

THE WELL CAFE

FUNCTIONAL SMOOTHIES 20 oz.

Revive ☉ ☉ 13
 unsweetend açai*, wild blueberry, strawberry*, banana, goji*, chia seed*, hemp seed*, almond butter*, housemade granola*, ceylon cinnamon*, housemade cashew milk*

Recover ☉ 14
 banana, almond butter*, cacao*, cauliflower*, chaga*, MCT oil, vanilla grass-fed whey isolate, housemade cashew milk*

Clarity ☉ ☉ 13
 mint*, cacao nib*, avocado, spinach*, medjool date*, banana, cauliflower*, lion's mane*, ginkgo biloba*, ginseng*, ceylon cinnamon*, housemade cashew milk*

Vitality ☉ ☉ 14
 vanilla, almond butter*, medjool date*, banana, cauliflower*, flax*, maca*, cordyceps*, mucuna*, ceylon cinnamon*, housemade cold brew coffee, housemade cashew milk*

Refresh ● 13
 spinach*, mango*, lime, ginger*, zucchini, avocado, orange*, local honey, chia seed*, cilantro*, coconut water*

Chill ☉ ☉ 16
 blue spirulina, coconut yogurt*, young coconut*, banana, onefarm CBD*, ashwagandha*, reishi*, housemade cashew milk*, layered over housemade chia seed pudding

BOOST BAR

Create your own pre or post workout boost.

Start by selecting your base:

filtered water,
 coconut water* +2
 oat milk +3
 housemade cashew milk* +4

Next, add in your preferred supplements, adaptogens & proteins listed below

Proteins

grass-fed vanilla whey isolate +2
 vegan french vanilla +2
 grass-fed collagen peptides +2.5

all proteins, adaptogens and supplements can be added to any functional smoothie

Adaptogens

cbd oil*+3 hemp seed* 1.5
 mct oil+1.5 mushroom blend* +2
 bee pollen +1.5 ashwagandha* +1.5
 flax* +1.5 mucuna pruriens* +1.5
 ginseng* +1.5 ginkgo biloba* +1.5
 tocos* 1.5 camu camu* +1.5
 maca* +1.5 activated charcoal +1.5
 chia seed* +1.5

The Well-Approved Supplements

AG1 by Athletic Greens +5 Thorne amino complex +2.5
 GOODONYA Electrolytes & Minerals* +3.5 Thorne glutamine +2
 Thorne creatine +2

COLD-PRESSED JUICE 14oz

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



COFFEE & TEA

additional adaptogens available

Drip Coffee 4
 Cold Brew 4
 STRONG Coffee black 5/latte 7
 Golden Milk Latte* 4.5
 Chai Tea Latte* 5.5
 Matcha* 6
 Nilgiri Jade Green* 4
 Assam Black* 4
 Herbal Tumeric Tea* 4

Vanilla Maca 8
 housemade cold brew coffee, maca*, vanilla, oat milk & coconut cream*, medjool date*, grass-fed collagen peptides, mct oil

Blue Matcha Latte 9
 ceremonial grade matcha*, blue spirulina, housemade cashew milk*, vanilla, monk fruit

~sweetener options~
 monk fruit, stevia, maple syrup, local honey

~milk options:~
 whole milk*, housemade cashew milk* +1, oat milk +1, coconut cream

☉ : contains nuts ● : vegetarian
 * : organic ☉ : vegan

the entire menu is free of gluten, soy, peanut, & refined sugar





THE WELL

The Well Cafe - Studio 3
501 brazos street
austin, tx 78701

Discover our Other Locations
eatwellatx.com
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