



THE WELL



# WHO WE ARE

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 are proud to offer a menu that is completely free of:  
Gluten • Seed Oils • Soy • Refined Sugar • GMOs

We emphasize the importance of:  
Low Sugar • Healthy Fats • Clean Oils

We only utilize the highest quality ingredients, and ensure any produce listed on the “Dirty Dozen” is organically sourced.

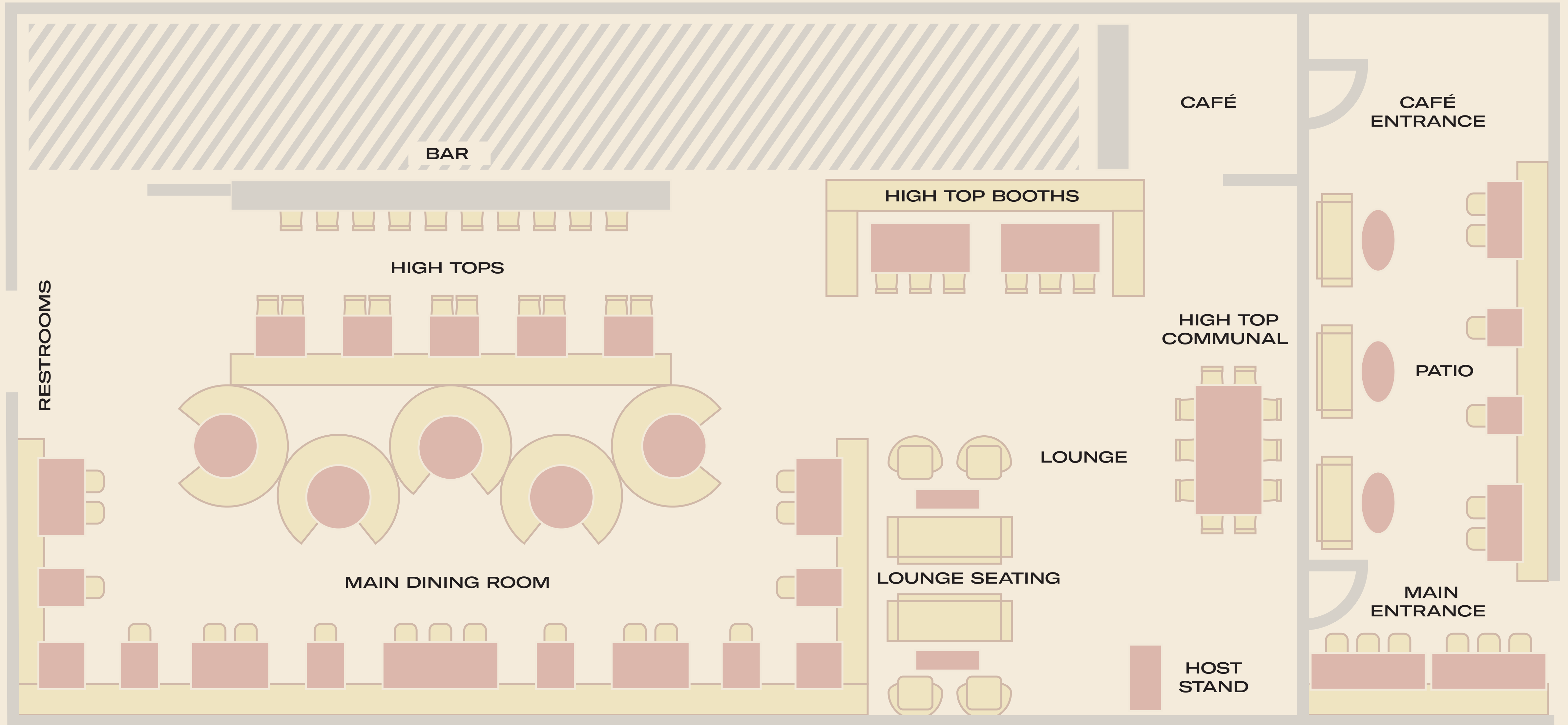
We care about you. Our team is passionate about taking the guesswork out of eating well: serving up deliciously conscious food no matter your dietary choices.





# THE WELL

440 W 2ND ST. | AUSTIN, TX 78701



**CAPACITY** Full Venue Seated: 100 Reception: 130 | Semi-private Bar + Lounge Seated 45 Reception: 50 | Patio, Seated: 25, Reception: 30

**SQUARE FOOTAGE** Main Dining Room + Bar: 4,400 square feet | Patio: 600 square feet

# BREAKFAST & BRUNCH

*Served family style*

*Choice of 4 items*

*A la carte additions available onsite*

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○: *Vegan*

●: *Vegetarian*

🥜: *Contains nuts*

🥛: *Contains dairy*

*\*menu subject to change based on seasonality and availability*



## **Avocado Toast ●🥛**

sunflower, red onion, tomato, everything spice

## **Vegan Caesar ○**

little gem lettuce, cherry tomato, alfalfa sprouts  
broccoli, green bean, crispy chickpeas

## **Breakfast Tacos ●**

pasture-raised scrambled eggs, avocado, radish,  
lime, cilantro, red onion, salsa verde, chili adobo,  
heirloom organic corn tortillas

## **Vegan Chorizo Hash ○**

housemade vegan chorizo, sweet potato, chili crunch,  
roasted cauliflower, pickled vegetables, sprouts

## **Chilaquiles ●🥜**

sunny side up pasture-raised eggs, avocado, cauliflower,  
carrot, red onion, cilantro, sunflower seeds, pecan mole,  
heirloom organic corn tortilla chips

## **Overnight Oats ○🥜**

organic gluten-free oats, organic oat milk & coconut cream,  
flax, maple, hemp hearts, chia, monk fruit, cinnamon  
topped with fresh fruit & organic housemade granola



# LUNCH & DINNER

*Served family style*

- 
- : *Vegan*
  - : *Vegetarian*
  - 🥜: *Contains nuts*
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\*menu subject to change based on seasonality and availability

## GETTING STARTED

*choice of two*

### Salmon Tartare

jicama, capers, red onion, avocado, chili oil, heirloom  
organic corn tortilla chips

### Guacamole ○

pomegranate, jalapeno, onion, parsley, cilantro, caper,  
organic heirloom corn chips

### Mini Avocado Toast ●🥛

sunflower, red onion, tomato, everything spice

## ENTREES

*choice of three*

### Organic Roasted Chicken

shallot, carrot, celery, parsley & truffle jus

### Sustainably-sourced Salmon

lentil, chickpea, tomato, organic kale

### Grass-fed Texas Wagyu Sirloin

arugula, carrot, turnip, celeriac, beet bbq

### Butternut Squash ○

mushrooms, nutritional yeast, coconut, arugula, pepita crumble

### Coconut Curry Squash ○

acorn squash, butternut squash, zucchini, eggplant, cherry  
tomato, pumpkin seed, organic brown rice, cilantro



# LUNCH & DINNER

Served family style

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## GETTING STARTED

choice of three

### Salmon Tartare

jicama, capers, red onion, avocado, chili oil, heirloom organic corn tortilla chips

### Guacamole ○

pomegranate, jalapeno, onion, parsley, cilantro, caper, organic heirloom corn chips

### Mini Avocado Toast ● 🥛

sunflower, red onion, tomato, everything spice

### Crudités ○

seasonal raw and marinated vegetables

## MIDDLE COURSE

choice of two

### Vegan Caesar ○

little gem lettuce, cherry tomato, alfalfa sprouts, broccoli, green bean, crispy chickpeas

### Roasted Beet ○

winter greens, tahini, citrus, parsley, dill

### Kale & Lentil ○ 🥜

roasted squash, medjool date, red onion, caper, moroccanspiced pistachio

## ENTREES

choice of four

### Organic Roasted Chicken

shallot, carrot, celery, parsley & truffle jus

### Sustainably-sourced Salmon

lentil, chickpea, tomato, organic kale

### Sustainably-sourced Striped Bass

french green bean, pickled shallot, toasted pecan, sage, pecan romesco, caramelized lemon

### Grass-fed Texas Wagyu Sirloin

arugula, carrot, turnip, celeriac, beet bbq

### Butternut Squash ○

mushrooms, nutritional yeast, coconut, arugula, pepita crumble

### Coconut Curry Squash ○

acorn squash, butternut squash, zucchini, eggplant, cherry tomato, pumpkin seed, organic brown rice, cilantro





## FAQs

### **WHERE IS THE WELL LOCATED?**

The Well is located on 2nd Street between San and Antonio and Guadalupe in Austin, Texas at 440 2nd St.

### **WHERE CAN I PARK?**

We offer two hour validated parking in the Amli parking garage off on San Antonio Monday through Friday until 5pm.

### **HOW DO I CONFIRM MY BOOKING?**

For non-private group dining reservations we require a signed agreement along with an authorized credit card on file to confirm. For private events we require a signed agreement and 50% deposit due upon signing to confirm your booking.

### **CAN I BRING OUTSIDE FOOD & BEVERAGE?**

We do not allow for outside food or beverage .

### **WHAT A/V CAPABILITIES DO YOU OFFER?**

For private events, a plug and play sound system is provided along with the option to contract a DJ, TV monitors and PA systems for an additional cost. Complimentary wifi is included for all bookings.



**CONTACT US**

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Text or Call: 737.742.1129