

Breakfast

Choosing nutritious food is one of the most important things we do each day to improve our health and well-being.

WE BELIEVE

there is no single diet that is right for everyone, so our focus is on providing thoughtfully sourced, seasonal ingredients that are nourishing and nutrient dense.

WE ENCOURAGE

you to choose whatever foods make you feel best, to enjoy them mindfully and to share them with loved ones.

THE BREAKFAST PLATE (gfo) 16
two pasture-raised eggs any style
choice of side: turkey bacon, pork bacon, lentils or salad
choice of: multigrain, sourdough or gluten-free toast

THE WELL BOWL (v / gf) 18
two pasture-raised poached eggs, braised chickpeas, dark winter greens, shaved beets, heirloom carrots, radishes, turmeric-tahini vinaigrette

SAVORY OATS (v) 21
two pasture-raised poached eggs, shiitake mushrooms, parmesan, spicy kale, calabrian chili

SOFT DOSA (v / gf) 16
savory lentil and rice pancake, curry-spiced scrambled eggs, spinach, caramelized onions, fermented hot sauce, cilantro chutney

THE WELL OMELETTE (v / gfo) 18
pasture-raised eggs, maitake mushrooms, winter squash, zaatar
choice of: multigrain, sourdough or gluten-free toast

AVOCADO SOCCA (vv / gf) 18
chickpea pancake, aleppo, hemp seeds, micro herbs
+ poached egg 5, + smoked salmon 7

B E (A) C (gfo) 14
turkey bacon, folded pasture-raised eggs, avocado, aged pecorino, multigrain toast

MORNING BOWL 13
choice of one base and three garnishes

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

avocado 4

smoked salmon 10

turkey or pork bacon 7

green salad 8

multigrain, sourdough or gluten-free toast 5

seasonal fruit 10

(v) vegetarian, (vv) vegan, (gf) gluten-free, (gfo) gluten-free option

Kitchen & Table

Beverages

Coffee

Tea

Coolers

DRIP COFFEE 3.5
THE WELL x Felix Roasting Co.

ESPRESSO 4

AMERICANO 4

MACCHIATO 4.25

CORTADO 4.5

LATTE 5

CAPPUCCINO 5

BLUE BOTTLE COLD BREW 6

choice of milk: almond, oat, whole, half & half

OOLONG 5
CLARITY by Thich Nhat Hanh

AYURVEDIC HERBAL BLEND 5
VITALITY by Thich Nhat Hanh

HOUSE OF WARIS BOTANICALS 5
jasmine, hibiscus citrus, chamomile lavender,
breakfast, sencha, turmeric honeybush, earl grey, white
pomegranate, jade oolong, chai, mystic mint

JASMINE ICED TEA 6

HIBISCUS ICED TEA 6

Juices

Smoothies

Juices & smoothies made with love by Magic Mix Juicery

ORANGE | GRAPEFRUIT 8

CELERY | CUCUMBER 12

WELL & GREEN 12
kale, spinach, romaine, parsley, cucumber, celery,
ginger, lemon

GREEN RADIANCE 12
kale, spinach, romaine, parsley, cucumber, celery

DETOX PAINKILLER 12
apple, lemon, ginger, cayenne, blue-green algae

LIQUID SUNSHINE 12
carrot, orange, ginger

SHOTS 5
choice of: lemon, ginger, and cayenne, ginger, turmeric or aloe vera

COLD CURE 12
pineapple, kale, ginger, lemon, fresh orange juice

GREEN & GREEN 12
kale, spinach, avocado, lemon, ginger, almond milk

BERRY 12
banana, raspberries, blueberries, strawberries, almond milk

CHOCOLATE 12
mattole valley plant or whey protein, banana, cacao, maca,
cinnamon, dates, almond milk

BLUEBERRY BRIGHT 12
spinach, kale, blueberries, banana, ginger, filtered water

SMOOTHIE ADD-INS +3
bee pollen, chia seeds, matcha, spirulina, hemp seeds, cacao nibs

Purveyors

- Anita's
- Bread Alone
- Cherry Lane
- Farm One
- Feather Ridge Farm
- Fossil Farms
- Free Bird
- Good Mylk
- Hepworth Farms
- La Boite
- Monty's
- Ronnybrook Farm
- Seven Stars Farm
- Thomas Dairy
- Union Square Greenmarket
- Westwind Orchard
- Felix Roasting Co.
- House of Waris Botanicals
- Magic Mix Juicery



Kitchen & Table