

# The Well Café

## LUNCH

### DREAMS OF THE EAST

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

### HARVEST MOON\*

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

### CAULIFLOWER DREAMIN' SOUP\*

cauliflower, onion, curry paste, coconut milk, turmeric toasted pepitas, chili flakes  
(GF) (DF) (V)  
12

### YOUNG + WILD SALAD

arugula, black rice, dried fruit, turmeric toasted pepitas, feta cheese, citrus dressing  
(GF) (Veg) can be (DF) (Vegan)  
13

### CURRIED AWAY

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

### KIMCHI FRIED RICE

jasmine rice, green beans, carrots, cabbage, onions, kimchi, tamari, rice vinegar, maple, sesame, lime, scrambled egg, choice of protein - 13  
(GF) (DF)

### MR. BEAN

kidney beans, lentils, seasonal vegetables, roasted pumpkin, kale, shaved onions, sweet + savory dressing  
(GF) (DF) (Vegan)  
12

### BEAUTY + THE BEET\*

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

### HEADS WILL ROLL

choice of protein, jasmine rice, charred onion, seasonal vegetable, tamari ginger sesame sauce, cucumber  
(GF) (DF)  
14

### MISS POTATO HEAD

indian spiced seasonal potato medley, onion, peppers, greens, boiled farm egg, cilantro sauce, feta cheese, pickled onion  
(GF) (Veg)  
12

### SO FRESH + SO CLEAN\*

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

### SEASONAL GARDEN SALAD\*

\*subject to market availability\*  
seasonal lettuce + vegetables, toasted nuts + seeds, balsamic vinaigrette  
(GF) (DF) (V)  
13

## BROTHS

### CHICKEN BONE BROTH

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

### SCRAPPY VEGAN BROTH

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

### MISO BEEF BONE BROTH

beef bone broth, red miso  
(GF) (DF)  
8

### BROTH PLATE

broth of choice, scoop of jasmine rice, boiled farm egg  
(GF) (DF) can be (Vegan)  
10

## SIDES

AVOCADO - 1.75

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

## PROTEIN ADD ONS

BOILED FARM EGG - 3.5

ANDOUILLE - 6

GROUND PORK - 6

CHICKEN THIGH PIECES

SM - 4.5 LG - 9

BAKED LOCAL TOFU

SM - 4 LG - 7.5

## 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

## ALL DAY BREAKFAST

### GRANOLA

### CEREAL BOWL

granola with dried fruit + cacao nibs (GF) (Veg)  
[add choice of milk or yogurt - MP]  
7.5

### CH-CH-CHAI-CHIA\*

cashew milk, maple, chai spices, seasonal fruit, + granola  
(GF) (DF) (Vegan)  
9.5

# BEVERAGES

## COFFEE

### DRIP COFFEE

12 OZ 20 OZ  
SM 3 LG 5

### COLD BREW

16 OZ  
5.5

### 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

HOUSE CASHEW MILK - 0 COCONUT - .5  
LAVENDER CASHEW - .5 CHAI CASHEW - .75  
GRASS FED ORGANIC COW MILK - .5

## TEA

### GOLDEN WELL

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

### LAVENDAR HAZE

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

### MATCHA LATTE

Hot or Iced  
matcha, choice of  
milk, cinnamon  
6

### IN BLOOM ICED TEA

ginger, hibiscus,  
passion flower,  
honey, lemon  
4

### SPYRE BLEND

chamomile, lemon  
verbana, rose +  
nettle  
3.25

### LONDON FOG LATTE

Hot or Iced  
London fog tea,  
lavender cashew milk  
6.5

### CHAI BLISS LATTE

Hot or Iced  
Rishi chia, choice of  
milk  
6.5

### THE WELL BLEND

passion flower,  
ginger, hibiscus  
3.25

### GREEN SENCHA

3.25

## SMOOTHIES

### BLUE MOON

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

### CHOCOLATE CHILL

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

recommended add on - banana

### HOUSE OF THE DRAGON FRUIT

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

recommended add on - almond  
butter

### MAN, GO GREEN!

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

### OVER THE RAINBOW

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

### RAPBERRY BERET

coconut milk, lime, local honey,  
raspberry, cherry, chia seed, vanilla  
(GF) (DF) (Veg)  
13.5

### YOGI BERRY

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

## ADD ONS

ALMOND BUTTER - 1  
ALOE SHOT - 1.5  
ASHWAGANDHA POWDER - 1.25  
BANANA - 1  
BLUE SPIRULINA - 3  
BUTTERFLY PEA POWDER - 1.5  
CHIA SEEDS - 1.25  
COLD BREW SHOT - 1.5  
COLLAGEN PROTEIN POWDER - 2.25  
DRAGON FRUIT POWDER - 2  
GINGER - .5  
GROUND FLAX SEEDS - 1.25  
HEMPSEEDS - 1.25  
LEAFY GREENS - 2  
LOCAL POWERS HONEY - 1  
MACA - 1.25  
MATCHA - 1.25  
MUSHROOM POWDER - 2.25  
SPIRULINA - 1.25  
VITAMIN C POWDER - 1.25