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The Well

Menu Prices — October 24, 2026

The Well menu with prices in United States, updated April 2025: 103 items across 10 categories, prices from $2.50 to $12.50.

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The Well Menu with Prices (United States)

The Well menu with prices in United States, updated April 2025: 103 items across 10 categories, prices from $2.50 to $12.50. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/the-well

Menu categories: Most Ordered · Salads + Bowls · Pitas + Plates · Indulgences · Coffee · Smoothies · Juices · Teas · Etc · Childrens Menu

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

Indulgences

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

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 Served with the milks of snowville creamery or housemade almond milk.	**$4.25**
House-roasted Coffee Beans	**$12.00**
Pumpkin Spice Latte	**$4.25**
Dark Mocha	**$4.25**

Smoothies

ITEM	PRICE
The King (Smoothies) Banana, peanut butter, gluten-free oats, housemade almond milk, honey, cinnamon.	**$6.50**
Chocolate Covered Espresso Espresso, cacao powder, banana, dates, cashew cream, cacao nibs.	**$6.50**

ITEM	PRICE
Sweet Green Kale, figs, pineapple, mint, housemade almond milk.	**$6.50**
Strawberry Banana Strawberries, banana, cashews, dates, housemade almond milk.	**$6.50**
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**
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**
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 Served with the milks of snowville creamery or housemade almond milk.	**$4.50**

Smoothies

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

Lemon Drop (Juices) — $6.50
Carrot, apple, lemon.

Ginger-minted Greens — $6.50
Ginger, celery, apple, romaine, cucumber, mint.

Blood Builder — $6.50
Beet, cabbage, kale, apple, lemon, cilantro.

Pineapple Tango — $6.50
Pineapple, cilantro, lime, jalapeno, himalayan salted rim.

Teas

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