

THE WELL

Featured Signature Fare

Salads + Bowls

STRAWBERRY GARDEN SALAD 9.5

KALE • LOCAL STRAWBERRIES • ASPARAGUS • BEETS • AVOCADO • SALTY ALMONDS • SPRING ONION CASHEW SPREAD • CHIPOTLE RHUBARB SALSA

TUNA CAESAR 9.5

KALE • ROMAINE • SUNFLOWER SEED PARM • ROASTED RED PEPPER HUMMUS • PESTO WILD-CAUGHT ALBACORE TUNA • RUSTIC GARLIC CROUTONS

SPICY BUFFALO BOWL 10

KALE • ROASTED CAULIFLOWER • ROASTED ASPARAGUS • CARROTS • CELERY • FERMENTED CABBAGE • SPRING ONION CASHEW SPREAD • MICROGREENS • SALTY ALMONDS • BUFFALO SAUCE

NOURISHING BOWL 10

KALE • QUINOA • FERMENTED CABBAGE • CARROTS • CUCUMBER • RED ONION • ROASTED RED PEPPER HUMMUS • FIRE-ROASTED CHICKPEAS

ADD PESTO WILD-CAUGHT ALBACORE TUNA TO ANY SALAD OR BOWL +2.5

Pitas + Plates

NUTTY STRAWBERRY PLUM PITA 9

MILLET-FLAX PITA BREAD • STRAWBERRY-PLUM-BASIL SPREAD • HOUSEMADE ALMOND BUTTER • STRAWBERRIES • APPLES • MAPLE PECAN CLUSTERS • SERVED WITH SIMPLE KALE SALAD

BOLD TUNA PITA 9

MILLET-FLAX PITA BREAD • SPRING ONION CASHEW SPREAD • ROASTED RED PEPPER HUMMUS • CUCUMBERS • SPICY MUSTARD GREENS • PESTO WILD-CAUGHT ALBACORE TUNA • SERVED WITH SIMPLE KALE SALAD

PESTO PITA 9

MILLET-FLAX PITA BREAD • KALE PESTO • ROASTED RED PEPPER HUMMUS • MARINATED CHICKPEAS • CUCUMBERS • MICROGREENS • SERVED WITH SIMPLE KALE SALAD

HUMMUS PLATE 7.5

ROASTED RED PEPPER HUMMUS • FRESH FRUIT + VEGGIES • PITA WEDGES

CARAMEL CRUNCH APPLES 6.5

WHOLESOME CARAMEL DIP • APPLES • MAPLE TOASTED NUT + SEED CLUSTERS

SPREADS SAMPLER 9.5

ROASTED RED PEPPER HUMMUS • STRAWBERRY-PLUM-BASIL SPREAD • SPRING ONION CASHEW SPREAD
SERVED WITH PITA WEDGES, FRESH FRUIT + VEGGIES