

Lunch

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.

SOUP OF THE DAY 10

KITCHARI (vv / gf) 10

basmati rice, moong beans, winter squash

THE WELL OMELETTE (v / gfo) 18

pasture-raised eggs, maitake mushrooms, winter squash, zaatar
choice of: multigrain, sourdough or gluten-free toast

KALE PERSIMMON SALAD (v / gf) 18

toasted almonds, hemp seeds, ginger balsamic vinaigrette

CHICKEN KEBAB (gf) 21

winter vegetables, aji verde, wild rice

FUSILLI (v / gf) 24

wild mushroom ragu, san marzano tomatoes, parmigiano reggiano, brown rice pasta

SPROUTED QUINOA & BEAN BURGER (vv / gfo) 19

fermented slaw, vegetable chips, housemade nori pita

TURKEY PATTY (gfo) 22

fermented slaw, dijonnaise, bed of lettuce, vegetable chips

TREE HUGGER SANDWICH (vv / gfo) 15

avocado, broccoli sprouts, cucumber, hummus, choice of nori pita or gluten-free bread

THE GREEN SALAD (vv / gf) 12

leafy greens, avocado, shaved market vegetables, champagne-dijon vinaigrette
+ choice of protein

THE WELL BOWL (vv / gf) 15

braised chickpeas, dark winter greens, shaved beets, heirloom carrots, radishes, turmeric-tahini vinaigrette
+ choice of protein

COCONUT CAULIFLOWER FRIED RICE (v / gf) 18

pasture-raised egg, bok choy, shiitake mushrooms, fermented ginger, chilis
+ choice of protein

PROTEINS

chicken kebab 10

seared wild salmon 16

pasture-raised soft boiled egg 4

black lentils 4

roasted sweet potato (vv) 8

roasted brussels sprouts (v / gf) 8

steamed broccoli (vv) 8

lachha paratha (v) 8

Sides

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

Kitchen & Table

Beverages

Coffee

- 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

Tea

- 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

Coolers

- JASMINE ICED TEA 6**
- HIBISCUS ICED TEA 6**

Juices

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

Smoothies

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