

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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# TO START

## Classic Brunch Cocktails

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

## Salads & Starters

<b>Vegan Caesar V</b> ○	15
romaine lettuce, cherry tomato, alfalfa sprout, broccoli, crispy chickpea, asparagus	
<b>Roasted Beet V</b>	16
winter greens, tahini, citrus, parsley, pepitas, dill	
<b>Sustainably-sourced Salmon Tartare*</b> ○	15
jicama, cilantro, caper, red onion, avocado, garlic chili oil, siete chips	
<b>Guacamole</b> ○ V	13
pomegranate, jalapeno, onion, parsley, cilantro, caper, mint, organic jalapeno, caper, cilantro, siete chips	

## Bone Broth

<b>Organic Pasture-raised Chicken</b> 🌿 ○	12
simmered overnight with vegetables and herbs	
<b>Texas Wagyu Grass-fed Beef</b> 🌿 ○	12
simmered overnight with roasted vegetables & herbs	
<b>Vegan</b> 🌿 ○	11
mushroom, lentil, tomato	

Broth add ons:  
chickpeas, lentils, vegetables +3  
chicken +6, steak +9  
ginger & turmeric or coconut curry +1

## Toast & Bowls

<b>Avocado Toast</b> 🌿 V	13
organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread	
add: housemade chicken salad +5	
<b>BAE Toast</b>	14
nitrate-free uncured bacon, avocado, alfalfa sprouts, pasture-raised scrambled egg, arugula, marinated tomato, “it’s all good” gluten free toast	
<i>vegetarian option: substitute roasted mushrooms</i>	
<b>Chia Seed Pudding</b> ● 🌿 10	
organic oat milk & coconut cream, vanilla, cinnamon, monk fruit, topped with fresh fruit, organic housemade granola, & local honey	
<b>Overnight Oats</b> 🌿 V	10
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*

# TO CONTINUE

## Mains

<b>Egg White Scramble</b> ●	15
housemade vegan chorizo, sweet potato, sunflower sprouts & seeds, organic spinach, avocado	
<b>Sweet &amp; Fingerling Potato Hash</b> ● ○	15
pasture-raised poached eggs, chickpea, organic kale, roasted mushroom, red onion	
<b>Breakfast Tacos</b> ● ○	14
pasture-raised scrambled eggs, lime, cilantro, red onion, avocado salsa, heirloom organic corn tortillas	
add bacon +3	
add mushroom +4	
substitute siete chickpea flour tortillas +2	

<b>Migas Bowl</b> ● ○	14
pasture-raised egg, turmeric, ginger, cherry tomato, cilantro, red onion, organic black bean, red pepper, siete chips	
<b>Vegan Chorizo Hash V</b>	13
housemade vegan chorizo, sweet potato, chili crunch, roasted cauliflower, pickled vegetables, sprouts	

<b>Texas Wagyu Steak &amp; Eggs*</b> ○	32
6 oz texas wagyu sirloin, sunny-side up pasture-raised eggs, fingerling potato, house salad	

<b>Chilaquiles</b> ● 🌿 ○	17
sunny side up pasture-raised eggs, avocado,	

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

○ : Allium  
● : vegetarian  
🌿 : contains nuts  
🌿 : make it spicy  
V : vegan

## Sides

<b>Two Pasture-raised Eggs Any Style</b> ●	6
<b>Uncured Bacon</b>	6
nitrate and sugar free	
<b>Housemade Vegan Sweet Potato Chorizo V</b>	6
<b>Breakfast Potato</b> ○ V	6
onion, paprika	
<b>Lentils</b> ○ V	8
organic red bell pepper, tomato, chive	

<b>Avocado Half V</b>	4
<b>Organic Pasture-raised Roasted Chicken*</b> 8oz ○	15
chive, olive oil	

<b>Sustainably-sourced Seared Salmon*</b> 6oz ○	15
chive, olive oil	

<b>Grass-fed Texas Wagyu Sirloin Steak*</b> 6oz ○	18
chive, olive oil	

## Desserts

<b>Golden Milk Ice Cream V</b> 🌿	10
coconut milk, turmeric, vanilla bean topped with cacao chocolate sauce, almonds	
<b>Avocado Mousse V</b> 🌿	10
cacao, banana, cinnamon, vanilla topped with coconut & pistachio	

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440 W 2ND ST.  
AUSTIN, TX 78701

The entire menu is  
GLUTEN,  
SOY,  
DAIRY,  
REFINED SUGAR,  
& PEANUT  
FREE.

The only oils we use are  
OLIVE,  
COCONUT,  
& ZERO ACRE  
FARMS.

100% gluten free kitchen

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# BEVERAGES

## Smoothies 20oz

turn any smoothie into a bowl for +3

our smoothie bowls are topped with organic housemade granola, fresh fruit, & various organic superfoods. no added sugars. all sugar is natural and whole ingredients.

**The RESTART** RE-START 16  
cherries, mango, medjool dates, goji berries, mint, lime, kombucha, cashew milk and Restart Full Spectrum CBD oil

**Clarity (7g protein) v** 13  
mint, cacao nibs, avocado, organic spinach, medjool date, banana, cauliflower, lion's mane, ginkgo biloba, ginseng, cinnamon, organic housemade cashew milk  
suggested protein: vanilla grass-fed whey

**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

**Vitality (10g protein) v** 14  
vanilla, organic almond butter, medjool date, banana, cauliflower, flax, maca, cordyceps, mucuna, cinnamon, housemade cold brew, organic housemade cashew milk  
suggested protein: vanilla grass-fed whey

**Refresh (5g protein)** 13  
organic spinach, mango, lime, ginger, zucchini, avocado, orange, local honey, chia, cilantro, coconut water  
suggested protein: collagen peptides

**Chill (6g protein) v** 16  
blue spirulina, coconut yogurt, young coconut, banana, onefarm organic cbd, ashwagandha, reishi, organic housemade cashew milk, layered over chia seed pudding  
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

v : vegan  
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DRINK WELL LIVE WELL

## Juice 14oz

cold-pressed & organic

**Kickstart v** 11  
apple, lemon, ginger, cucumber, cayenne

**Hydrate v** 11  
kale, apple, cucumber, mint, lemon, ginger

**Invigorate v** 11  
carrot, apple, pineapple, ginger, beet and lemon

**Replenish v** 11  
romaine, spinach, cucumber, celery, lemon

**Energize v** 11  
cucumber, celery, carrot, apple, kale, beet, radish, lemon, ginger, turmeric, black pepper

## Wellness Shots 2oz

**Digest v** 6  
pineapple, lemon, mint, ginger, aloe

**Wellness ●** 6  
turmeric, ginger, orange, lemon, local honey, garlic, black pepper

**Reset v** 5  
activated charcoal, coconut water, sea salt

## Coffee by Atlas

hot or iced

**Drip** 4  
**Housemade Cold Brew** 4  
**Espresso** 3.5  
**Americano** 3.5  
**Cappuccino** 4.5  
**Mocha** 5.5  
**Latte** 5.5

## Tea

hot or iced

**Golden Milk Latte** 4.5  
**Chai Tea Latte** 5.5  
**Nekohama Matcha** 6  
**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 whole milk, organic half and half, organic house-made cashew milk +1, oat milk +1

**Cacao Hot Chocolate ●** 5  
local honey, mushroom adaptogen blend

## Speciality Iced Drinks

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

**Blueberry Refresh\* v** 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

**Matcha Tonic\* v** 7

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

**Berry Matcha v** 9  
housemade organic cashew milk, organic strawberries

We use organically farmed Nekohama Ceremonial Grade Matcha

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**BRUNCH MENU**  
Saturday & Sunday 9am-3pm