

# THE WELL

EAT WELL • MOVE WELL • FEEL WELL • BE WELL

ALL DAY – BREAKFAST		LUNCH (11AM)	
<b>THE WELL BIRCHER</b> Organic oats, yoghurt, cinnamon, pear, activated nuts, summer fruit VEG	14.5	<b>HAPPY BELLY GREENS &amp; GRAINS BOWL</b> <i>a low FODMAP bowl to be kind to your gut</i> 63°C egg, broccoli, quinoa, black rice, bok choy, spinach, dukkah, goat's cheese GF   VEG   FF	19
<b>SALTED CARAMEL CHIA BOWL</b> Kombucha chia pudding, coconut yoghurt, salted tahini caramel, buckwheat granola, berries VEG   V   DF   FF	16	<b>ANTI-INFLAMMATORY RAINBOW BOWL</b> <i>with the power of Omega 3 fatty acids and curcumin</i> Smoked salmon, beetroot hummus, cauliflower rice, roast pumpkin, cucumber, turmeric cashews GF   DF	20
<b>WELL BREAKFAST</b> 63°C eggs, farm greens, avocado, pumpkin seeds, GF or sourdough toast GF   VEG	16	<b>SWEET POTATO BURRITO BOWL</b> <i>for a healthy longevity</i> Spiced black beans, sweet potato, avocado, cashew sour cream, tomato salsa, red rice, coriander, lime GF   VEG   V   DF	19
<b>BONDI BREAKFAST</b> 63°C eggs, smoked salmon, goat's cheese, mushrooms, farm greens, cherry bombs, GF or sourdough toast GF	19	<b>PROBIOTIC MACRO MOOD BOWL</b> <i>restore digestive balance and support calmness and clarity</i> Haloumi, peas, barley, lentils, carrot noodles, spinach, fermented veg, hemp seeds, prebiotic pesto VEG	18
<b>WELL SMASHED AVO</b> Avocado, baba ganoush, beetroot yoghurt, tomato bombs, kale chips, 63°C egg, chilli salt, our GF toast GF   VEG Vegan: Our vegan toast, mushrooms   GF	19	<b>GRILLED CHICKEN SALAD</b> <i>higher in protein for muscle repair and growth</i> Free range chicken, farm greens, quinoa, almonds, sweet potato, tahini yoghurt, balsamic GF	19
<b>CORN &amp; KALE FRITTERS</b> Corn & kale fritters, haloumi, mushrooms, avocado, tomato relish GF   VEG	19		
<b>FREE RANGE EGGS ON TOAST</b> Scrambled or 63°C, GF or sourdough toast VEG   GF   FF with GF toast	12		
<b>SIDES</b>			
GF, seeded sourdough or rye sourdough toast x 2 pieces	4		
Chia jam or nut butter	2		
Cherry Bombs	3		
Avocado w- lemon & pepitas	5		
Fermented veg or haloumi	4		
COFFEE		FRESH JUICE	
REG 4   L 4.50		10	
<b>BLACK R</b> - 3.50   L - 4		<b>FLU FIGHTER</b> Orange, carrot, ginger, turmeric	
<b>WHITE</b>		<b>MEAN GREEN</b> Apple, cucumber, celery, spinach, mint	
<b>HOT CHOCOLATE</b>		<b>ENERGISER</b> Beetroot, watermelon, orange, carrot	
<b>MACA MOCHA</b> Hormone balancer			
<b>TURMERIC LATTE</b> Anti-inflammatory			
<b>MATCHA LATTE</b> Calming			
<b>BEETROOT LATTE</b> Energising			
<b>BREWED ORGANIC STICKY CHAI POT</b>	5		
SOY/ALMOND/COCONUT/EXTRA SHOT	.50		
RABBIT HOLE TEAS		SMOOTHIE	
POT 5		10	
<b>BREAKFAST BLEND</b> Classic EBT		<b>COCOA-NUTTY BANANA</b> banana, cocoa nibs, almond milk, cashews GF, DF, V	
<b>STRAWBERRY SKINNY</b> Mulberry, strawberry		<b>CREAMY GREEN</b> kale, kiwifruit, cucumber, banana, coconut milk, lemon GF, DF, V	
<b>DRAGON WELL</b> Roasted green tea		<b>BLUEBERRY BLISS</b> blueberries, banana, cashews, almond milk, vegan vanilla protein powder GF, DF, VEG	
<b>REFRESH A MINT</b> Peppermint, pineapple		<b>MACMANGO</b> Mango, banana, macadamias, coconut milk GF, DF, V	
<b>GINGER SNAP</b> Ginger, cinnamon, honeybush		Add vanilla or choc protein	2
<b>GREY RABBIT</b> Earl Grey, bergamot, calendula		Add espresso shot	1
		BEER, CIDER, SPIRITS	
		9.50	
		<b>YOUNG HENRY'S CLOUDY CIDER</b>	
		<b>YOUNG HENRY'S NATURAL LAGER</b>	
		<b>YOUNG HENRY'S NEWTOWNER</b>	
		<b>BLIND TIGER ORGANIC GIN &amp; TONIC, LIME</b>	
		<b>SMALL MOUTH ORGANIC VODKA &amp; SODA, LEMON</b>	
		SOUTH AUSTRALIAN DELINQUENTE WINE	
		G 12   B 45	
		<b>WEEPING JUAN</b> Sparkling rosé; notes of plums and berries	
		<b>ROXANNE THE RAZOR</b> Smoky, spicy red; a smooth Nero d'Avola Montepulciano	

CAFE HOURS: 7AM – 3PM

(DF) Dairy Free (VEG) Vegetarian (V) Vegan (GF) Gluten Free (FF) Low Fodmap  
@thewellbondi #eatwellbewell #thewellcafe

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## EAT WELL - OUR FOOD PHILOSOPHY

We respect dietary diversity + know that there are many paths to vitality + good health. However, there are nutritional choices that help EVERYBODY.

### PLANTS

We put vegetables front + centre in plant-based plates that make it easy to eat more vegetables.

### EAT A VARIETY OF FOODS

We vary our offering to help maximise micro-nutrient intake. We enjoy changing our menu according to the produce of the season + our farm.

### MINIMISE ADDED SUGARS

Sugar is essentially a nutrient-devoid source of energy. We bake without white sugar + use small amounts of flavourful sweeteners like maple + honey. We prefer fruit as a sweetener as it brings fibre + nutrients with it

### CHOOSE HEALTHY FATS

We prioritise olive oil for its role in an anti-inflammatory diet, nuts, nut butter, avocados + fatty fish as a source of essential Omega 3 fatty acids. Seeds + seed oils are used judiciously to balance omega 6:3 ratio. Smaller amounts of saturated fats like coconut oil may be used

### ENJOY WHOLE GRAINS AND LEGUMES

Grains over flakes, flakes over flour. No highly refined options. Whole grains + legumes (in amounts appropriate to your energy needs) provide essential nutrients, fibre + prebiotics to support gut health

### CHOOSE QUALITY PROTEIN

Organic, free-range or pasture fed. Portion appropriate

### SUPPORT A HEALTHY GUT BIOTA

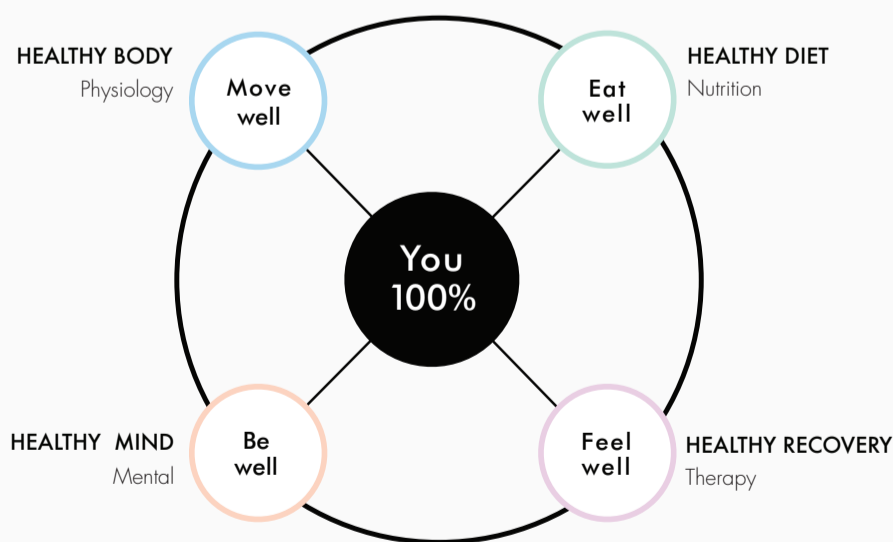
The future of health, physical + mental, is in our gut. We offer probiotics through fermented foods + drinks + prebiotics through our menu. We prepare our food so that the bioavailability of micronutrients is maximized by soaking + fermenting

## WE EXIST FOR ONE PURPOSE, TO SUPPORT YOU TO FEEL 100% EVERY DAY.

At The Well we integrate four core pathways that lead to total wellbeing. It has taken decades of experience and knowledge, forged by friendship, to bring this beautifully designed, multi-faceted home of health & well-being to life. Our approach is to create a living philosophy built around a classic idea: prevention is better than cure.

The pathways to wellbeing are interdependent. Our team look across all these elements to identify what You need, including what you will enjoy. We differ from many by our ability to provide these conveniently at one location. But most importantly it means You benefit by having an entire team collaborating for You. Imagine the benefits of your teacher, trainer, instructor and remedial therapist and naturopath, nutritionist or chefs being able to seamlessly connect in developing your wellness program? Your short-term and long-term health needs will be managed.

## THE CORE PATHWAYS TO WELL BEING



## READY TO COMMIT TO FEELING 100% EVERYDAY? JOIN NOW

Come and have a chat with us at reception and we'll help You choose the best membership option for You.

The Well is like no other place, we offer a range of depth of experience and services which are all available to You in-house. To join us here at The Well you don't have to be a member, but the support you will experience from our team and the community of members and getting to your best self will be more available than before. If you are ready to start your membership or wellbeing journey please ask reception for more details.

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