

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.

## SNACKS

**Crudités** ○ 12  
seasonal raw vegetables with housemade beet & tahini dips

**Guacamole** ○ 12  
pomegranate, jalapeño, onion, parsley, cilantro, caper, siete tortilla chips

**Avocado Toast** ○ 13  
organic chia cashew pesto, tomato, pickled onion, “it’s all good” gluten free bread

**Hummus** ○ 14  
garlic olive oil, tahini, served with crudite & siete chips

**Thai Lettuce Wraps** ○ 16  
local mushroom, toasted brown rice, cilantro, mint, ginger, red onion, fresno, chili lime, organic cashew  
*add organic pasture-raised chicken +6*

**Salmon Tartare\*** 16  
sustainably-sourced salmon, jicama, caper, red onion, avocado, chili oil, siete tortilla chips

○ : vegan  
● : vegetarian  
Ⓢ : contains nuts

100% gluten free kitchen

*the entire menu is gluten, dairy, soy, refined sugar, peanut & seed oil free. the only oils we use are olive, coconut & zero acre farms.*

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

## SALADS

**Vegan Caesar** ○ 15  
organic romaine, cherry tomato, broccoli, alfalfa sprout, snap pea, crispy chickpea

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

**Organic Kale & Lentil** ○ 15  
acorn squash, organic date, caper, red onion, petit herb, pistachio

## MAINS

**Pasta Bolognese\*** 24  
brown rice penne, grass-fed ragù, fresh basil, chili flake

**Spinach Pesto Pasta** ○ 19  
chickpea rotini, cashew cream, garlic, shallot, fresh basil, sun-dried tomato, sunflower crumb  
*add organic pasture-raised chicken +6*

**Pasture-raised Roasted Chicken\*** 27  
organic bell pepper, green olive, caper, tomato, organic kale, chickpea

**Sustainably-sourced Salmon\*** 29  
organic spinach & kale, fresno, broccoli, northern bean, onion, garlic, olive oil & balsamic vinegar

**Coconut Curry Squash** ○ 21  
yellow & butternut squash, zucchini, organic red bell pepper, chickpea, organic cherry tomato, pumpkin & sesame seed, wild rice trio  
*add organic pasture-raised chicken +6*

**Grass-fed Texas Wagyu Sirloin\*** 34  
organic arugula, local fingerling potato, parsnip, truffle, organic carrot, celery, red wine jus

## TACOS

*your choice of heirloom organic corn tortillas or siete chickpea flour +2*

**Mushroom, Sweet Potato, & Spinach** ○ 14  
avocado, salsa macha, pickled red onion, radish, cilantro

**Pasture-raised Chicken\*** 16  
avocado, salsa macha, pickled red onion, radish, cilantro

**Grass-fed Steak\*** 18  
avocado, salsa macha, pickled red onion, radish, cilantro

## BONE BROTH

*12oz. simmered overnight with vegetables & herbs  
add-ons: lentil, chickpea, carrot, pea +2,  
pasture-raised chicken +2, grass-fed steak +3*

**Pasture-raised Organic Chicken** 12

**Grass-fed Beef** 12

**Mushroom, Lentil, Tomato** ○ 11  
spicy vegan broth

## SIDES

**Organic Pasture-raised Chicken\*** 8oz 14

**Sustainably-sourced Salmon\*** 6oz 14

**Grass-fed Texas Wagyu Steak\*** 6oz 18

**Mushroom, Sweet Potato, Spinach** ○ 7  
oyster, shiitake, crimini, thyme, sherry vinegar, chive, salt

**Smashed Local Fingerling Potato** ● 7  
salsa macha, sea salt, herb, garlic aioli

**Okra & Tomato** ○ 7  
eggplant puree, shallot, garlic, mint, cilantro, dill, parsley

**Wild Rice Trio** ○ 7  
organic brown rice, organic quinoa, forbidden black rice

## DESSERTS

**Golden Milk Ice Cream** ○ 9  
coconut milk, turmeric, vanilla bean topped with chocolate sauce & almond

**Avocado Mousse** ○ 9  
organic cacao, banana, cinnamon, vanilla topped with organic coconut & pistachio

W

6317 BEE CAVES RD. #200,  
AUSTIN, TX 78746

## COFFEE BY ATLAS

*milk options include: housemade organic cashew, oat, organic whole milk, organic half & half, organic unsweetened almond and coconut milks*

Drip	4
Housemade Cold Brew	4
Nitro Cold Brew	5
Espresso	3.5
Americano	3.5
Cappuccino	4.5
Latte	5.5

## TEA

Ceremonial Matcha	6
Golden Milk Latte	4.5
Chai Tea Latte	5.5
Nilgiri Jade Green	4
Assam Black	4
Herbal Turmeric or Butterfly Pea Flower	4

## SPECIALTY

<b>Iced Vanilla Maca</b> housemade cold brew coffee, organic maca, vanilla, organic medjool date, grass-fed collagen peptides, organic mct oil	8
<b>Cacao Hot Chocolate</b> ◯ organic cacao, local honey, organic mushroom adaptogen blend	5
<b>Iced Blue Matcha Latte</b> ◯◯ ceremonial grade matcha*, blue spirulina, housemade cashew milk*, vanilla, monk fruit	9
<b>Strawberry Matcha</b> ◯◯ housemade organic cashew milk, organic strawberries, maple	9

*the entire menu is gluten, soy, refined sugar, peanut & seed oil free.*

- ◯ : vegan
- : vegetarian
- ⊕ : contains nuts

## COLD-PRESSED JUICE 14oz

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

THE  
WELL  
WELL

## DINNER MENU

*Spring 2024*