

THE WELL

Featured Signature Fare

Salads + Bowls

BEET-ORANGE KALE SALAD 10

kale · quinoa · beets · oranges · salty almonds · raw sunflower seeds · zesty special sauce

TUNA NIÇOISE 11

romaine · albacore tuna · hard-boiled egg · sun-dried tomatoes · spicy sweet pumpkin seeds · salty almonds · creamy sriracha sauce

THE SUSHI BOWL 11

organic sushi rice · sesame ginger sprouted tofu · avocado · carrots · romaine · cucumber · horseradish hummus · creamy sriracha sauce · wasabi honey-roasted edamame · sea vegetables

FAT BUSTIN' BOWL 11

kale · avocado · fermented cabbage · red onion · wild-caught 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 SUSTAINABLE WILD-CAUGHT ALBACORE TUNA (+2.5) ORGANIC SPROUTED SESAME GINGER TOFU (+2.5)

LOCAL HARD-BOILED EGG (+2) OR AVOCADO (+1.5) TO ANY SALAD OR BOWL

Pitas + Plates

NUTTY APRICOT PITA 9

*millet-flax pita bread · cinnamon cashew spread · rosemary apricot spread · apples · carrots · maple pecan clusters
served with simple kale salad*

MEDITERRANEAN TUNA PITA 9

*millet-flax pita bread · mediterranean wild-caught albacore tuna · sun-dried tomato cashew spread · romaine · cucumbers
served with simple kale salad*

HORSEY VEGGIE PITA 9

*millet-flax pita bread · horseradish hummus · romaine · fermented cabbage · carrots · cucumbers
served 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 · zesty special sauce · cinnamon 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

SUBSTITUTE VANILLA COCONUT MILK ICE CREAM (+2)