

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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BRUNCH
COCKTAILS

- Mimosa 11
sparkling brut with housemade orange juice
- Bloody Mary 12
tito's vodka, house mix, lemon, olive, pickle, tajin

STARTERS

- Guacamole ○ 14
pomegranate, jalapeno, onion, parsley, cilantro, caper, mint, organic jalapeno, caper, cilantro, “tozi” blue corn tortilla chips
sub grass-fed beef tallow MASA chips +4

- Hummus ○ 14
organic chickpea, aleppo, olive oil, served with seasonal raw vegetables

- Beet-cured Salmon Toast* 18
avocado, caper, pomegranate, pickled onion, organic arugula

- Avocado Toast ○ ◎ 13
organic chia cashew pesto, tomato, pickled onion, “It's All Good” gluten free bread
add: housemade chicken salad +5

BONE
BROTH 12oz

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.*

- : vegan
- : vegetarian
- ◎ : contains nuts

SALADS &
SANDWICHES

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

- Vegan Caesar ○ 15
organic romaine lettuce, cherry tomato, alfalfa sprout, broccoli, crispy chickpea, asparagus

- Local Beet ○ 16
organic arugula, blonde frisée, local grapefruit, parsley, local dill, organic pepita, cauliflower tahini, lemon vinaigrette

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

- Housemade Pecan Chicken Salad Sandwich ◎ 18
housemade pasture-raised pecan chicken salad, dijon, garlic herb aioli, pickle, tomato, romaine, gluten free sourdough

- BLT* 18
sugar & nitrate free bacon, chipotle aioli, heirloom tomato, organic arugula, guacamole, gluten free sourdough
add fried egg +3

- Grass-fed Texas Wagyu Steak* 20
shaved sirloin, organic beef bone broth jus, tomato, pickled red onion, arugula, horseradish aioli

MAINS

add: raw milk cheddar +3

- Breakfast Tacos ● 15
pasture-raised scrambled eggs, lime, cilantro, red onion, avocado, salsa, “tozi” blue corn tortillas
add bacon +3
sub siete chickpea flour tortillas +2

- 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 pasture-raised 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

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

- Chicken & Waffle* 24
5oz crispy breaded chicken breast, rosemary fresno maple syrup
add grass-fed & pasture raised butter mill-king creamery, mcgregor, tx +3

SIDES

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

- Two Pasture-raised Eggs ● 7
any style

- Uncured Bacon (3) 7
nitrate and sugar free

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

- Oat milk Pancake or Waffle ● ◎ 6

- Avocado Half ○ 4

- “It's All Good” Gluten Free Toast (3) ○ 6

- Organic Pasture-raised Roasted 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

DESSERTS

- Gati 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

- Organic Apple Crumble ○ ◎ 12
agave, coconut, ceylon cinnamon, vanilla bean ice cream

- NEW Affogato ○ 8
little city roasters espresso or ceremonial matcha, vanilla bean ice cream

W

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

Revive (10g protein) ○ ◎ 13
unsweetend 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

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

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

WELLNESS

cold pressed & organic

Reset Shot 5
activated charcoal, coconut water

Kickstart 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

BOTTLED

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

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 7
"ceremonial grade"
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!
Leche Pumpkin Spice Latte 8
**hot or iced*
little city roasters espresso, pumpkin, maple, vanilla, fall spices, pumpkin-coconut cold foam

Iced Vanilla Maca 8
housemade cold brew coffee, organic maca, vanilla, organic medjool date, grass-fed collagen peptides, organic mct oil

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

Iced Blue Matcha Latte ○ ◎ 9
ceremonial grade matcha, blue spirulina, housemade organic cashew milk, vanilla, monk fruit

Strawberry Matcha ○ ◎ 9
housemade organic cashew milk, organic strawberry, maple

Citrus Hibiscus ○ 5
black tea, rose petals, hibiscus, orange infused agave

Blueberry Refresh ○ 6
green tea, blueberry ginger agave, lime juice

HOUSE-MADE SPRITZERS

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

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

THE
WELL

BRUNCH MENU

Saturday & Sunday 9am-3pm