.  
AUSTIN, TX 78701

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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# BEVERAGES

**Smoothies** 20oz  
no added sugars. all sugar is natural and whole ingredients.

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

**Revive (10g protein)** ✓ 13  
unsweetened acai, organic strawberry, wild blueberry, banana, goji, chia, organic almond butter, organic housemade granola, cinnamon, organic housemade cashew milk

**Refresh (6g protein)** ● 13  
organic spinach, mango, lime, ginger, zucchini, avocado, orange, local honey, chia, cilantro, coconut water

**Recover (27g protein)** ● 14  
banana, organic almond butter, cacao, cauliflower, chaga, mct oil, grass-fed whey, organic housemade cashew milk

## Bottled

**PATH Alkaline Water** 6

**Richard's Sparkling Rainwater** 4

**Richard's Still Rainwater** 4

**Olipop Soda** 5  
vintage cola, lemon lime, orange squeeze, classic root beer, cherry vanilla, tropical punch

## House-Made Spritzers

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

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

## Speciality Drinks

### LIMITED TIME ONLY!

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

**Citrus Hibiscus\*** ✓ 5  
black tea, rose petals, hibiscus, orange infused agave

**Blueberry Refresh\*** ✓ 6  
green tea, frozen blueberries, agave, lime juice

**Vanilla Maca\*** 8  
housemade cold brew coffee, organic maca, vanilla, housemade-organic cashew milk, medjool date, grass-fed collagen, mct oil

**Blue Matcha Latte\*** ✓ 9  
blue spirulina, housemade organic cashew milk, vanilla, monk fruit

**Strawberry Matcha** ✓ 9  
housemade organic cashew milk, organic strawberries

We use organically farmed Nekohama Ceremonial Grade Matcha

## Wellness

cold pressed & organic

**Reset Shot** 5  
activated charcoal, coconut water

**Kickstarter** 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

## Coffee

hot or iced

**Drip** 4  
**Housemade Cold Brew Espresso** 5  
**Americano** 4  
**Cappuccino** 5  
**Mocha Latte** 6

## Tea

hot or iced

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

add: mushroom adaptogen blend +1.75, MCT oil +1.5, grass-fed collagen peptides +2.5

sweetener options: monk fruit, stevia, maple syrup, raw local honey, lavender honey syrup +1

milk options: organic mill-king grass fed whole milk, organic half and half, almond milk, organic housemade cashew milk +1, oat milk +1

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

the entire menu is gluten, soy, dairy, refined sugar and peanut free.

the only oils we use are avocado, coconut & olive.

✓ : vegan  
● : vegetarian  
Ⓢ : contains nuts

# THE WELL

## LUNCH MENU

Fall 2025