

The Well Café

HOT BREAKFAST (until 10:30AM)

BREAKFAST SANDWICH

breakfast patty, sunny side up egg, choice of local sauerkraut & dijonaise or kimchi & sriracha aioli, served on a brioche bun
11.5

FIRST IN FLIGHT

farm egg, jasmine rice, seasonal vegetables, kimchi, Callisto sauce
(GF) (DF)
12.5

JUMP START

breakfast patty, farm egg, local sauerkraut
(GF) (DF)
8.5

MARDI GRITS

blue grits, mushroom, cabbage, breakfast sausage, farm egg, kimchi, black sesame seeds
(GF)
14

ALL DAY BREAKFAST

GRANOLA CEREAL BOWL

granola with dried fruit (GF) (Veg)
7.5
add choice of milk or yogurt - MP

STRAWBERRY CASHEW CHIA

strawberry cashew milk, chia seeds, frozen blueberries, + granola
(GF) (DF) (V) (Veg)
9.5

HOT LUNCH

SALAD

SOUPS & BROTHS

HARVEST MOON*

seasonal root vegetable, umami almond dressing, black rice, sesame citrus greens, turmeric toasted pepitas
(GF) (DF) (V)
12

BEAUTY + THE BEET*

marinated beets, toasted nuts + seeds, goat cheese
(GF) (Veg) can be (DF) (V)
8
add salad greens - 3

EXISTENTIAL LENTIL STEW

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

GOLDEN DREAM SOUP

carrot, turmeric, ginger, curry, coconut milk
(GF) (DF) (V)
12

DREAMS OF THE EAST

mushrooms, jasmine rice, sautéed seasonal vegetables, sesame seeds + 'gimme more' sauce
(GF) (DF) (V)
12

SO FRESH + SO CLEAN*

quinoa, raw seasonal vegetables, roasted squash, cabbage, toasted cashews, tahini ginger dressing
(GF) (Veg) (DF) (V)
12.5

SCRAPPY VEGAN BROTH

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

BEEF BONE BROTH

grass-fed beef bones
(GF) (DF)
8

CURRIED AWAY

jasmine rice, seasonal vegetables, tofu, carrot curry, cucumber, kefir, cilantro sauce
(GF) (Veg) can be (DF) (V)
14

SEASONAL GARDEN SALAD*

seasonal lettuce + vegetables, toasted nuts + seeds, spyre dressing
(GF) (DF) (V)
13

CHICKEN BONE BROTH

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

HEADS WILL ROLL

jasmine rice, chicken thigh pieces, charred onion, broccoli, tamari ginger sesame sauce, cucumber
(GF) (DF)
14

YOUNG + WILD*

arugula, Two Brooks Farm wild rice, dried fruit, feta cheese, turmeric toasted heirloom pepitas + citrus vinaigrette
(GF) (Veg) can be (DF)
13

ENERGY BALLS

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

PROTEIN ADD ONS

SIDES

BOILED FARM EGG

3.5

CHICKEN

SM - 4.5 LG - 9

BAKED LOCAL TOFU

SM - 4 LG - 7.5

ANDOUILLE OR BREAKFAST SAUSAGE

6

AVOCADO - 1.75

BLACK RICE - 4

EXTRA SAUCE/DRESSING - 1.5

FETA or GOAT CHEESE - 2

A2 ORGANIC YOGURT - 4

JASMINE RICE - 3

KIMCHI - 1.75

SAUERKRAUT - 1.75

SEASONAL VEGETABLES - sm 3 /lg 6

TURMERIC TOASTED PEPITAS - 1

BEVERAGES

COFFEE

DRIP COFFEE

12 OZ 20 OZ
SM 3 LG 5

COLD BREW

16 OZ
6.5

CLOUD COFFEE

Hot or Iced
coffee, mushroom powder, collagen, coconut milk, maple, vanilla, 8

SHINE COFFEE

Hot or Iced
coffee, cashew milk, mushroom powder, collagen, maple, almond extract 8

MILKS

CASHEW - .75

COCONUT - .5

LAVENDER

GRASS-FED

CASHEW - 1

ORGANIC COWS - .5

TEA

GOLDEN WELL

Hot or Iced
cashew, turmeric, maple, cinnamon, ginger 6.5

LAVENDAR HAZE

Hot or Iced
lavendar cashew milk, honey, butterfly pea powder, vanilla, salt 7

MATCHA LATTE

Hot or Iced
matcha, choice of milk, salt, pepper, cinnamon 6

IN BLOOM ICED

ginger, hibiscus, passion flower, honey lemon, juice 4

CHAI BLISS

Hot or Iced
Rishi Chia, Choice of Milk 7

SPYRE BLEND

chamomile, lemon verbana, rose petals + nettle leaf 3.25

THE WELL BLEND

passion flower, ginger, hibiscus 3.25

GREEN SENCHA

3.25

RISHI HOT TEA

ask for flavors 3

JUICE & MORE

ANTIDOTE JUICES - 12

ANTIDOTE LIVING WATER - 9

SPARKLING RISHI - 3.85

ORGANIC ORANGE JUICE - 5

ORGANIC MANGO JUICE - 5

ORGANIC COCONUT WATER - 5

SMOOTHIES

BLUE MOON

blue spirulina, banana, mango, pineapple, kefir, ginger, honey (GF) (Veg) 13.5

OVER THE RAINBOW

strawberry, orange juice, mango, pineapple, aloe, blueberry, flaxseed (GF) (DF) (V) 12

MAN, GO GREEN!

mango, banana, apple, spirulina, spinach, ginger, coconut milk, aloe juice + hemp seeds (GF) (DF) (V) 12

YOGI BERRY

blackberry, blueberry, strawberry, coconut water, yogurt, hemp seeds, local honey (GF) (veg) 12

HOUSE OF THE DRAGON FRUIT

banana, coconut milk, vanilla extract, cinnamon, maple syrup, cashews, dragon fruit powder, maca (GF) (DF) (V) 13

CHOCOLATE CHILL

ashwaganda, homeground shiitake + reishi powder, cacao, MCT oil, cinnamon, maple syrup, almond butter + coconut milk (GF) (DF) (V) 12

AD ONS

ALMOND BUTTER - 1

ALOE SHOT - 1.5

ASHWAGANDHA POWDER - 1.25

BANANA - 1

BLUE SPIRULINA - 3

BUTTERFLY PEA POWDER - 1

CHIA SEEDS - 1.25

COLD BREW SHOT - 1.5

COLLAGEN HYDROSLATE

PROTEIN POWDER - 2.25

DRAGON FRUIT POWDER - 2

GROUND FLAX SEEDS - 1.25

HEMPSEEDS - 2

LEAFY GREENS - 2

LOCAL POWERS HONEY - 1

MACA - 1.25

MATCHA - 1.25

MCT OIL - 1

MUSHROOM POWDER - 2.25

SPIRULINA - 1.25

VITAMIN C POWDER - 2