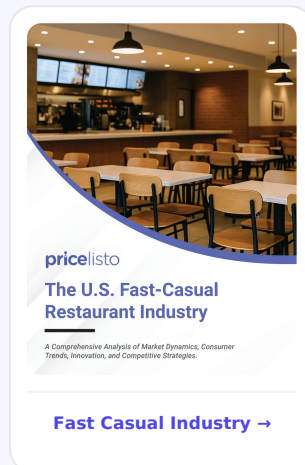




The Well

Menu Prices — August 3, 2026

Restaurant & Food Industry Reports



[Competitor Price Intelligence →](#)

Most Ordered	
ITEM	PRICE
Fat Busting' Bowl Kale, avocado, fermented cabbage, red onion, wild-caught albacore tuna, zesty special sauce, salty almonds.	\$12.50
The King Banana, peanut butter, gluten-free oats, housemade almond milk, honey, cinnamon.	\$6.50
Nourishing Bowl Kale, quinoa, fermented cabbage, carrots, cucumber, red onion, roasted red pepper hummus, fire-roasted chickpeas.	\$11.50
Dill Garden Veggie Salad kale · roasted garden veggies · tomato · red onion · hard-boiled egg · sheep feta · savory dill sauce · salty almonds ·...	\$12.50
Caramel Crunch Apples Wholesome caramel dip, apples, maple toasted pecans.	\$7.00
Spreads Sampler Roasted red pepper hummus, zesty special sauce, pumpkin spice caramel cashew spread served with pita wedges, fresh fru...	\$10.00
Peach Pie Pita Millet-flax pita bread, caramel spread, apples, , peaches, maple pecans served with simple kale salad.	\$10.00
Hummus Plate Roasted red pepper hummus, fresh fruit & veggies, pita wedges.	\$8.00
Watermelon Salad kale · watermelon · quinoa · avocado · radishes · spicy sweet pumpkin seeds · maple pecans · spring onion cashew spread	\$12.00
Salted Honey Caramel Latte	\$4.25
Tuna Pita Millet-flax pita bread, wild-caught albacore tuna, sun dried tomato cashew spread, romaine, served with simple kale sal...	\$10.00
Loaded Peanut Butter Toast Two slices of millet flax bread, organic peanut butter, honey, banana, chocolate chips.	\$6.50

Salads + Bowls	
ITEM	PRICE
Fat Busting' Bowl (Salads + Bowls) Kale, avocado, fermented cabbage, red onion, wild-caught albacore tuna, zesty special sauce, salty almonds.	\$12.50
Dill Garden Veggie Salad (Salads + Bowls) kale · roasted garden veggies · tomato · red onion · hard-boiled egg · sheep feta · savory dill sauce · salty almonds ·...	\$12.50
Thai Yum Yum Bowl organic jasmine rice · sprouted curry tofu · carrots · peas · romaine · cucumber · radishes · peanut sauce · cilantro ·...	\$12.50
Tuna Nicoise romaine, albacore tuna, hard-boiled egg, sun-dried tomatoes, spicy sweet pumpkin seeds, almonds, creamy sriracha sauce	\$11.50
Watermelon Salad (Salads + Bowls) kale · watermelon · quinoa · avocado · radishes · spicy sweet pumpkin seeds · maple pecans · spring onion cashew spread	\$12.00
Nourishing Bowl (Salads + Bowls) Kale, quinoa, fermented cabbage, carrots, cucumber, red onion, roasted red pepper hummus, fire-roasted chickpeas.	\$11.50

Pitas + Plates	
ITEM	PRICE
Tuna Pita (Pitas + Plates) Millet-flax pita bread, wild-caught albacore tuna, sun dried tomato cashew spread, romaine, served with simple kale sal...	\$10.00

ITEM	PRICE
Spreads Sampler (Pitas + Plates)	\$10.00
Roasted red pepper hummus, zesty special sauce, pumpkin spice caramel cashew spread served with pita wedges, fresh fru...	
Peach Pie Pita (Pitas + Plates)	\$10.00
Millet-flax pita bread, caramel spread, apples, , peaches, maple pecans served with simple kale salad.	
Veggie Pita	\$10.00
millet-flax pita bread · horseradish hummus · romaine · fermented cabbage · carrots · cucumbers served with simple kale...	
Hummus Plate (Pitas + Plates)	\$8.00
Roasted red pepper hummus, fresh fruit & veggies, pita wedges.	

Indulgences

ITEM	PRICE
Maple-studded Affogato	\$7.00
Espresso, organic vanilla bean ice cream, maple pecan clusters. Substitute vanilla coconut milk ice cream for an additio...	
Caramel Crunch Apples (Indulgences)	\$7.00
Wholesome caramel dip, apples, maple toasted pecans.	

Coffee

ITEM	PRICE
Salted Honey Caramel Latte (Coffee)	\$4.25
Coffee	\$2.50
Latte	\$3.75
Cold Brew	\$3.50
Americano	\$3.00
Espresso	\$2.50
Traditional Cappuccino	\$3.50
Breve	\$4.25
Served with the milks of snowville creamery or housemade almond milk.	
House-roasted Coffee Beans	\$12.00
Pumpkin Spice Latte	\$4.25
Dark Mocha	\$4.25

Smoothies

ITEM	PRICE
The King (Smoothies)	\$6.50
Banana, peanut butter, gluten-free oats, housemade almond milk, honey, cinnamon.	
Chocolate Covered Espresso	\$6.50
Espresso, cacao powder, banana, dates, cashew cream, cacao nibs.	
Sweet Green	\$6.50
Kale, figs, pineapple, mint, housemade almond milk.	
Strawberry Banana	\$6.50
Strawberries, banana, cashews, dates, housemade almond milk.	

ITEM	PRICE
Frothy Chai Banana, dates, honey, chai spices, cinnamon, cashew cream, housemade vanilla.	\$6.50
Beet Berries-n-cream Beet, strawberries, carrot, cashews, dates, housemade almond milk.	\$6.50
Peanut Butter and Jelly Peanut butter, strawberries, banana, honey, gluten-free oats, housemade almond milk.	\$6.50
Green Tonic Kale, romaine, apple, cucumbers, spinach, garlic, lime, cilantro, cayenne.	\$6.50
Spice of the Earth Turmeric, baobab, cardamom, chia, okra, lemon, collagen, stevia, housemade almond milk.	\$7.00
Mexican Chocolate Cacao, cayenne, cinnamon, chia, okra, collagen, stevia, himalayan salt, housemade almond milk.	\$7.00
Strawberry Fluff Strawberries, lemon, vanilla, whey, stevia, himalayan salt, housemade almond milk.	\$7.00

Juices

ITEM	PRICE
Pineapple Tango Pineapple, cilantro, lime, jalapeno, himalayan salted rim.	\$6.50
Blood Builder Beet, cabbage, kale, apple, lemon, cilantro.	\$6.50
Lemon Drop Carrot, apple, lemon.	\$6.50
Ginger-minted Greens Ginger, celery, apple, romaine, cucumber, mint.	\$6.50

Teas

ITEM	PRICE
Chai Latte	\$4.25
Iced Tea Black green hibiscus.	\$2.50
Loose Leaf Hot Tea	\$2.50

Etc

ITEM	PRICE
Virgil's Root Beer	\$2.50
Brew Dr. Kombucha	\$4.25

Childrens Menu

ITEM	PRICE
Loaded Peanut Butter Toast (Childrens Menu) Two slices of millet flax bread, organic peanut butter, honey, banana, chocolate chips.	\$6.50

ITEM	PRICE
Fruit + Nut Smoothie Bowl Our peanut butter & jelly smoothie topped with goji berries, green apple, salty almonds, raw sunflower seeds, romaine.	\$9.00
Simple Simon Kale Salad Massaged kale, maple toasted pecans.	\$4.00
Caramel Crunch Apples (Childrens Menu) Wholesome caramel dip, apples, maple toasted pecans.	\$7.00
Little Nibbles Plate Roasted red pepper hummus, fresh fruit & veggies, pita wedges, almonds.	\$6.50

Most Ordered

ITEM	PRICE
The King Banana, peanut butter, gluten-free oats, housemade almond milk, honey, cinnamon.	\$6.50
Caramel Crunch Apples Wholesome caramel dip, apples, maple toasted pecans.	\$7.00
Salted Honey Caramel Latte	\$4.25
Frothy Chai Banana, dates, honey, chai spices, cinnamon, cashew cream, housemade vanilla.	\$6.50
Chocolate Covered Espresso Espresso, cacao powder, banana, dates, cashew cream, cacao nibs.	\$6.50
Maple-studded Affogato Espresso, organic vanilla bean ice cream, maple pecan clusters. Substitute vanilla coconut milk ice cream for an additio...	\$7.00
Mexican Chocolate Cacao, cayenne, cinnamon, chia, okra, collagen, stevia, himalayan salt, housemade almond milk.	\$7.00
Lemon Drop Carrot, apple, lemon.	\$6.50
Peanut Butter and Jelly Peanut butter, strawberries, banana, honey, gluten-free oats, housemade almond milk.	\$6.50
Strawberry Banana Strawberries, banana, cashews, dates, housemade almond milk.	\$6.50
Spice of the Earth Turmeric, baobab, cardamom, chia, okra, lemon, collagen, stevia, housemade almond milk.	\$7.00
Beet Berries-n-cream Beet, strawberries, carrot, cashews, dates, housemade almond milk.	\$6.50

Indulgences

ITEM	PRICE
Caramel Crunch Apples (Indulgences) Wholesome caramel dip, apples, maple toasted pecans.	\$7.00
Maple-studded Affogato (Indulgences) Espresso, organic vanilla bean ice cream, maple pecan clusters. Substitute vanilla coconut milk ice cream for an additio...	\$7.00

Coffee

ITEM	PRICE
Cold Brew	\$3.50

ITEM	PRICE
Dark Mocha	\$4.25
Coffee	\$2.50
Espresso	\$2.50
Americano	\$3.00
Traditional Cappuccino	\$3.50
Latte	\$3.75
Pumpkin Spice Latte	\$4.25
Salted Honey Caramel Latte (Coffee)	\$4.25
Breve	\$4.50
Served with the milks of snowville creamery or housemade almond milk.	

Smoothies

ITEM	PRICE
Peanut Butter and Jelly (Smoothies)	\$6.50
Peanut butter, strawberries, banana, honey, gluten-free oats, housemade almond milk.	
The King (Smoothies)	\$6.50
Banana, peanut butter, gluten-free oats, housemade almond milk, honey, cinnamon.	
Chocolate Covered Espresso (Smoothies)	\$6.50
Espresso, cacao powder, banana, dates, cashew cream, cacao nibs.	
Green Tonic	\$6.50
Kale, romaine, apple, cucumbers, spinach, garlic, lime, cilantro, cayenne.	
Sweet Green	\$6.50
Kale, figs, pineapple, mint, housemade almond milk.	
Beet Berries-n-cream (Smoothies)	\$6.50
Beet, strawberries, carrot, cashews, dates, housemade almond milk.	
Strawberry Banana (Smoothies)	\$6.50
Strawberries, banana, cashews, dates, housemade almond milk.	
Spice of the Earth (Smoothies)	\$7.00
Turmeric, baobab, cardamom, chia, okra, lemon, collagen, stevia, housemade almond milk.	
Frothy Chai (Smoothies)	\$6.50
Banana, dates, honey, chai spices, cinnamon, cashew cream, housemade vanilla.	
Mexican Chocolate (Smoothies)	\$7.00
Cacao, cayenne, cinnamon, chia, okra, collagen, stevia, himalayan salt, housemade almond milk.	
Strawberry Fluff	\$7.00
Strawberries, lemon, vanilla, whey, stevia, himalayan salt, housemade almond milk.	

Juices

ITEM	PRICE
Lemon Drop (Juices)	\$6.50
Carrot, apple, lemon.	
Ginger-minted Greens	\$6.50
Ginger, celery, apple, romaine, cucumber, mint.	

ITEM	PRICE
Blood Builder Beet, cabbage, kale, apple, lemon, cilantro.	\$6.50
Pineapple Tango Pineapple, cilantro, lime, jalapeno, himalayan salted rim.	\$6.50

Teas

ITEM	PRICE
Iced Tea Black green hibiscus.	\$2.50
Loose Leaf Hot Tea	\$2.50
Chai Latte	\$4.00