

Brunch

THE BREAKFAST PLATE (gfo) two pasture-raised eggs any style choice of side: turkey bacon, pork bacon, lentils, or salad choice of: multigrain, sourdough or gluten-free toast	16
THE WELL BOWL (v / gf) two pasture-raised poached eggs, braised chickpeas, dark winter greens, shaved beets, heirloom carrots, radishes, turmeric-tahini vinaigrette	18
THE FRENCHIE (v) soft-boiled eggs, pecorino duro, salted butter choice of: multigrain, sourdough or gluten-free toast	16
SOFT DOSA (v / gf) savory lentil and rice pancake, turmeric-spiced scrambled eggs, spinach, caramelized onions, fermented beets, cilantro chutney	16
THE WELL OMELETTE (v / gf) pasture-raised eggs, asparagus, spinach, aleppo pepper, ghee, himalayan sea salt choice of: multigrain, sourdough or gluten-free toast	18
B E (A) C (gfo) turkey bacon, folded pasture-raised eggs, avocado, aged pecorino, brioche bun	14
MORNING BOWL choice of one base and three garnishes	13

COCONUT OR WHOLE-MILK YOGURT

STEEL-CUT OATMEAL (vv / gf)
housemade almond butter, oat milk, ceylon
cinnamon

CHIA PUDDING (vv / gf)
ceylon cinnamon, coconut milk

GARNISHES
honey selection, market fruit, toasted nuts and
seeds, housemade granola, cacao nibs, raw
coconut shavings, bee pollen

SIDES

two pasture-raised
eggs, any style 4
half avocado 8
smoked salmon 10
turkey or pork bacon 7
green salad 8
multigrain, sourdough
or gluten-free toast 5
seasonal fruit 10

From the Kitchen

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BUCKWHEAT PANCAKE (v / gf) persimmon, blood orange, local dark maple syrup	17
SHAKSHUKA (v / gfo) baked pasture-raised eggs, spicy tomatoes, cilantro, toasted sourdough	19
SPROUTED QUINOA & BEAN BURGER (v / gfo) market vegetables, fermented slaw, dijonnaise, vegetable chips	19
THE NEW YORKER (gf) smoked salmon, potato rosti, pickled red onion, chive crème fraîche	20

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