

THE WELL

Featured Signature Fare

Salads + Bowls

STRAWBERRY GARDEN KALE SALAD 10

kale · strawberries · roasted asparagus · radishes · spring onion cashew spread · chipotle rhubarb salsa · salty almonds · sunflower seed 'parm'

THAI YUM-YUM BOWL 10

coconut brown rice · organic sprouted curry tofu · carrots · peas · cucumbers · romaine · radishes · peanut sauce · peanuts · cilantro · microgreens

THE CAESAR 9.5

romaine · kale · local hard-boiled egg · roasted red pepper hummus · rustic garlic croutons · fire-roasted chickpeas

FAT BUSTIN' BOWL 11

kale · avocado · fermented cabbage · red onion · albacore tuna · zesty special sauce · salty almonds

NOURISHING BOWL 10

kale · quinoa · fermented cabbage · carrots · cucumber · red onion · roasted red pepper hummus · fire-roasted chickpeas

ADD WILD-CAUGHT ALBACORE TUNA (+2.5) ORGANIC SPROUTED CURRY TOFU (+2.5)

LOCAL HARD-BOILED EGG (+2) OR AVOCADO (+1) TO ANY SALAD OR BOWL

Pitas + Plates

NUTTY STRAWBERRY-PLUM PITA 9

millet-flax pita bread · strawberry-plum spread · housemade almond butter · strawberries · apples · salty almonds · with simple kale salad

SUMMER TUNA PITA 9

millet-flax pita bread · spring onion cashew spread · wild-caught albacore tuna · microgreens · cucumbers · with simple kale salad

HUMMUS VEGGIE PITA 9

millet-flax pita bread · roasted red pepper hummus · romaine · carrots · cucumbers · fermented cabbage · with simple kale salad

HUMMUS PLATE 7.5

roasted red pepper hummus · fresh fruit + veggies · pita wedges

SPREADS SAMPLER 9.5

roasted red pepper hummus · strawberry-plum spread · zesty special sauce served with pita wedges, fresh fruit + veggies

Indulgences

CARAMEL CRUNCH APPLES 6.5

wholesome caramel dip · apples · maple toasted pecans

MAPLE-STUDDED AFFOGATO 6.5

espresso · organic vanilla bean ice cream · maple pecan clusters

STRAWBERRY-BANANA SPLIT 6.5

organic vanilla bean ice cream · bananas · strawberries · chocolate sauce · peanuts

SUBSTITUTE VANILLA COCONUT MILK ICE CREAM (+2)