

## COFFEE

hot or iced

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

## TEA

hot or iced

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

## 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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<b>Citrus Hibiscus</b> ✓ black tea, rose petals, hibiscus, orange infused agave	5
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<b>Blueberry Refresh</b> ✓ green tea, frozen blueberries, agave, lime juice	6
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<b>Vanilla Maca</b> housemade cold brew coffee, maca, vanilla, housemade organic cashew milk, medjool date, collagen, mct oil	8
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<b>Cacao Hot Chocolate</b> ● "local ceremonial grade" "third eye cacao", mushroom adaptogen blend, local honey, choice of milk	7
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<b>Strawberry Matcha</b> ✓ ☉ housemade organic cashew milk, organic strawberries	9
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<b>Blue Matcha Latte*</b> blue spirulina, housemade organic cashew milk, vanilla, monk fruit	9
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## WELLNESS

cold pressed & organic

<b>Reset Shot</b> activated charcoal, coconut water	5
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<b>Kickstarter</b> green apple, cucumber, lemon, ginger, cayenne	13
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<b>All Green + Lemon</b> kale, seasonal greens, cucumber, celery, lemon, mint and parsley	13
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<b>High 5</b> carrot, pineapple, ginger, turmeric, lemon	13
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<b>Hydrogen Water</b> purified water, H2tab	5
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*milk options: organic mill-king  
grass fed whole milk, organic half  
and half, almond milk, organic  
housemade cashew milk +1, oat  
milk +1*

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

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

### 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.

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.

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

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## MAINS

add: raw milk cheddar +3

### Breakfast Tacos (3) ●○ 15

pasture-raised scrambled eggs, lime, cilantro, red onion, avocado + salsa verde, “tozi” blue heirloom corn tortillas

sub: lettuce wrap

add bacon +3

add mushrooms +4

### Classic Breakfast 18

two scrambled eggs, nitrate free bacon, house salad, avocado

choice of crispy potatoes or “tagg” toast

### Avocado Toast VⓈ 13

organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread

### Grass-fed Texas Wagyu Steak & Eggs\* 32

6 oz texas wagyu sirloin, sunny-side up pasture-raised eggs, fingerling potato, house salad

## 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

### Texas Wagyu Grass-fed Beef Ⓢ○ 12

simmered overnight with roasted vegetables



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

the entire menu is free of gluten, soy, peanut & refined sugar. the only oils we use are olive, coconut & avocado.

○ : Allium

● : vegetarian

Ⓢ : contains nuts

Ⓢ : make it spicy

V : vegan

## SMOOTHIES & BOWLS

smoothie 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) VⓈ 13

unsweetened acai, organic strawberry, wild blueberry, banana, goji, chia, organic almond butter, organic housemade granola, cinnamon, organic housemade cashew milk

suggested protein: collagen peptides

### Refresh (6g protein) ● 13

organic spinach, mango, lime, ginger, zucchini, avocado, orange, local honey, chia, cilantro, coconut water

suggested protein: collagen peptides

### Recover (27g protein) ● 14

banana, organic almond butter, cacao, cauliflower, chaga, mct oil, grass-fed whey, organic housemade cashew milk

add collagen peptides +2.5

### 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 VⓈ 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

## SIDES

### Two Pasture-raised Eggs Any Style ● 7

### Uncured Bacon 7

nitrate and sugar free

### “It’s All Good” Gluten Free Toast (3) 6

### Grass-fed Texas Wagyu Sirloin 18

6oz steak, petite herbs, local cold-pressed olive oil