

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.

Snacks

Crudités ✓ 12
seasonal raw & marinated vegetables

Guacamole ○ ✓ 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 ☉ ✓ 13
organic chia cashew pesto, tomato, pickled onion, everything house seasoning, “it’s all good” gluten free bread
add organic chicken salad +5

Thai Lettuce Wraps ○ ☉ ✓ 14
local mushroom. mint, ginger, organic wild grain trio, fresno, local gem lettuce, cashew
add organic pasture-raised chicken +6

Falafel & Hummus ✓ ○ 14
bell pepper, cucumber, dill, parsley, aleppo

“Credo” Queso ✓ ○ ☉ 13
local cashew queso, local red beet, cilantro, salsa verde, local “siete” dip chips

**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
✓ : vegan

Lunch Special

pair any salad with one of our bone broth soups
\$17.00 per person

Salads

Vegan Caesar ✓ ○ 15
organic romaine lettuce, cherry tomato, alfalfa sprout, asparagus, crispy chickpea

Local Beet ✓ 16
organic arugula, blonde frisee, local grapefruit, parsley, local dill, organic pepita, cauliflower tahini, lemon vinaigrette

Vegan Ranch ✓ ○ ☉ 15
gem lettuce, organic red bell pepper, radish, cucumber, local mushroom, nutritional yeast, vegan ranch dressing

Bone Broth

Organic Pasture-raised Chicken 🔥 ○ 12
simmered overnight with roasted vegetables

Texas Wagyu Grass-fed Beef 🔥 ○ 12
simmered overnight with roasted vegetables

Vegan 🔥 ○ 11
mushroom, lentil, tomato

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

TO CONTINUE

Mains

Pasture-raised Chicken* ○ 28
airline chicken breast, organic quinoa, asparagus, pea, local mint, parsley, basil & dill, lemon vinaigrette, red pepper coulis

Coconut Curry Squash ○ ✓ 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

Grass-fed Texas Wagyu Steak Frites* 36
6oz texas wagyu sirloin, pink peppercorn chermoula, panisse, garlic aioli

Tacos

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

Mushroom & Sweet Potato Asada ✓ 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

Side of Two Pasture-raised Eggs 6

Side of Uncured Bacon 6
nitrate and sugar free

Sides

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

Local Mushrooms & Sweet Potato ✓ ○ 8
organic spinach, oyster, shiitake, cremini, sherry vinegar

Local Street Corn ● ☉ 8
cilantro, aioli, organic bell pepper, organic jalapeno

Local Fingerling Potato ● ○ 8
salsa macha, chive, garlic aioli

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

Lentils ○ ✓ 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 ☉ ✓ 10
coconut milk, turmeric, vanilla bean topped with cacao chocolate sauce, almonds

Avocado Mousse ☉ ✓ 10
cacao, banana, cinnamon, vanilla topped with coconut & pistachio

Organic Apple Crisp ☉ ✓ 15
organic house-made granola, coconut milk, agave, coconut vanilla ice cream

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,
& AVOCADO.

100% gluten free kitchen

BEVERAGES

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

Bubbly Red
Sparkling Rose

Zero-Proof

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

AG1 Athletic Greens 7
water, lemon

Bowls

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

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

the only oils we use are avocado, coco-
nut & olive.

V : vegan
● : vegetarian
🥥 : 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.

Clarity (7g protein) V 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 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 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 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) ● 14
banana, organic almond butter, cacao,
cauliflower, chaga, mct oil, grass-fed whey,
organic housemade cashew milk
add collagen peptides +2.5

Juice 14oz 11.5
⊕ raw REPUBLIC
cold pressed & organic

All Green & Lemon V
kale, collard, cucumber,
celery, lemon, mint, parsley

Watermelon Crush V
watermelon, lemon,
mint, himalayan (pink) salt

Kickstart V
apple, ginger, cucumber,
lemon, cayenne

Wellness Shots 2oz
cold pressed & organic

Reset V 5
activated charcoal, coconut water

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
hot or iced

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 9
blue spirulina, housemade organic
cashew milk, vanilla, monk fruit

Berry Matcha V 9
housemade organic cashew milk,
organic strawberries

We use organically farmed
Nekohama Ceremonial Grade Matcha

THE
WELL

LUNCH MENU

Summer 2024