

Lunch

SUMMER 2026

Starters

- GUACAMOLE

15

pomegranate, onion, parsley, cilantro, caper, mint, organic jalapenõ, blue corn tortilla chips
sub grain free chips +2
- SHAWARMA HUMMUS

15

organic chickpea, local mushroom, herb tatbila, pomegranate, seasonal crudité
- AVOCADO TOAST

14

organic chia cashew pesto, pickled onion, local tomato, local sourdough
add housemade chicken salad +7, fried egg +4
- AGUACHILE*
- 20
- sustainably-sourced market fish, fennel, cucumber, lime, fresno, shallot, blue corn tortilla chips
sub grain free chips +2

THAI LETTUCE WRAPS

16

local mushroom, mint, ginger, organic heirloom grain trio, fresno, organic jalapeño, local gem lettuce, organic cashew
add organic pasture-raised chicken +7

FALAFEL

15

coconut tzatziki, organic bell pepper, cucumber, local dill, parsley

SALMON TARTARE*

18

avocado, lemon, garlic chili oil crisp, caper, jicama, grain free chips



Salads

add diced organic pasture-raised chicken +7, local grated asiago americano +3

- VEGAN CAESAR

16

organic romaine, heirloom cherry tomato, alfalfa sprout, broccoli, asparagus, organic crispy chickpea
- ROASTED BEET

16

organic arugula, blonde frisée, local grapefruit, local dill, organic pepita, parsley, cauliflower tahini, lemon vinaigrette
- HEIRLOOM TOMATO & CHARRED PEACH

16

cashew chia pesto, blond frisee, fresno, organic hemp hearts, basil, onion, cold-pressed olive oil

Mains

- ORGANIC PASTURE-RAISED CHICKEN

28

organic quinoa, pickled fennel, spring onion, petite herb, seasonal bell pepper, snap peas, organic baby spinach, lemon vinaigrette, herb coconut yogurt
- SUSTAINABLY-SOURCED SALMON*

32

organic swiss chard, seasonal peppers, broccoli, green peas, scallion, balsamic glaze, cold pressed olive oil
- COCONUT CURRY SQUASH

24

local squash medley, seasonal bell pepper, heirloom cherry tomato, organic pepita & sesame seed, organic heirloom grain trio
add organic pasture-raised chicken +7
- ASADA TACOS

avocado, cilantro, lime, onion, salsa verde, blue corn tortilla
sub cassava tortilla +2
- 21

local mushroom & sweet potato
- 22

organic pasture-raised chicken
- 24

grass-fed texas wagyu sirloin
- 23

flight trio
- CHICKEN CAESAR WRAP

21

crispy chickpeas, alfalfa sprout, organic romaine, vegan caesar dressing, garlic aioli, black pepper, cassava tortilla
add bacon +4, avocado +2, double chicken +7
- CHICKEN SALAD SANDWICH

20

house salad, pasture-raised chicken, garlic aioli, organic pecan, dijon, pickle, local tomato, romaine, local sourdough
- GRASS-FED STEAK SANDWICH*

24

organic beef bone broth jus, local tomato, pickled red onion, organic arugula, horseradish aioli, local sourdough

Proteins

cold-pressed olive oil, petite herbs, maldon salt

- ORGANIC PASTURE-RAISED AIRLINE CHICKEN

17
- SUSTAINABLY-SOURCED SEARED SALMON*

19
- GRASS-FED TEXAS WAGYU SIRLOIN*

22
- GRASS-FED TEXAS WAGYU RIBEYE*

60

Brunch

- BREAKFAST BURRITO

20

organic potato, pasture-raised egg, cilantro, pickled onions, guacamole, salsa macha, cassava tortilla
add bacon +4, breakfast sausage +5, grass-fed steak +9
- CLASSIC BREAKFAST PLATE*

18

two pasture-raised eggs, nitrate-free uncured bacon, avocado, house salad, choice of local sourdough or crispy potato
- GRASS-FED STEAK & EGGS*

34

texas wagyu sirloin, two sunny-side pasture-raised eggs, crispy potato, house salad
- CHILAQUILES*

18

sunny-side pasture-raised egg, avocado, cauliflower, carrot, pickled red onion, cilantro, sunflower seed, pecan mole, blue corn tortilla chip
- TWO PASTURE-RAISED EGGS*

7
- BREAKFAST SAUSAGE

10

regeneratively farmed venison & grass-fed texas wagyu beef blend
- NITRATE-FREE UNCURED BACON

7

Bone Broth

*simmered overnight with roasted vegetables
add ginger turmeric or coconut curry +1

add vegetable medley +3, organic chicken breast +7, grass-fed steak +9*

- ORGANIC PASTURE-RAISED CHICKEN

12
- GRASS-FED TEXAS WAGYU BEEF

12

Sides

- HEIRLOOM GRAIN TRIO

8

organic tri-color quinoa, forbidden black rice, cilantro, local mint, shallot
- LOCAL MUSHROOM MEDLEY

10

organic spinach, sweet potato
- STREET CORN

10

local sweet corn, organic bell pepper, organic jalapeño, garlic aioli, chili dust, cilantro, onion
- CRISPY MACHA POTATOES

8

salsa macha, chive, garlic aioli
- CRISPY BRUSSELS SPROUTS

9

organic apple, pineapple honey, organic almond, fresno chili
- SOFRITO LENTILS

8

organic red bell pepper, local tomato, chive

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

allium

contains nuts

vegan

vegetarian

Smoothies

add vanilla grass-fed whey +2, grass-fed collagen peptides +2.5, vegan vanilla protein +2, creatine +2

RECHARGE 16
promix salted watermelon electrolytes, watermelon juice, coconut, mango, basil

REVIVE 10g protein 15
unsweetened açai, organic strawberry, wild blueberry, banana, organic goji, organic chia, housemade granola, organic almond butter, ceylon cinnamon, organic housemade cashew milk

RECOVER 27g protein 15
banana, organic almond butter, cacao, cauliflower, chaga, mct oil, grass-fed whey, organic housemade cashew milk

Wellness & Juice

cold pressed & organic

RESET SHOT 5
activated charcoal, coconut water

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

THE B.A.L.M. 12
beet, apple, lemon, mint

THE WARRIOR 12
orange, turmeric, ginger, honey, cayenne, lemon, alkaline water

THE BATTERY 12
apple, kale, spinach, lemon, celery

THE PEAK 12
apple, pineapple, lime, blue spirulina

Bottled

PATH ALKALINE WATER 6

RICHARD'S SPARKLING RAINWATER 4

RICHARD'S STILL RAINWATER 4

OLIPOP SODA 5
vintage cola, lemon lime, classic root beer, tropical punch

NOOMA 5
coconut lime, cherry cola

Housemade Sodas

LIMONATA VITA 8
fresh squeezed lemon, almond, coconut

CUCUMBER-BASIL 8
fresh squeezed lemon, cucumber, basil-agave

CHERRY VANILLA LIMEADE 8
organic cherries, vanilla bean, fresh squeezed lime

Tea

hot or iced

MATCHA 7
GOLDEN MILK LATTE 5
CHAI TEA LATTE 6
NILGIRI JADE GREEN 4
ASSAM BLACK 4
HERBAL 4

choice of turmeric, butterfly pea flower, or tulsi

Coffee

clean coffee. lab tested. mold-free. hot or iced

DRIP 5
HOUSEMADE COLD BREW 6
ESPRESSO 5
AMERICANO 5
CAPPUCCINO 6
MOCHA 7
LATTE 7

milk options: housemade organic cashew milk, local grass fed whole milk, local half and half, unsweetened almond milk, unsweetened oat milk

sweeteners: monk fruit, stevia, maple syrup, local honey, lavender honey syrup +1

add protein +2: promix vanilla vegan, grass-fed whey, or grass-fed beef isolate

add mushroom adaptogen blend +1.75, MCT oil +1.5, collagen peptides +2.5

Specialty

DRAGONFRUIT LEMONADE MATCHA 9

MATCHA CLOUD 9
coconut water, ceremonial grade matcha foam

HONEYCOMB LATTE 8
coconut-honey cold foam, bee pollen, oat milk

VANILLA MACA 12g protein 8
housemade cold brew, housemade organic cashew milk, medjool date, grass-fed collagen, mct oil

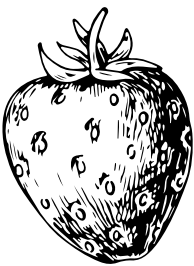
BLUE MATCHA LATTE 9
housemade organic cashew milk, vanilla, monk fruit, blue spirulina

STRAWBERRY MATCHA 9
housemade organic cashew milk, organic strawberries, maple

CACAO HOT CHOCOLATE 7
local ceremonial grade cacao, mushroom adaptogen blend, local honey, choice of milk

BLUEBERRY REFRESH 8
green tea, agave, lime

CITRUS HIBISCUS 6
black tea, orange, rose agave



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

We care about you.

Our team is passionate about taking the guesswork out of eating well: serving up deliciously conscious food no matter your dietary choices.

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

GLUTEN
DAIRY
SEED OILS
SOY
REFINED SUGAR
GMOS

our cooking fats include:

OLIVE
COCONUT
TALLOW
AVOCADO

our proud local partners:

GREENER PASTURES CHICKEN
IT'S ALL GOOD
GATI
TOZI
3RD EYE CACAO
MILL-KING
LITTLE CITY COFFEE ROASTERS



2ND ST
440 W 2nd St, Austin, TX 78701

BOULDIN
409 W Monroe St, Austin, TX 78704

WESTLAKE
6317 Bee Caves Rd, #200, Austin, TX 78746

STUDIO 3 CAFÉ
501 Brazos St, Austin, TX 78701