

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

NEW Beet-cured Salmon Sashimi* 16
coconut yogurt, lemon, coriander, local dill, pea, organic arugula, crostini

NEW Texas Wagyu Beef Tartare* 20
watermelon radish, sherry vinegar, shallots, capers, aioli, chevre, Vandy potato chips, pecan

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

SALADS

add: grated asiago americano, lira rosso artisan cheese, moulten, 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

BONE BROTH

12oz simmered overnight with vegetables
add-ons: squash medley, carrot, celery, pea +3, pasture-raised chicken +6, grass-fed steak +8
ginger & turmeric or coconut curry +1

Pasture-raised Chicken 12
Grass-fed Beef 12

MAINS

Pasta Bolognese* 28
brown rice penne, grass-fed ragu, fresh basil, chili flake

Spinach Pesto Pasta ○ 22
chickpea rotini, cashew cream, garlic, shallot, fresh basil, sun-dried tomato, sunflower crumb
add organic pasture-raised chicken +7

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 vinegar

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

NEW Local Sustainably-sourced Striped Bass* 39
broccolini, shallots, pecan, lemon zest, pecan romesco, caramelized lemon

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

Grass-fed Texas Wagyu Ribeye* 72
seasonal local eggplant & charred shallot pesto
add: side of grass-fed & pasture raised butter
mill-king creamery, mcgregor, tx +3

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

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

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

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

DESSERTS

Gati Milk 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

Double Cacao Cake ● 12
coconut cacao frosting, mint, organic berry medley

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

○ : vegan
● : vegetarian
◉ : contains nuts

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

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

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

TEA

Nekohama Matcha <i>“ceremonial grade”</i>	7
Golden Milk Latte	5
Chai Tea Latte	6
Nilgiri Jade Green	4
Assam Black	4
Herbal Turmeric or Butterfly Pea Flower	4

SPECIALTY

LIMITED TIME ONLY!

<i>Leche</i> Pumpkin Spice Latte <i>*hot or iced</i> little city roasters espresso, pumpkin, maple, vanilla, fall spices, pumpkin-coconut cold foam	8
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Cacao Hot Chocolate ● local ceremonial grade “third eye cacao” with mushroom adaptogen blend, local honey, choice of milk	7
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Iced Blue Matcha Latte ○○ ceremonial grade matcha*, blue spirulina, housemade cashew milk*, vanilla, monk fruit	9
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Citrus Hibiscus ○ black tea, rose petals, hibiscus, orange infused agave	5
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WELLNESS

cold pressed & organic

Reset Shot activated charcoal, coconut water	5
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Kickstart green apple, cucumber, lemon, ginger, cayenne	13
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All Green + Lemon kale, seasonal greens, cucumber, celery, lemon, mint and parsley	13
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High 5 carrot, pineapple, ginger, turmeric, lemon	13
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Hydrogen Water purified water, H2tab	5
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HOUSE-MADE SPRITZERS

Cucumber-Basil Spritz ○ fresh-squeezed lemon, cucumber, basil-agave	8
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Cherry Vanilla Limeade ○ organic cherries, vanilla bean, fresh squeezed lime	8
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BOTTLED

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

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DINNER MENU

Fall 2025