

# THE WELL HAPPY HOUR

## SNACKS

all specialty cocktails, wines by the glass & snacks for \$9 daily from 3-5pm.

### Crudités ◉

seasonal raw vegetables with housemade beet & cauliflower tahini dips

### Guacamole ◉

pomegranate, jalapeño, onion, parsley, cilantro, caper, siete tortilla chips

### Avocado Toast ◉◉

organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread

### Hummus ◉

garlic olive oil, tahini, served with crudite & siete chips

### Thai Lettuce Wraps ◉◉

local mushroom, toasted brown rice, cilantro, mint, ginger, red onion, fresno, chili lime, organic cashew

### Salmon Tartare\*

sustainably-sourced salmon, jicama, caper, red onion, avocado, chili oil, siete tortilla chips

## COLD-PRESSED JUICE 14oz

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



- ◉ : vegan
- : vegetarian
- ◉ : contains nuts

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

## 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.

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# THE WELL BAR MENU

## COCKTAILS

<b>The Elixir</b> ◉	15
drippings springs vodka, charcoal maple syrup, lemon, apple, ginger, cucumber, cayenne *substitute slow luck for non-alcoholic	
<b>2nd Street Margarita</b> ◉	18
lalo tequila, jalisco orange, agave, lime	
<b>Hibiscus Martini</b> ◉	16
hibiscus infused vodka, limoncino, pineapple, lime, angostura bitters	
<b>Espresso Martini</b> ◉	16
tito's, housemade cold brew, agave, aquafaba, cacao	
<b>Golden Hour</b> ◉	17
aquasol blanco, cardamom infused elderflower, blood orange, cava, tonic, lime	
<b>Bin &amp; Gitters</b> ◉	15
zephyr black gin, lime, agave, leopold's aperitiv, angostura bitters	

## ZERO PROOF

<b>Pillow Talk</b> ●	12
strawberry hibiscus water, coconut cream, rose, vanilla & cinnamon infused honey, aquafaba	
<b>Spiceberry</b> ◉	12
aplos calme, strawberry ginger mayawell, lemon, tonic, aquafaba	
<b>Paradise Cove</b> ◉	12
slow luck, pineapple mango mayawell, lime coconut cream, pineapple juice, aquafaba	

## WINES

### Red

<b>Velevet Fog</b>	17/64
pinot noir adelaide hills, australia 2021	
<b>Domaine Chaume-Arnaud Rouge</b>	15/56
cotes du rhone rhone valley, france 2020	
<b>Babylonstoren</b>	16/60
cabernet, shiraz western cape, south africa 2021	
<b>Col di Luna</b>	20/76
sangiovese montalcino, italy 2020	

### White

<b>Artomaña Txakolina</b>	16/60
hondorabi zuri basque country, spain 2022	
<b>Sylaine &amp; Alain Normand, Mâcon</b>	19/74
chardonnay burgundy, france 2022	
<b>Il Monticello</b>	18/68
vermentino liguria, italy 2022	
<b>Sohm &amp; Kracher</b>	16/60
grüner veltliner niederosterreich, austria 2021	

### Rosé

<b>Fig &amp; Olive</b>	12/39
cotes de provence cotes de provence, france	

### Sparkling

<b>Segura Vidas</b>	11/38
cava spain, nv	
<b>Ruhmann Schutz</b>	15/56
cremant d' alsace rose dambach la-ville, france	

## BEER & CIDER

### Draft Selections

<b>Juneshine Seasonal Hard Kombucha</b>	9
california, 6% abv	
<b>Texas Keeper No. 1 Hard Cider</b>	9
austin, texas, 7.6% abv	
<b>Holidaily Brewing Co. Cans</b>	
<b>Favorite Blonde Ale</b>	8
golden, colorado, 5% abv	
<b>Big Henry Hazy IPA</b>	8
golden, colorado, 6.3% abv	

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

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