

# THE WELL

## Featured Signature Fare

### Salads + Bowls

#### **CARAMEL APPLE KALE SALAD** 10

*kale · apples · roasted sweet potatoes · maple pecan clusters · pumpkin spice caramel cashew spread · rustic cinnamon sugar croutons*

#### **SWEET-N-SPICY HARVEST BOWL** 11

*wild + brown rice · beets · roasted sweet potatoes · carrots · romaine · fermented cabbage · curried tofu · roasted red pepper hummus · padron pepper sauce · spicy sweet pumpkin seeds*

#### **FALL FAT BUSTIN' BOWL** 11

*kale · avocado · fermented cabbage · red onion · curried tuna · creamy Moroccan sauce · salty almonds*

#### **NOURISHING BOWL** 10

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

**ADD CURRIED 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

#### **PUMPKIN PIE PITA** 9

*millet-flax pita bread · pumpkin spice cashew spread · wholesome caramel · apples · maple pecan clusters · with simple kale salad*

#### **CURRIED TUNA PITA** 9

*millet-flax pita bread · curried tuna · romaine · maple pecan clusters · raisins · with simple kale salad*

#### **SPICY VEGGIE PITA** 9

*millet-flax pita bread · roasted red pepper hummus · cucumbers · fermented cabbage · carrots · padron pepper sauce · 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 · creamy Moroccan sauce · pumpkin spice cashew spread 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*

#### **CARAMEL APPLE PIE SUNDAE** 6.5

*organic vanilla bean ice cream · apples · wholesome caramel · maple pecans · rustic cinnamon sugar croutons*

**SUBSTITUTE VANILLA COCONUT MILK ICE CREAM (+2)**