

# THE WELL

## Featured Signature Fare

### Salads + Bowls

#### **WATERMELON CRUNCH KALE SALAD** 9.5

*kale · watermelon · avocado · radishes · red onion · quinoa · salty almonds · spicy sweet pumpkin seeds · spring onion cashew spread*

#### **TUNA CAESAR** 9.5

*kale · romaine · sunflower seed parm · roasted red pepper hummus · pesto wild-caught albacore tuna · rustic garlic croutons*

#### **FRESH MEX BOWL** 10

*brown rice · tomatoes · sweet corn · avocado · romaine · red onion · black bean dip · roasted salsa · cilantro · corn muffin*

#### **NOURISHING BOWL** 10

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

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

### Pitas + Plates

#### **PEACH PIE PITA** 9

*millet-flax pita bread · wholesome caramel dip · strawberry-plum-basil spread · peaches · apples · maple pecan clusters · served with simple kale salad*

#### **GARDEN TUNA PITA** 9

*millet-flax pita bread · spring onion cashew spread · roasted red pepper hummus · cucumbers · pea shoots · tomato · 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 · pea shoots · tomato · 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-basil spread · spring onion cashew spread · served with pita wedges, fresh fruit + veggies*

### Indulgences

#### **CARAMEL CRUNCH APPLES** 6.5

*wholesome caramel dip · apples · maple toasted nut + seed clusters*

#### **MAPLE-STUDDED AFFOGATO** 5.25

*espresso · vanilla coconut milk ice cream · maple pecan clusters*