

The Well Café Hours
Monday - Saturday 8am - 3pm
Sunday 10am - 2pm

Grab + Go Hours
Monday - Friday 8am - 7pm
Saturday 8am - 4pm
Sunday 9am - 2pm



The Well Café

phone: 504.900.0980
email: thewellcafe@spyrecenter.com
instagram: @spyre_nola +
@amelavieatthewell

HOT BREAKFAST (until 10:30AM)

FIRST IN FLIGHT

farm egg, Two Brooks
jasmine rice, seasonal
vegetables, shallots,
garlic, kimchi, Callisto
sauce
(GF) (DF)
12

EASY BEING GREEN

matcha oatmeal
oats, buckwheat,
maple, vanilla, coconut
milk, matcha, fruit,
granola
(GF) (DF) (Veg) (V)
8.5

JUMP START

River Bear nitrate free
+ humanely raised pork
breakfast patty, sunny
side up farm egg,
Resurrection Garden
sauerkraut
(GF) (DF)
8.5

ALL DAY BREAKFAST

GRANOLA CEREAL BOWL*

oat, nut, + seed granola
with dried fruit and
choice of milk
(GF) (Veg)
can be (DF) (V)
7.5

CHIA SEED PUDDING*

chia seeds, strawberry
cashew milk, maple,
mango, granola
(GF) (DF) (V) (Veg)
9.5

LUNCH

HARVEST MOON*

seasonal root vegetable,
umami almond dressing,
black rice, spring greens +
citrus salad, pepitas,
satsuma
(GF) (DF) (V)
12

GOLDEN DREAM SOUP

carrot, turmeric, ginger,
coconut milk
(GF) (DF) (V)
11

DREAMS OF THE EAST

Asian Inspired Rice Bowl
Two Brooks jasmine rice,
sautéed seasonal vegetables,
sesame seeds + 'gimme more'
sauce
(GF) (DF) (V)
12

EXISTENTIAL LENTIL STEW

red lentils, coconut milk, lemon,
tomatoes, kefir, crispy onion +
garlic
(GF) (Veg)
can be (V) (DF)
12

CURRIED AWAY

Two Brooks Farm jasmine rice,
seasonal vegetables, Tien Dat
tofu, carrot curry, cucumber,
kefir, cilantro sauce
(GF) (Veg) can be (DF) (V)
13

LIVING THE NOODLE DREAM

soba noodles, red miso, pickled
vegetables, furikake
(GF) (DF) (V) (Veg)
7
Make it a hot soup!
Add chicken bone broth
5

FARM FRESH SEASONAL GARDEN SALAD*

seasonal greens + vegetables,
toasted nuts + seeds, balsamic
vinaigrette
(GF) (DF) (V)
11

YOUNG + WILD*

arugula, Two Brooks wild rice,
dried fruit, feta cheese, turmeric
toasted heirloom pepitas +
citrus vinaigrette
(GF) (Veg) can be (DF) (V)
12

BEAUTY + THE BEET*

marinated beets, toasted
nuts + seeds, herbed goat
cheese (arugula add on
available)
(GF) (Veg) can be (DF) (V)
8

SIDE DISH

ANDOUILLE SAUSAGE

Local Cooling Farms
(GF) (DF)
6

BAKED TIEN DAT TOFU

nutritional yeast, tamari,
red pepper flakes
(GF) (DF) (V)
7.5

BOILED FARM EGG

Local Cooling Farms
(GF) (DF) (Veg)
2.5
marinated
3.5

CHICKEN + ONIONS

tamari, sesame
(GF) (DF)
8

ENERGY BITES

FIRST FROST

coconut matcha
energy balls
(GF) (DF) (V)
7

LITTLE MISS SUNSHINE*

cashew lemon
energy balls
(GF) (DF) (V)
8

SWEET TOOTH*

cacao oat pecan
energy balls
(GF) (DF) (Veg)
7

BROTHS

BEEF BONE

Local Cooling Farms grass-fed
beef bones, onion, pepper, bay
leaf
(GF) (DF)
8

CHICKEN BONE

Hill Top Poultry chicken bones,
onion, turmeric, ginger, lemon
grass, star anise, cardamon,
apple cider vinegar
(GF) (DF)
7.5

SCRAPPY VEGAN

root vegetables, seasonal
greens, flax seeds
(GF) (DF) (V)
7

ADD ONS

AVOCADO
1.75

BREAKFAST
SAUSAGE
6

CHICKEN SIDE
3

EXTRA
VEGETABLES
3

FETA CHEESE
2

GRANOLA*
3

HERBED GOAT
CHEESE
2

JASMINE RICE
3

KIMCHI
1.75

MARINATED
FARM EGG
3

*The Well Café is not a nut-free kitchen and all menu items are prepared in a facility that handles nuts. Please inform the chef of any allergies.