

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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Classic Brunch Cocktails

Bloody Mary Bar		15
house mix, lemon, olive, pickle, tajin		
Traditional ~ tru garden vodka 35%		
María ~ socorro blanco tequila 40%		
Bulldog ~ still austin gin 45%		
<i>Spice it up! ~ O'Brothers Organic Habanero Sauce</i>		
<i>add~ nitrate free uncured bacon +2</i>		
Michelada	9	Mimosa Flight 65
Sangria	13	bottle of sparkling brut with 3
Mimosa	14	cold-pressed juices

Starters

Guacamole ✓○ **14**
pomegranate, jalapeno, onion, parsley, cilantro, caper, mint, organic jalapeno, caper, cilantro, Tozi blue corn chips
sub grass-fed beef tallow MASA chips +4

Ceviche* ○ **18**
sustainably-sourced fish, coconut, chili, red onion, jalapeño, citrus, basil, Tozi blue corn chips

Hummus ✓○ **14**
olive oil, aleppo, chickpea, served with seasonal raw vegetables

Avocado Toast ○✓ **13**
organic chia cashew pesto, tomato, pickled onion, “It’s All Good” gluten free bread
add: housemade chicken salad +6

Beet-Cured Salmon Toast* ○ **18**
avocado, caper, pomegranate, pickled onion, arugula

Salads &
Sandwiches

add: grated asiago americano, lira rosso artisan cheese, moultin, tx +3

Kale & Squash ●○ **16**
roasted acorn squash, pickled acorn, red onion, turmeric sunflower seeds, pomegranate, miso vinaigrette
add organic pasture-raised chicken +7

Vegan Caesar ✓○ **15**
organic romaine lettuce, cherry tomato, alfalfa sprout, broccoli, crispy chickpea, asparagus
add organic pasture-raised chicken +7

Local Beet ✓ **16**
organic arugula, blonde frisee, local grapefruit, parsley, local dill, organic pepita, cauliflower tahini, lemon vinaigrette
add organic pasture-raised chicken +7

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

Housemade Pecan Chicken Salad Sandwich ○○ **18**
pasture-raised pecan chicken salad, dijon, garlic herb aioli, pickle, tomato, romaine, “it’s all good” organic bread, side arugula salad

- : Allium
- : vegetarian
- : contains nuts
- ⌘ : make it spicy
- ✓ : vegan

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

Bowls

Acai Bowl ●○ **15**
unsweetened acai, organic strawberries, organic mango, organic apple juice, coconut water, fresh bananas, hemp seeds, chia seeds, housemade granola, honey

Chia Seed Pudding ●○ **12**
organic oat milk & coconut cream, vanilla, cinnamon, monk fruit, topped with fresh fruit, organic housemade granola, & local honey

Overnight Oats ○✓ **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*

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
*add bacon +3
sub: lettuce wrap*

Classic Breakfast ○ **18**
two pasture-raised eggs any style, nitrate-free uncured bacon, avocado, house salad
choice of “iagg” toast or crispy potatoes

Grass-fed 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
*sub: grass-fed & pasture raised butter
mill-king creamery, mcgregor, tx +3*

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

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

Grass-fed Texas Wagyu Beef ⌘○ **12**
simmered overnight with roasted vegetables

Sides

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

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

Uncured Bacon **7**
nitrate and sugar free

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

Sofrito Lentils ✓○ **8**
organic red bell pepper, tomato, chive

Avocado Half ✓ **4**

“It’s All Good” Gluten Free Toast **6**

Grass-Fed & Pasture Raised Butter **3**
mill-king creamery, mcgregor, tx

Organic Pasture-raised 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 coconut vanilla, golden milk, seasonal ice cream; topped with cacao sauce, almonds

Avocado Mousse ✓○ **12**
cacao, banana, cinnamon, vanilla topped with coconut & pistachio

NEW Affogato **8**
little city roasters espresso or ceremonial matcha, coconut vanilla ice cream

W

440 W 2ND ST.
AUSTIN, TX 78701

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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BEVERAGES

Smoothies 20oz

no added sugars. all sugar is natural and whole ingredients.

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) ✓ 13
unsweetened acai, organic strawberry, wild blueberry, banana, goji, chia, organic almond butter, organic housemade granola, cinnamon, organic housemade cashew milk

Refresh (5g protein) ● 13
organic spinach, mango, lime, ginger, zucchini, avocado, orange, local honey, chia, cilantro, coconut water

Recover (27g protein) ● 14
banana, organic almond butter, cacao, cauliflower, chaga, met oil, grass-fed whey, organic housemade cashew milk

Bottled

PATH Alkaline Water 6

Richard's Sparkling Rainwater 4

Richard's Still Rainwater 4

Olipop Soda 5
vintage cola, lemon lime, orange squeeze, classic root beer, cherry vanilla, tropical punch

House-Made Spritzers

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

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

Coffee

hot or iced

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

Tea

hot or iced

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

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

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

milk options: organic mill-king grass fed whole milk, organic half and half, almond milk, organic housemade cashew milk +1, oat milk +1

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

Wellness

cold pressed & organic

Reset Shot 5
activated charcoal, coconut water

Kickstarter 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

Speciality Drinks

LIMITED TIME ONLY!
Leche **Pumpkin Spice Latte** 8
**hot or iced*
little city roasters espresso, pumpkin, maple, vanilla, fall spices, pumpkin-coconut cold foam

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

Blueberry Refresh* ✓ 6
green tea, frozen blueberries, agave, lime juice

Vanilla Maca* 8
housemade cold brew coffee, organic maca, vanilla, housemade-organic cashew milk, medjool date, grass-fed collagen, mct oil

Blue Matcha Latte* ✓ 9
blue spirulina, housemade organic cashew milk, vanilla, monk fruit

Strawberry Matcha ✓ 9
housemade organic cashew milk, organic strawberries

*we use organically farmed
Nekohama Ceremonial Grade Matcha*

THE
WELL

BRUNCH MENU
Saturday & Sunday 9am-3pm