

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.

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

# TO START

## Snacks

**Crudités V** 12  
seasonal raw & marinated vegetables

**Guacamole ○ V** 13  
pomegranate seeds, mint, organic jalapeno, caper, cilantro, siete chips

**Sustainably-sourced Salmon Tartare\* ○** 15  
jicama, caper, red onion, avocado, chili oil, siete chips

**Market Fish Ceviche\* ○** 16  
sustainably caught white fish, coconut, chili, red onion, jalapeño, citrus, basil, siete chips

**Avocado Toast ◐ V** 13  
organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread  
add organic chicken salad +5

**Thai Lettuce Wraps ○ ◐ V** 14  
local mushroom, mint, ginger, organic wild grain trio, fresno, local gem lettuce  
add organic pasture-raised chicken +6

**Falafel & Hummus V ○** 14  
bell pepper, cucumber, dill

\*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

## Lunch Special

pair any salad with one of our bone broth soups

\$17.00 per person

## Salads

**Vegan Caesar V ○** 15  
romaine lettuce, cherry tomato, alfalfa sprout, asparagus, crispy chickpea

**Roasted Beet V** 16  
winter greens, tahini, citrus, parsley, pepitas, dill

**Kale & Lentil ○ ◐ V** 16  
organic kale, acorn squash, organic date, caper, red onion, petit herb, pistachio

## Bone Broth

**Organic Pasture-raised Chicken ◑ ○** 12  
simmered overnight with vegetables and herbs

**Texas Wagyu Grass-fed Beef ◑ ○** 12  
simmered overnight with roasted vegetables & herbs

**Vegan ◑ ○** 11  
mushroom, lentil, tomato

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

# TO CONTINUE

## Mains

**Pasture Raised Roasted Chicken\* ○** 28  
organic bell pepper, green olive, caper, tomato, organic kale, chickpea

**Coconut Curry Squash ○ V** 22  
acorn & butternut squash, zucchini, red bell pepper, chickpea, pumpkin & sesame seed, organic wild grain trio

add pasture-raised chicken breast +6

**Sustainably-sourced Salmon\* ○** 30  
organic spinach and kale, fresno, broccoli, northern bean, onion, garlic, olive oil & balsamic glaze

## Tacos

tacos are served with cilantro, lime, onions, avocado salsa

**Mushroom & Sweet Potato Asada ○ V ◐** 17

**Pasture-raised Chicken Asada ○ ◐** 18

**Texas Wagyu Steak Asada ○ ◐** 19

**Taco Flight ○ ◐** 20  
mushroom asada, pasture raised chicken, texas wagyu steak

substitute: siete chickpea flour tortilla +2

## Available Until 3pm

**Three Egg Omelette ●** 16  
pasture-raised egg, wild mushroom, marinated tomato, organic spinach, chimichurri, petite greens salad

**Chilaquiles ● ○ ◐** 18  
sunny side up pasture-raised eggs, avocado, cauliflower, carrot, red onion, cilantro, sunflower seeds, chili, pecan mole, heirloom organic corn tortilla chips

**Texas Wagyu Steak & Eggs\* ○** 32  
6 oz texas wagyu sirloin, sunny-side up pasture-raised egg, fingerling potato, house salad

**Side of Two Pasture-raised Eggs** 6

**Side of Uncured Bacon** 6  
nitrate and sugar free

## Sides

**Wild Grain Trio ○ V** 8  
quinoa, forbidden black rice, mint, cilantro

**Local Mushrooms & Sweet Potato V ○** 8  
organic spinach, oyster, shiitake, crimini, sherry vinegar

**Local Street Corn ● ○ ◐** 8  
cilantro, aioli, organic bell pepper, organic jalapeno

**Local Fingerling Potato ● ◐ ◐** 8  
salsa macha, petite herb, garlic aioli

**Crispy Brussels Sprouts ● ◐** 8  
organic apple, local honey, almond, fresno chili

**Lentils ○ V** 8  
organic red bell pepper, chive, tomato

**Avocado Half** 4

**Organic Pasture-raised Roasted Chicken\* 8oz ○** 15  
chive, olive oil

**Sustainably-sourced Seared Salmon\* 6oz ○** 15  
chive, olive oil

**Texas Wagyu Sirloin\* 6oz ○** 18  
chive, olive oil

## Desserts

**Golden Milk Ice Cream ◐ V** 10  
coconut milk, turmeric, vanilla bean topped with cacao chocolate sauce, almonds

**Avocado Mousse ◐ V** 10  
cacao, banana, cinnamon, vanilla topped with coconut & pistachio

**Organic Apple Crisp ◐ V** 15  
organic house-made granola, coconut milk, agave, coconut vanilla ice cream

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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

# BEVERAGES

**Low ABV**  
Surely Non Alcoholic Wine 12  
~contains less than 0.5% abv

- Bubbly Red
- Sparkling Rose

## Zero-Proof

**Aplos Calme & Arise** 12  
functional nonalc spirits

- Aplos Spritz**  
calme or arise, mineral water, citrus wheel

- Freshly Minted**  
calme, agave, lime, mint

**Pillow Talk** 12  
strawberry water, coconut cream, rose, vanilla & cinnamon infused honey, aquafaba

**AG1 Athletic Greens** 7  
water, lemon

## Bowls

**Chia Seed Pudding** ● ④ 10  
organic oat milk & coconut cream, vanilla, cinnamon, monk fruit, topped with fresh fruit, organic housemade granola, & local honey

**Overnight Oats** ④ V 10  
organic gluten-free oats, organic oat milk & coconut cream, flax, maple, hemp hearts, chia, monk fruit, cinnamon

the entire menu is gluten, soy, dairy, refined sugar and peanut free.

the only oils we use are avocado, coconut & olive.

- V : vegan
- : vegetarian
- ④ : contains nuts

**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** ④ 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** ④ 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** ④ 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 (6g protein) ●** 13  
organic spinach, mango, lime, ginger, zucchini, avocado, orange, local honey, chia, cilantro, coconut water  
suggested protein: collagen peptides

**Chill (5g protein) v** ④ 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) ●** ④ 14  
banana, organic almond butter, cacao, cauliflower, chaga, mct oil, grass-fed whey, organic housemade cashew milk  
add collagen peptides +2.5

**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

## 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

**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

- Golden Milk Latte 4.5
- Chai Tea Latte 5.5
- Nekohama Matcha 6
- Nilgiri Jade Green 4
- Assam Black 4
- Herbal Tea 4

add: mushroom adaptogen blend +1.75, MCT oil +1.5, grass-fed 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  
mushroom adaptogen blend, local honey

**Matcha Tonic\* v** 7

**Blue Matcha Latte\* v** ④ 9  
blue spirulina, housemade organic cashew milk, vanilla, monk fruit

**Berry Matcha v** ④ 9  
housemade organic cashew milk, organic strawberries

We use organically farmed Nekohama Ceremonial Grade Matcha

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## LUNCH MENU

Spring