

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.

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, 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, “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
add organic pasture-raised chicken +6

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.*

○ : 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
romaine lettuce, cherry tomato, alfalfa sprout, 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

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

TO CONTINUE

Mains

Pasture Raised Roasted Chicken* ○ 28
organic bell pepper, green olive, caper, tomato, organic kale, chickpea

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

Tacos

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

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

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

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, crimini, sherry vinegar

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

Local Fingerling Potato ● ◐ ○ 8
salsa macha, petite herb, 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

W

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

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, coconut & olive.

V : *vegan*
 ● : *vegetarian*
 ① : *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
cold-pressed & organic

Kickstart V 11
 apple, lemon, ginger, cucumber, cayenne

Hydrate V 11
 kale, apple, cucumber, mint, lemon, ginger

Invigorate V 11
 carrot, apple, pineapple, ginger, beet and lemon

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

Energize V 11
 cucumber, celery, carrot, apple, kale, beet, radish, lemon, ginger, turmeric, black pepper

Wellness Shots 2oz

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

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

Reset V 5
 activated charcoal, coconut water, sea salt

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 housemade 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

Spring 2024