

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

## Classic Brunch Cocktails

<b>Bloody Mary Bar</b>	15
house mix, lemon, olive, pickle, tajin	
<b>Traditional</b> ~ tru garden vodka 35%	
<b>Maria</b> ~ socorro blanco tequila 40%	
<b>Bulldog</b> ~ still austin gin 45%	
<i>Spice it up! ~ O'Brothers Organic Habanero Sauce</i>	
<i>add~ nitrate free uncured bacon +2</i>	
<b>Michelada</b>	9
<b>Sangria</b>	13
<b>Mimosa</b>	14
<b>Mimosa Flight</b>	65
bottle of sparkling brut with 3 cold-pressed juices	

## Salads & Starters

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

**Roasted Beet** ✓ 16  
winter greens, tahini, citrus, parsley, pepitas, dill

**Sustainably-sourced Salmon Tartare\*** ○ 15  
jicama, cilantro, caper, red onion, avocado, garlic chili oil, siete chips

**Guacamole** ○ ✓ 13  
pomegranate, jalapeno, onion, parsley, cilantro, caper, mint, organic jalapeno, caper, cilantro, siete chips

## Bone Broth

**Organic Pasture-raised Chicken** 🍴 ○ 12  
simmered overnight with vegetables & 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

## Toast & Bowls

**Avocado Toast** ○ ✓ 13  
organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread  
*add: housemade chicken salad +5*

**BAE Toast** 14  
nitrate-free uncured bacon, avocado, alfalfa sprouts, pasture-raised scrambled egg, arugula, marinated tomato, “it’s all good” gluten free toast  
*vegetarian option: substitute roasted mushrooms*

**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*

# TO CONTINUE

## Mains

**Egg White Scramble** ● 15  
housemade vegan chorizo, sweet potato, sunflower sprouts & seeds, organic spinach, avocado

**Sweet & Fingerling Potato Hash** ● ○ 15  
pasture-raised poached eggs, chickpea, organic kale, roasted mushroom, red onion

**Breakfast Tacos** ● ○ 14  
pasture-raised scrambled eggs, lime, cilantro, red onion, avocado salsa, heirloom organic corn tortillas  
*add bacon +3*  
*add mushroom +4*  
*substitute siete chickpea flour tortillas +2*

**Migas Bowl** ● ○ 14  
pasture-raised egg, turmeric, ginger, cherry tomato, cilantro, red onion, organic black bean, red pepper, siete chips

**Vegan Chorizo Hash** ✓ 13  
housemade vegan chorizo, sweet potato, chili crunch, roasted cauliflower, pickled vegetables, sprouts

**Texas Wagyu Steak & Eggs\*** ○ 32  
6 oz texas wagyu sirloin, sunny-side up pasture-raised eggs, fingerling potato, house salad

**Chilaquiles** ● ○ ○ 17  
sunny side up pasture-raised eggs, avocado, cauliflower, carrot, red onion, cilantro, sunflower seeds, pecan mole, heirloom organic corn tortilla 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

## Sides

**Two Pasture-raised Eggs Any Style** ● 6

**Uncured Bacon** 6  
nitrate and sugar free

**Housemade Vegan Sweet Potato Chorizo** ✓ 6

**Breakfast Potato** ○ ✓ 6  
onion, paprika

**Lentils** ○ ✓ 8  
organic red bell pepper, tomato, chive

**Avocado Half** ✓ 4

**Organic Pasture-raised Roasted Chicken\*** 8oz ○ 15  
chive, olive oil

**Sustainably-sourced Seared Salmon\*** 6oz ○ 15  
chive, olive oil

**Grass-fed Texas Wagyu Sirloin Steak\*** 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

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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,  
& ZERO ACRE  
FARMS.

100% gluten free kitchen

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# BEVERAGES

## 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) ✓ 13

mint, cacao nibs, avocado, organic spinach, med-jool date, banana, cauliflower, lion's mane, ginkgo biloba, ginseng, cinnamon, organic housemade cashew milk  
suggested protein: vanilla grass-fed whey

### Revive (10g protein) ✓ 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) ✓ 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 (5g protein) ● 13

organic spinach, mango, lime, ginger, zucchini, avocado, orange, local honey, chia, cilantro, coconut water  
suggested protein: collagen peptides

### Chill (6g protein) ✓ 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

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, turmeric, black pepper

## Wellness Shots 2oz

### Digest ✓ 6

pineapple, lemon, mint, ginger, aloe

### Wellness ● 6

turmeric, ginger, orange, lemon, local honey, garlic, black pepper

### Reset ✓ 5

activated charcoal, coconut water, sea salt

## 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 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

### Cacao Hot Chocolate ● 5

local honey, mushroom adaptogen blend

## Speciality Iced Drinks

### Citrus Hibiscus\* ✓ 5

black tea, rose petals, hibiscus, orange infused agave

### Blueberry Refresh\* ✓ 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

### Matcha Tonic\* ✓ 7

### Blue Matcha Latte\* ✓ 9

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

### Berry Matcha ✓ 9

housemade organic cashew milk, organic strawberries

We use organically farmed Nekohama Ceremonial Grade Matcha

✓ : vegan

● : vegetarian

Ⓢ : contains nuts

DRINK WELL  
LIVE WELL

THE  
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## BRUNCH MENU

Saturday & Sunday 9am-3pm