

# THE WELL

## Featured Signature Fare

### Salads + Bowls

#### **WATERMELON CRUNCH KALE SALAD** 10

*kale · watermelon · quinoa · avocado · radishes · spring onion cashew spread · spicy sweet pumpkin seeds · maple pecans*

#### **THAI YUM-YUM BOWL** 10

*coconut brown rice · organic sprouted curry tofu · carrots · peas · cucumbers · romaine · radishes · peanut sauce · peanuts · cilantro · microgreens*

#### **DILL GARDEN VEGGIE SALAD** 10

*kale · roasted garden veggies · tomato · red onion · local hard-boiled egg · savory dill sauce · salty almonds · sunflower hemp 'parm'*

#### **FAT BUSTIN' BOWL** 11

*kale · avocado · fermented cabbage · red onion · albacore 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 WILD-CAUGHT ALBACORE TUNA (+2.5) ORGANIC SPROUTED CURRY TOFU (+2.5)**

**LOCAL HARD-BOILED EGG (+2) OR AVOCADO (+1) TO ANY SALAD OR BOWL**

### Pitas + Plates

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

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

#### **SUMMER TUNA PITA** 9

*millet-flax pita bread · spring onion cashew spread · wild-caught albacore tuna · microgreens · cucumbers · tomato · with simple kale salad*

#### **MEDITERRANEAN PITA** 9

*millet-flax pita bread · savory dill sauce · beet-olive tapenade · romaine · carrots · cucumbers · fermented cabbage · red onion · 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 · savory dill sauce served with pita wedges, fresh fruit + veggies*

### Indulgences

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

*wholesome caramel dip · apples · maple toasted pecans*

#### **MAPLE-STUDDED AFFOGATO** 6.5

*espresso · organic vanilla bean ice cream · maple pecan clusters*

#### **PEACHES-N-CREAM SUNDAE** 6.5

*organic vanilla bean ice cream · bananas · peaches · honey · salty almonds · maple pecans*

**SUBSTITUTE VANILLA COCONUT MILK ICE CREAM (+2)**