

THE WELL

Featured Signature Fare

Salads + Bowls

BEET-ORANGE KALE SALAD 10

kale · beets · oranges · wild brown rice · salty almonds · raw sunflower seeds · salty almonds · zesty special sauce

THE HORSEY BOWL 10

wild brown rice · carrots · fermented cabbage · roasted butternut · celery · romaine · horseradish hummus · spicy sweet pumpkin seeds

FAT BUSTIN' BOWL 11

kale · avocado · fermented cabbage · red onion · mediterranean 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 MEDITERRANEAN WILD-CAUGHT ALBACORE TUNA TO ANY SALAD OR BOWL +2.5

Pitas + Plates

APRICOTS + ALMONDS PITA 9

millet-flax pita bread · rosemary apricot spread · housemade almond butter · apples · carrots · maple pecan clusters · served with simple kale salad

MEDITERRANEAN TUNA PITA 9

millet-flax pita bread · mediterranean wild-caught albacore tuna · romaine · cucumbers · served with simple kale salad

HORSEY VEGGIE PITA 9

millet-flax pita bread · horseradish 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 · rosemary apricot spread · zesty special sauce · 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 6.5

espresso · vanilla coconut milk ice cream · maple pecan clusters