

# THE WELL

## Featured Signature Fare

### Salads + Bowls

#### **HAPPY SPRING KALE SALAD** 10

*kale · roasted asparagus · radishes · peas · pasture-raised hard-boiled egg · spring onion cashew spread · salty almonds · sunflower seed 'parm'*

#### **SPICY BUFFALO BOWL** 10

*wild brown rice · organic sprouted garlic-chipotle tofu · carrots · fermented cabbage · celery · romaine · buffalo hummus · sunflower seed 'parm' · microgreens*

#### **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 GARLIC-CHIPOTLE TOFU (+2.5)  
OR LOCAL PASTURED HARD-BOILED EGG (+2) TO ANY SALAD OR BOWL**

### Pitas + Plates

#### **SWEET LOVE PITA** 9

*millet-flax pita bread · strawberry-plum spread · housemade almond butter · chocolate chips · bananas · salty almonds · served with simple kale salad*

#### **SPRING TUNA PITA** 9

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

#### **BUFFALO VEGGIE PITA** 9

*millet-flax pita bread · buffalo hummus · romaine · carrots · cucumbers · fermented cabbage · 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 · 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 · vanilla coconut milk ice cream · maple pecan clusters*