

## BEVERAGES

Made to order, available all day

### Smoothies 20oz

*Turn any smoothie into a bowl for +3*

*Our smoothie bowls are topped with grain-free granola, organic fresh fruit, and various organic superfoods.*

#### Clarity 🌱🌱13

mint, cacao nibs, avocado, spinach, medjool date, banana, cauliflower, lion's mane, ginkgo biloba, panax ginseng, ceylon cinnamon, organic housemade nut milk

*suggested protein: vanilla isolate whey*

#### Revive 🌱🌱13

unsweetened açai, blueberry, strawberry, banana, goji, chia, hemp, almond butter, grain-free granola, ceylon cinnamon, organic housemade nut milk

*suggested protein: collagen peptides*

#### Vitality 🌱🌱13

vanilla, almond butter, medjool date, banana, cauliflower, flax, maca, cordyceps, mucuna, ceylon cinnamon, housemade cold brew coffee, organic housemade nut milk

*suggested protein: vanilla grass-fed whey*

#### Refresh ●13

spinach, mango, lime, ginger, zucchini, avocado, orange, local raw honey, basil seeds, cilantro, coconut water

*suggested protein: collagen peptides*

#### Chill 🌱🌱16

blue majik spirulina, culina coconut yogurt, young coconut, banana, one-farm CBD oil, ashwagandha, reishi, organic housemade nut milk, layered over chia & basil seed pudding

*suggested protein: collagen peptides*

#### Recover 🌱14

banana, almond butter, cacao, cauliflower, chaga, MCT oil, grass-fed whey isolate, organic housemade nut milk

*add grass-fed whey isolate, or plant based proteins +2*

*add collagen peptides +2.5*

🌱 : Vegan

● : Vegetarian

🌱 : Contains nuts

### Coffee & Tea

*hot or iced*

Drip Coffee 3

Cold Brew 4

Espresso 3

Americano 3

Latte 5

Cappuccino 4

Matcha 6

Nilgiri Jade Green 3

Assam Black 3

TranquillITEA 3

ImmuniTEA 3

Chai Tea Latte 3

Golden Milk Latte 4

Cacao Hot Chocolate 4

*add: mushroom adaptogen blend, MCT oil or organic ghee +1.5 add collagen peptides +2.5*

*sweetener options: monk fruit, stevia, maple syrup, raw local honey*

*milk options: organic housemade nut milk, oat milk or organic whole milk*

### Iced Drinks

Vanilla Maca 8

housemade cold brew coffee, maca, vanilla powder, oat milk, medjool date, collagen, mct oil, monk fruit

Blue Matcha Latte 9

ceremonial grade matcha, blue spirulina, housemade nut milk, vanilla powder, monk fruit

### Bottled Drinks 14oz

Organic Happy Milk 🌱🌱10

blue spirulina, onefarm CBD oil, organic housemade nut milk

Housemade

Organic Nut Milk 🌱🌱8

cashew, filtered water, vanilla, date, sea salt, ceylon cinnamon

## GRAB + GO

Available all day

### Juice 14oz

*cold pressed & organic*

Kickstart 🌱11

apple, lemon, ginger, cucumber, cayenne

Hydrate 🌱11

kale, apple, cucumber, mint, lemon, ginger

Invigorate 🌱11

carrot, apple, pineapple, ginger, beet and lemon

Rejuvenate 🌱11

carrot, apple, lemon, ginger, turmeric

Replenish 🌱11

romaine, spinach, cucumber, celery, lemon

Energize 🌱11

cucumber, celery, carrot, apple, kale, beet, dandelion, radish, lemon, ginger, turmeric, black pepper

### Wellness Shots 2oz

Digest 🌱5

cold-pressed aloe, ginger, pineapple, lemon, mint, sea salt

Cleanse 🌱6

cold-pressed beet, turmeric, parsley, cilantro, garlic, milk thistle, dandelion root

Wellness 5

cold-pressed ginger, turmeric, orange, raw local honey, black pepper, minced garlic

Immunity 🌱6

cold-pressed orange, lemon, elderberry, echinacea, oregano oil, goldenseal

Reset 🌱5

activated charcoal, coconut water, sea salt

### Quick Bites

Chia + Basil

Seed Pudding 🌱🌱10

malk oat milk, coconut cream, ceylon cinnamon, monk fruit, vanilla topped with organic fresh fruit, housemade grain-free granola

Cinnamon Apple

Overnight Oats 🌱🌱10

organic gf oats, maple, chia seed, flax, hemp, monk fruit, malk oat milk, cinnamon and apple topped with housemade granola and almond butter

Blueberry Banana

Overnight Oats 🌱🌱10

organic gf oats, maple, chia seed, flax, hemp, monk fruit, malk oat milk, cinnamon, banana and almond butter topped with housemade grain-free granola

Strawberry Cacao

Overnight Oats 🌱🌱11

organic gf oats, chia seed, flax, hemp, cacao, vanilla, maple, monk fruit, malk oat milk, topped with strawberries, goji, and cacao nibs

Avocado Mousse 🌱🌱8

avocado, cacao, coconut butter, housemade cold brew coffee, monk fruit, maple, maca, reishi, cinnamon, vanilla topped with cacao, coconut and pistachios

Organic Housemade Grain Free Granola 🌱🌱9

cashews, almonds, pecans, pumpkin seeds, sunflower seeds, coconut, hemp hearts, tahini, maple syrup, coconut oil, sea salt, cinnamon

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BREAKFAST | LUNCH | GRAB + GO

DRINK WELL  
LIVE WELL

# BREAKFAST

Available weekdays from 8am - 11am

## Toast & Bowls

**Avocado Toast** ○ 12  
sunflower, red onion,  
tomato, everything spice

**B.A.E. Toast** 14  
nitrate-free uncured bacon,  
avocado, scrambled eggs,  
arugula, marinated tomato

*vegetarian option:  
substitute roasted mushrooms*

**Three Egg Omelet** ● 15  
wild mushrooms, marinated  
tomato, spinach, chimichurri, petite  
greens salad

**Egg White Scramble** ● 15  
vegan chorizo, purple potato,  
sunflower sprouts and seeds,  
spinach, avocado, house toast

**Breakfast Tacos** ● 13  
scrambled eggs, avocado, radish,  
lime, cilantro, red onion, salsa  
verde, chili adobo, house made  
cassava tortilla

100% gluten free kitchen

**Migas Bowl** ● 13  
scrambled eggs, turmeric, ginger,  
cherry tomato, cilantro, red onion,  
red pepper, black beans

**Vegan Chorizo Hash** ○ 13  
chickpea & lentil "chorizo", sweet  
potato, chili crunch, pickled &  
roasted cauliflower, sprouts

**SIDES**  
two eggs any style +6  
nitrate-free uncured bacon +6  
roasted mushrooms ○ +7  
chickpea & lentil "chorizo" ○ +5  
house-made gluten free toast +2

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

*The only oils we use are  
avocado, coconut & olive.*

*All eggs are pasture-raised.*

○ : Vegan  
● : Vegetarian  
Ⓜ : Contains nuts

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

# LUNCH

Available weekdays

## Snacks

**Bread & Butter** ○ 6  
vegan house garlic butter, sea salt

**Hemp Heart +  
Chickpea Falafel** ○ 12  
sesame, scallion & radish kimchi

**Crudités** ○ 15  
seasonal raw + marinated vegetables

**Guacamole** ○ 11  
strawberry, jalapeno, gem lettuce,  
cassava tortilla chips

**Salmon Tartare** 15  
jicama, basil, sesame, garlic,  
ginger, avocado, chili oil

**Ceviche** 16  
coconut, chili, lime, cassava chips

**Avocado Toast** ○ 12  
sunflower, red onion, tomato,  
everything spice

*add: chicken salad +4*

## Salads

**Vegan Caesar** ○ 14  
little gem lettuce, cherry tomato,  
broccoli, green bean, gluten-free  
croutons, vegan caesar dressing

**Roasted Beet** ○ 14  
winter greens, tahini, citrus,  
parsley, dill

**Kale & Lentil** ○ 15  
roasted squash, medjool date,  
red onion, caper, moroccan  
spiced pistachio

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🔥 : Make it spicy

## Bone Broth

**Roasted Chicken** 11 🌿  
free-range chicken bones,  
simmered overnight with carrot,  
celery, onion, tomato, white wine,  
thyme + rosemary

*add: chickpeas, lentils, roasted  
vegetables or chicken +2*

*add flavors: ginger & turmeric or  
coconut curry +2*

**Roasted Beef** 12 🌿  
grass-fed beef bones, simmered  
overnight with carrot, celery, onion,  
tomato, red wine, thyme + rosemary

*add: chickpeas, lentils, roasted  
vegetables +2, steak +3*

## Plates

**Butternut Squash** ○ 17  
cauliflower, mushrooms,  
nutritional yeast, coconut,  
arugula, pepita crumble

**Roasted Chicken** 19  
free-range chicken, shallot, carrot,  
celery, parsley & truffle jus

**Grass-Fed Texas  
Wagyu Steak** 28  
carrot, turnip, celeriac, beet bbq

**Sustainably  
Sourced Salmon** 23  
lentils, chickpea,  
tomato, kale

**Tacos** ○ 13  
cassava flour tortillas, avocado,  
radish, chili adobo, lime,  
salsa verde, cilantro

*choice of: mushroom,  
chicken +2 or steak +3*

## Sides

**Free Range Roasted  
Chicken Breast** 9  
8oz

**Sustainably Sourced  
Seared Salmon** 9/16  
4oz/8oz

**Texas Wagyu Steak** 11/19  
4oz/8oz

**Smoked Eggs** 5  
two eggs

**Mushrooms** ○ 8  
sherry, thyme

**Lentils** ○ 7  
carrot, celery, onion, tomato

**Roasted Purple Potato** ○ 6  
rosemary, nutritional yeast

**Sautéed Swiss  
Chard & Spinach** ○ 6  
olive oil, garlic

**Roasted  
Brussels Sprouts** ○🌿 8  
apple, honey, almond

## Dessert

**Avocado Mousse** ○🌿 8  
avocado, cacao, coconut butter,  
housemade cold brew coffee, monk  
fruit, maple, maca, reishi, cinna-  
mon, vanilla topped with cacao,  
coconut and pistachios

**Roasted Apple** 9  
lemon, coconut, granola

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food borne illness.*

# W

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