

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 "ceremonial grade"	7
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!

<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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Citrus Hibiscus ○ black tea, rose petals, hibiscus, orange infused agave	5
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Blueberry Refresh ○ green tea, blueberry ginger agave, lime juice	6
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Iced Vanilla Maca housemade cold brew coffee, organic maca, vanilla, organic medjool date, grass-fed collagen peptides, organic mct oil	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 organic cashew milk, vanilla, monk fruit	9
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Strawberry Matcha ○ ○ housemade organic cashew milk, organic strawberry, maple	9
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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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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 ● 15
 pasture-raised scrambled eggs, lime, cilantro, red onion, avocado + salsa verde, “tozi” blue corn tortillas
add bacon +3
add mushrooms +4

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 toast or crispy potatoes

Texas Wagyu Steak & Eggs* 32
 6 oz texas wagyu sirloin, sunny-side up pastureraised eggs, fingerling potato, house salad

Chilaquiles ● 18
 sunny side up pasture-raised eggs, avocado, cauliflower, carrot, red onion, cilantro, sunflower seeds, pecan mole, Tozi blue corn tortilla chips

Vegan Breakfast Tacos ○ 17
 vegan chorizo, avocado, watermelon radish, lime, cilantro, red onion, salsa verde, chili adobo, Tozi blue corn tortillas
add mushrooms +4

Avocado Toast ○ 13
 organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread

Oat Milk Pancakes ● ○ 16
 mixed organic berries, housemade cashew butter, organic maple syrup, local mint

SIDES

FORCE OF NATURE Bison Breakfast Sausage 8
 three 1oz 100% grass-fed, regeneratively raised “force of nature” bison patties

Housemade Muffin ○ ○ 6
 seasonal selection

Breakfast Potatoes 8
 fingerling potatoes, red pepper coulis, smoked paprika, pickled onion, garlic aioli

Two Pasture-raised Eggs Any Style ● 7

Uncured Bacon 7

“It’s All Good” Gluten Free Toast ○ 6

Grass-fed Texas Wagyu Steak* 18

Avocado Half ○ 4

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 isolate +2, promix grass-fed collagen peptides +2.5, promix vegan vanilla protein +2, additional adaptogens & supplements available

Revive (10g protein) ○ ○ 13
 unsweetened 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

Coconut Yogurt Parfait ● ○ 11
 housemade chia seed pudding, organic vanilla coconut yogurt, organic housemade granola, organic berries, organic hemp seed, organic coconut flakes, local honey

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 +1

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.

○ : contains nuts ○ : vegan ● : vegetarian ≡ : make it spicy