



THE WELL



OUR BRAND

The Well blends top-tier nutrition, local and sustainable farming, and authentic flavors for a culinary experience that redefines healthy food in Downtown Austin.

We are proud to offer a menu that is completely gluten free, soy free, dairy free, and refined sugar free.

We emphasize the importance of low sugar, healthy fats, and clean oils. We only use the highest quality proteins and ingredients, and ensure any produce listed on the “Dirty Dozen” is organically sourced.

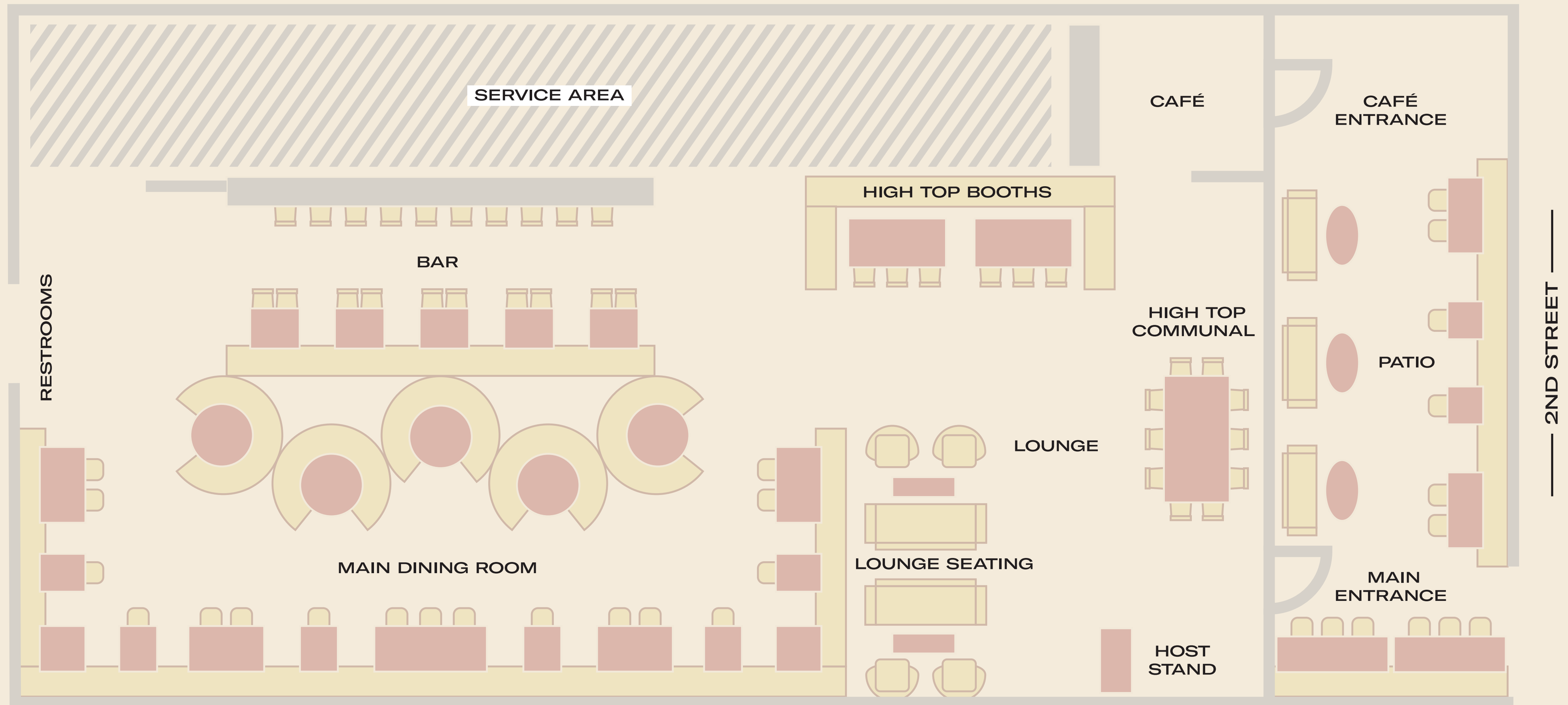
Food is our life force. Our team is passionate about optimizing the mind, body and spirit through nutrition.





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



BRUNCH

FAMILY STYLE / BUFFET

available starting at 9 am

GETTING STARTED

choice of two

Crudités *V*

seasonal raw & marinated vegetables

Guacamole ○ *V*

pomegranate seeds, mint organic jalapeno, caper, cilantro, “siete” chips

Sustainably-sourced Salmon Tartare* ○

jicama, capers, red onion, avocado, chili oil, “siete” tortilla chips

Avocado Toast 🌱 *V*

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

Falafel & Hummus *V*

bell pepper, cucumber, dill

Seasonal Fruit *V*

chef’s choice of seasonal fruit

SALADS

choice of one

Vegan Caesar *V*

romaine lettuce, cherry tomato, alfalfa sprout, broccoli, green beans, crispy chickpea

Roasted Beet *V*

winter greens, tahini, citrus, parsley, pepitas, dill

Kale & Lentil ○ 🌱 *V*

organic kale, acorn squash, organic date, caper, red onion, petit herb, pistachio

SIDES

optional

Scrambled Eggs ●

freshly cracked pasture-raised eggs

Uncured Bacon

sugar & nitrite free

Housemade Vegan Sweet Potato Chorizo *V*

chickpea, lentil

Breakfast Potato ○ *V*

fingerling, smoked paprika

Lentils ○ *V*

organic red bell pepper, garlic, onion, tomato

Local Mushroom & Sweet Potato ○ *V*

organic spinach, oyster, shiitake, crimini, sherry vinegar

ENTREES

choice of two

Egg White Scramble ●

housemade vegan chorizo, sweet potato, sunflower sprouts & seeds, organic spinach, avocado

Sweet & Fingerling Potato Hash ○ ●

bell pepper, chickpea, kale, roasted mushroom, red onion

Migas Bowl ○ ●

pasture-raised egg, turmeric, ginger, cherry tomato, cilantro, red onion, organic black bean, red pepper, “siete” chickpea flour tortilla chips

Vegan Chorizo Hash *V*

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

Texas Wagyu Steak & Eggs* ○

texas wagyu sirloin, pasture-raised scrambled eggs, fingerling potato, house salad, aioli

Chilaquiles ○ ● 🌱

sunflower sprout, avocado salsa, cauliflower, carrot, red onion, cilantro

French Toast 🌱

“It’s all good” bread, macerated berries, mint, cashew butter

Chia Seed Pudding ● 🌱

organic oat milk & coconut cream, vanilla, cinnamon, monk fruit, topped with fresh fruit, organic housemade granola, & local honey

Overnight Oats 🌱 *V*

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

choice of apple cinnamon, blueberry banana, or strawberry cacao \$1

○ : Allium

● : vegetarian

🌱 : contains nuts

🌶️ : make it spicy

V : vegan

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



LUNCH

FAMILY STYLE / BUFFET

GETTING STARTED

choice of two

Crudités *V*
seasonal raw & marinated vegetables

Guacamole *o V*
pomegranate seeds, mint organic jalapeno, caper, cilantro, “siete” chips

Sustainably-sourced Salmon Tartare* *o*
jicama, capers, red onion, avocado, chili oil, “siete” tortilla chips

Thai Lettuce Wraps *o o V*
local mushroom, organic, mint, organic wild grain trio, ginger, fresno, local gem lettuce

Avocado Toast *o V*
organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread

Falafel & Hummus *V*
bell pepper, cucumber, dill

Market Fish Ceviche* (+\$3 premium charge) *o*
sustainably caught white fish, coconut, chili, red onion, jalapeño, citrus, basil, “siete” tortilla chips

SALADS

choice of one

Vegan Caesar *V*
romaine lettuce, cherry tomato, alfalfa sprout, broccoli, green beans, crispy chickpea

Roasted Beet *V*
winter greens, tahini, citrus, parsley, pepitas, dill

Kale & Lentil *o o V*
organic kale, acorn squash, organic date, caper, red onion, petit herb, pistachio

SIDES

optional

Local Mushroom & Sweet Potato *o V*
organic spinach, oyster, shiitake, crimini, sherry vinegar

Local Fingerling Potato *o o o*
salsa macha, petite herb, garlic aioli

Local Street Corn *o o o*
cashew avocado crema, cilantro organic bell pepper, organic jalapeno

Crispy Brussels Sprouts *o o*
organic apple, local honey, organic almond, fresno chili

Wild Grain Trio *o V*
quinoa, forbidden black rice

Lentils *o V*
organic red bell pepper, garlic, onion, tomato

ENTREES

choice of two

Coconut Curry Squash *o V*
yellow squash, butternut squash, zucchini, chickpeas, red bell pepper, cherry tomato, pumpkin seed, organic wild grain trio

Chilaquiles *o o*
sunflower sprout, avocado salsa, cauliflower, carrot, red onion, cilantro

Pasture-raised Roasted Chicken *o*
seasonal sides, chef’s choice

Sustainably-sourced Salmon* *o*
seasonal sides, chef’s choice

Texas Wagyu Sirloin* *o*
seasonal sides, chef’s choice

Texas Wagyu Steak & Eggs* *o*
texas wagyu sirloin, pasture-raised scrambled eggs, fingerling potato, house salad, aioli

o : Allium

o : vegetarian

o : contains nuts

o : make it spicy

V : vegan

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



DINNER

FAMILY STYLE / BUFFET

GETTING STARTED

choice of two

Crudités *V*

seasonal raw & marinated vegetables

Guacamole *o V*

pomegranate seeds, mint organic jalapeno, caper, cilantro, “siete” chips

Sustainably-sourced Salmon Tartare* *o*

jicama, capers, red onion, avocado, chili oil, “siete” tortilla chips

Thai Lettuce Wraps *o o V*

local mushroom, organic, mint, organic wild grain trio, ginger, fresno, local gem lettuce

Avocado Toast *o V*

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

Falafel & Hummus *V*

bell pepper, cucumber, dill

Market Fish Ceviche**o*

sustainably caught white fish, coconut, chili, red onion, jalapeño, citrus, basil, “siete” tortilla chips

SALADS

choice of one

Vegan Caesar *V*

romaine lettuce, cherry tomato, alfalfa sprout, broccoli, green beans, crispy chickpea

Roasted Beet *V*

winter greens, tahini, citrus, parsley, pepitas, dill

Kale & Lentil *o o V*

organic kale, acorn squash, organic date, caper, red onion, petit herb, pistachio

SIDES

optional

Local Mushroom & Sweet Potato *o V*

organic spinach, oyster, shiitake, crimini, sherry vinegar

Local Fingerling Potato *o o o*

salsa macha, petite herb, garlic aioli

Local Street Corn *o o o*

cashew avocado crema, cilantro organic bell pepper, organic jalapeno

Crispy Brussels Sprouts *o o*

organic apple, local honey, organic almond, fresno chili

Wild Grain Trio *o V*

quinoa, forbidden black rice

Lentils *o V*

organic red bell pepper, garlic, onion, tomato

ENTREES

choice of two

Pasture-raised Roasted Chicken *o*

seasonal sides, chef’s choice

Texas Wagyu Sirloin* *o*

seasonal sides, chef’s choice

Sustainably-sourced Salmon* *o*

seasonal sides, chef’s choice

Coconut Curry Squash *o V*

yellow squash, butternut squash, zucchini, chickpeas, red bell pepper, cherry tomato, pumpkin seed, organic wild grain trio

Mushroom Pecan Mole *o V*

radish, red onion, sesame seed, cilantro, avocado

Butternut Squash Risotto *o V*

local mushroom, coconut milk, nutritional yeast, organic arugula, acorn squash, organic pumpkin seed

Tomato & Spinach Pesto Pasta *o o V*

chickpea rotini, cashew cream, garlic, shallot, fresh basil, sunflower crumb add organic pasture-raised chicken

Pasta Bolognese

brown rice penne, grass-fed ragu, fresh basil, chili flake

Sustainably-sourced Market Fish *o*

green beans, pickled shallot, toasted pecan, sage, pecan romesco, caramelized lemon

Grass-fed Texas Wagyu New York Strip**o*

eggplant puree, cherry tomato, fresno chimichurri

o : Allium

o : vegetarian

o : contains nuts

o : make it spicy

V : vegan

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



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 reflecting your chef's set menu selection 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 with the exception of certified gluten free cakes. A \$5 per person cake cutting fee will be applied for any cake brought into the venue.

DO YOU OFFER OFFSITE CATERING?

We offer full service catering & bar packages for off site events. For more information, please contact our director of event sales.

CONTACT US

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