

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.

SNACKS

Crudités ○ 12
seasonal raw vegetables with housemade beet & tahini dips

Guacamole ○ 12
pomegranate, jalapeño, onion, parsley, cilantro, caper, siete tortilla chips

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

Hummus ○ 14
garlic olive oil, tahini, served with crudite & siete chips

Thai Lettuce Wraps ○ ◎ 16
local hi-fi mushroom, toasted brown rice, cilantro, mint, ginger, red onion, fresno, chili lime, organic cashew
add organic pasture-raised chicken +4

Salmon Tartare* 16
sustainably-sourced salmon, jicama, caper, red onion, avocado, chili oil, siete tortilla chips

Ceviche* 18
scallop, coconut, chili, red onion, jalepeño, citrus, basil, siete tortilla chips

○ : vegan
● : vegetarian
◎ : contains nuts

100% gluten free kitchen

*the entire menu is gluten, dairy, soy, refined sugar, peanut & seed oil free.
the only oils we use are olive, coconut & zero acre farms.*

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

SALADS

Vegan Caesar ○ 15
organic romaine, cherry tomato, broccoli, alfalfa sprout, snap pea, crispy chickpea

Roasted Beet ○ 16
winter greens, tahini, citrus, parsley, dill, pepitas

Organic Kale & Lentil ○ ◎ 15
acorn squash, organic date, caper, red onion, petit herb, pistachio

SANDWICHES

served on “it’s all good” organic bread with a side arugula salad

Grass-fed Texas Wagyu Steak* 18
tomato, shallot, arugula, garlic aioli

Housemade Pecan Chicken Salad ◎ 16
housemade pasture-raised pecan chicken salad, dijon, garlic herb aioli, pickle, tomato, romaine

MAINS

Pasture-raised Roasted Chicken* 27
organic bell pepper, green olive, caper, tomato, organic kale, chickpea

Sustainably-sourced Salmon* 29
organic spinach & kale, fresno, broccoli, northern bean, onion, garlic, olive oil & balsamic vinegar

Coconut Curry Squash ○ 21
delicata & butternut squash, zucchini, organic red bell pepper, chickpea, organic cherry tomato, pumpkin seed, wild rice trio
add organic pasture-raised chicken +6

TACOS

your choice of heirloom organic corn or siete chickpea flour tortillas +2

Mushroom, Sweet Potato, & Spinach ○ ◎ 14
avocado, salsa macha, pickled red onion, radish, cilantro

Pasture-raised Chicken* ◎ 16
avocado, salsa macha, pickled red onion, radish, cilantro

Grass-fed Steak* ◎ 18
avocado, salsa macha, pickled red onion, radish, cilantro

BONE BROTH

12oz. simmered overnight with vegetables & herbs

add-ons: seasonal vegetables +2, pasture-raised chicken +2, grass-fed steak +3

Pasture-raised Organic Chicken 11

Grass-fed Beef 11

Mushroom, Lentil, Tomato ○ 11
spicy vegan broth

SIDES

Organic Pasture-raised Chicken* 8oz 14

Sustainably-sourced Salmon* 6oz 14

Grass-fed Texas Wagyu Steak* 6oz 18

Mushroom, Sweet Potato, Spinach ○ 7
oyster, shiitake, crimini, thyme, sherry vinegar, chive, salt

Smashed Local Fingerling Potato ● ◎ 7
salsa macha, sea salt, herb, garlic aioli

Okra & Tomato ○ 7
eggplant puree, shallot, garlic, mint, cilantro, dill, parsely

Wild Rice Trio ○ 6
organic brown rice, organic quinoa, forbidden black rice

DESSERTS

Golden Milk Ice Cream ○ ◎ 9
coconut milk, turmeric, vanilla bean topped with organic cacao, pecan & coconut

Avocado Mousse ○ ◎ 9
organic cacao, banana, cinnamon, vanilla topped with organic coconut & pistachio

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BRUNCH

- Breakfast Tacos*** ● ◉ 14
pasture-raised scrambled egg, avocado, radish, lime, cilantro, red onion, salsa verde, salsa macha, heirloom organic corn tortilla
(substitute siete chickpea flour tortilla +2)
- BAE Toast*** 14
nitrate-free uncured bacon, avocado, alfalfa sprout, pasture-raised scrambled egg, marinated tomato
- Chilaquiles*** ● ◉ 17
sunny side up pasture-raised egg, avocado, cauliflower, carrot, red onion, cilantro, sunflower seed, pecan mole, heirloom organic corn tortilla chips
- Two Eggs Any Style ●** 14
served with local fingerling potatoes, arugula salad, toast & avocado
- Steak & Eggs*** 32
grass-fed texas wagyu, sunny-side up pasture-raised egg, fingerling potato, side green salad
- Chia Seed Pudding ◉** 10
organic oat milk & coconut cream, vanilla, cinnamon, monk fruit, topped with fresh fruit, organic housemade granola, & local honey
- Overnight Oats ◉ ◉** 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
- 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

COLD-PRESSED JUICE

14oz
Our juice is always organic, raw, and fresh pressed. non-HPP.

FUNCTIONAL SMOOTHIES

*all smoothies are made with housemade organic cashew milk, 100% whole ingredients & have no added sugar
turn any smoothie into a bowl topped with housemade granola & various fresh fruits and superfoods for +3*

- The Big 1 ◉ AG1** 15
AG1, banana, mango, spinach, unsweetened coconut milk, unsweetened almond milk
- 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
- Vitality (10g protein) ◉ ◉** 14
vanilla, organic almond butter, organic medjool date, banana, cauliflower, organic flax, organic maca, organic cordyceps, organic mucuna, organic ceylon cinnamon, housemade cold brew coffee
- Chill (6g protein) ◉ ◉** 16
blue spirulina, organic vanilla coconut yogurt, organic coconut, banana, organic ashwagandha, organic reishi, layered over housemade chia seed pudding seed pudding
- Strawberry Shake (12oz) ◉ ◉** 9
organic strawberry, banana, organic hemp and chia seed, local honey, vegan french vanilla protein

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COFFEE BY ATLAS

milk options include: housemade organic cashew, oat, organic whole milk, organic half & half, organic unsweetened almond and coconut milks

- Drip 4
Housemade Cold Brew 4
Nitro Cold Brew 5
Espresso 3.5
Americano 3.5
Cappuccino 4.5
Latte 5.5

TEA

- Ceremonial Matcha 6
Golden Milk Latte 4.5
Chai Tea Latte 5.5
Nilgiri Jade Green 4
Assam Black 4
Herbal Turmeric 4
Butterfly Pea Flower 4

SPECIALTY

- Iced Vanilla Maca 8
housemade cold brew coffee, organic maca, vanilla, oat milk & coconut cream, organic medjool date, grass-fed collagen peptides, organic mct oil
- Cacao Hot Chocolate ◉ 5
organic cacao, local honey, organic mushroom adaptogen blend
- Iced Blue Matcha Latte ◉ ◉ 9
ceremonial grade matcha, blue spirulina, housemade cashew milk, vanilla, monk fruit
- Matcha Latte ◉ ◉ 7
neko-hama organically farmed ceremonial grade, housemade cashew milk
- Matcha Milkshake ◉ 12
coconut ice cream, vanilla, sea salt
- Butterfly Matcha ◉ 7
house lemonade, butterfly pea flower tea, agave
- Berry Matcha ◉ ◉ 9
housemade organic cashew milk, organic strawberries

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LUNCH MENU

Winter 2024