

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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TO START

Snacks

- Crudités** ✓ 12
seasonal raw & marinated vegetables
- Guacamole** ✓ 13
pomegranate seeds, mint, organic jalapeno, caper, cilantro, siete chips
- Sustainably-sourced Salmon Tartare*** 15
jicama, capers, red onion, avocado, chili oil, siete chips
- Thai Lettuce Wraps** ○ 14
local mushroom, organic, mint, organic wild grain trio, ginger, fresno, local gem lettuce
add organic pasture-raised chicken +6
- 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, “it’s all good” gluten free bread
add housemade chicken salad +5
- Falafel & Hummus** ✓ 14
bell pepper, cucumber, dill

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

Bone Broth

- Organic Pasture-raised Chicken** ○ 12
simmered overnight with vegetables and herbs
- Texas Wagyu Grass-fed Beef** 12
simmered overnight with roasted vegetables & herbs
- Vegan** 11
mushroom, lentil, tomato
*Broth add ons:
chickpeas, lentils, vegetables 3
chicken +6, steak +9
ginger & turmeric or coconut curry +1*

Salads

- Vegan Caesar** 15
romaine lettuce, cherry tomato, alfalfa sprout, broccoli, asparagus, crispy chickpea
- Roasted Beet** 16
winter greens, tahini, citrus, parsley, pepitas, dill
- Kale & Lentil** 16
organic kale, acorn squash, organic date, caper, red onion, petit herb, pistachio

○ : Allium
● : vegetarian
⊕ : contains nuts
🔥 : make it spicy
✓ : vegan

TO CONTINUE

Mains

- Pasture-raised Roasted Chicken** ○ 28
organic bell pepper, green olive, caper, tomato, organic kale, chickpea
- Texas Wagyu Sirloin*** ○ 34
organic arugula, fingerling, parsnip, truffle, organic rainbot carrot, celery, red wine jus
- Sustainably-sourced Salmon*** ○ 30
organic spinach and kale, fresno, broccoli, northern bean, onion, garlic, olive oil & balsamic glaze
- Coconut Curry Squash** ○ 22
yellow squash, butternut squash, zucchini, chickpeas, red bell pepper, cherry tomato, pumpkin seed, organic wild grain trio
add organic pasture-raised chicken +6
- Sustainably-sourced Market Fish** ○ 34
asparagus, pickled shallot, toasted pecan, sage, pecan romesco, caramelized lemon
- Grass-fed Texas Wagyu New York Strip*** ○ 59
eggplant puree, cherry tomato, fresno chimichurri
- Pasta Bolognese** ○ 26
brown rice penne, grass-fed ragu, fresh basil
- Spinach Pesto Pasta** ○ 22
sun dried tomato, chickpea rotini, cashew cream, garlic, shallot, fresh basil, sunflower crumb
add organic pasture-raised chicken +6

Tacos

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

- Sweet Potato & Mushroom Asada** ○ 17
- Pasture-raised Chicken Asada** ○ 18
- Texas Wagyu Steak Asada** ○ 19
- Taco Flight** ○ 20
sweet potato & mushroom, pasture-raised chicken, texas wagyu steak
substitute siete chickpea flour tortilla +2

Sides

- Local Mushroom & Sweet Potato** ✓ 8
organic spinach, oyster, shiitake, cimini, sherry vinegar
- Local Fingerling Potato** ● 8
salsa macha, petite herb, garlic aioli
- Local Street Corn** ● 8
cilantro, aioli, organic bell pepper, organic jalapeno
- Crispy Brussels Sprouts** ● 8
organic apple, local honey, organic almond, fresno chili
- Wild Grain Trio** ✓ 8
quinoa, forbidden black rice, mint, cilantro
- Lentils** ✓ 8
organic red bell pepper, tomato, chive
- 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

W

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The entire menu is

GLUTEN,
SOY,
DAIRY,
REFINED SUGAR,
& PEANUT
FREE.

The only oils we use are

OLIVE,
COCONUT,
& ZERO ACRE
FARMS.

100% gluten free kitchen

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BEVERAGES

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

Replenish ○ 11
romaine, spinach,
cucumber, celery, lemon

Energize ○ 11
cucumber, celery, carrot, apple,
kale, beet, radish, lemon, ginger, tur-
meric, black pepper

Wellness Shots 2oz

Digest ○ 6
pineapple, lemon, mint, ginger, aloe

Wellness ● 6
turmeric, ginger, orange, lemon, local
honey, garlic, black pepper

○, aquafava
activated charcoal, coconut water,
sea salt

○ : *vegan*
● : *vegetarian*
Ⓞ : *contains nuts*

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

*add: mushroom adaptogen
blend +1.75, MCT oil +1.5,
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*

AG1 Athletic Greens 7
water, lemon

DRINK WELL
LIVE WELL

THE
WELL

DINNER MENU

Spring 2024