

THE WELL

EAT WELL • MOVE WELL • FEEL WELL • BE WELL

ALL DAY – BREAKFAST (7AM–3PM)		LUNCH (11AM–3PM)			
BERRY BOOST SMOOTHIE BOWL VEG V DF Acai berry smoothie, kombucha chia pudding, nut butter, buckwheat granola, autumn fruit	17	GREEN GOODNESS BOWL VEG GF 63°C egg, pea puree, broccoli, quinoa, kale, spinach, dukkah, goat's cheese	21		
GREEN OMELETTE VEG GF Green omelette, goat's cheese, kale, broccoli, prebiotic pesto, sunflower dukkah, charcoal & quinoa toast	19	WELLNESS PLATE V GF DF Fermented veg, cashew cheese, seed crackers, farm greens, maple tahini dressing, avocado, sesame	21		
WELL BREAKFAST GF VEG 63°C eggs, farm greens, avocado, pumpkin seeds, sourdough or GF charcoal & quinoa toast	19	Add 63°C egg	23		
BONDI BREAKFAST GF 63°C eggs, smoked salmon, goat's cheese, mushrooms, farm greens, cherry bombs, sourdough or GF charcoal & quinoa toast	21	AUTUMN BOWL V GF DF Black bean hummus, cauliflower rice, roast pumpkin, mushrooms, farm greens, turmeric cashews, green goddess dressing	17		
WELL SMASHED AVO GF V Avocado, baba ghanoush, beetroot Coyo, tomato bombs, mushrooms, kale chips, chilli salt, GF charcoal toast	19	Add smoked salmon	21		
Add a 63°C egg GF VEG	21	SWEET POTATO BURRITO BOWL V GF DF Spiced black beans, sweet potato, avocado, cashew sour cream, tomato salsa, red rice, coriander, lime	21		
CORN & KALE FRITTERS GF VEG Corn & kale fritters, haloumi, mushrooms, avocado, tomato relish	21	Add grilled chicken	25		
FREE RANGE EGGS ON TOAST VEG GF Scrambled or 63°C eggs, sourdough or GF charcoal & quinoa toast	14	GRILLED CHICKEN SALAD GF Free range chicken, farm greens, quinoa, almonds, sweet potato, hemp seed aioli, balsamic	19		
SIDES		SEE OUR CABINET FOR WRAPS, SWEET TREATS & GRAB 'N' GLOW SALADS			
GF charcoal and quinoa, seeded sourdough or rye sourdough toast x 2 pieces	4				
Chia jam or nut butter	2				
Cherry tomato bombs	3				
Avocado w- lemon & pepitas	5				
Lacto-fermented vegs or haloumi	4				
Water kefir shot	3				
COFFEE & TONICS		FRESH JUICE		COLD DRINKS	
REG 4 L 4.50		10			
BLACK R - 3.50 L - 4		FLU FIGHTER Orange, carrot, ginger, turmeric		SAN PELLEGRINO SPARKLING WATER 500ml	5
WHITE		MEAN GREEN Apple, cucumber, celery, spinach, mint		JIVA KOMBUCHA Watermelon, pineapple, ginger or original	7
HOT CHOCOLATE		ENERGISER Beetroot, watermelon, orange, carrot		CARTON & CO WATER	3
MACA MOCHA Hormone balancer					
TURMERIC LATTE Anti-inflammatory					
MATCHA LATTE Calming					
BEETROOT LATTE Energising					
BREWED ORGANIC STICKY CHAI POT	5				
SOY ALMOND COCONUT EXTRA SHOT	.50				
RABBIT HOLE TEAS		SMOOTHIE		BEER, CIDER, SPIRITS	
POT 5		10		9.50	
BREAKFAST BLEND Classic EBT		COCOA-NUTTY BANANA GF DF V banana, cacao, almond milk, cashews		YOUNG HENRY'S CLOUDY CIDER	
STRAWBERRY SKINNY Mulberry, strawberry		CREAMY GREEN GF DF V kale, kiwifruit, cucumber, banana, coconut milk		YOUNG HENRY'S NATURAL LAGER	
DRAGON WELL Roasted green tea		BLUEBERRY BLISS GF DF VEG blueberries, banana, cashews, almond milk, vegan vanilla protein powder		YOUNG HENRY'S NEWTOWNER	
REFRESH A MINT Peppermint, pineapple		Add vanilla or choc protein	2	BLIND TIGER ORGANIC GIN & TONIC, LIME	
GINGER SNAP Ginger, cinnamon, honeybush		Add espresso shot	1	SMALL MOUTH ORGANIC VODKA & SODA, LEMON	
GREY RABBIT Earl Grey, bergamot, calendula					
				SOUTH AUSTRALIAN DELINQUENTE WINE	
				G 12 B 45	
				WEEPING JUAN Sparkling rosé; notes of plums and berries	
				ROXANNE THE RAZOR Smoky, spicy red; a smooth Nero d'Avola Montepulciano	

CAFE HOURS: 7AM – 3PM

(VEG) Vegetarian | (V) Vegan | (GF) Gluten Free | (DF) Dairy Free

@thewellcafe_bondi #thewellcafebondi

10% surcharge on public holidays

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

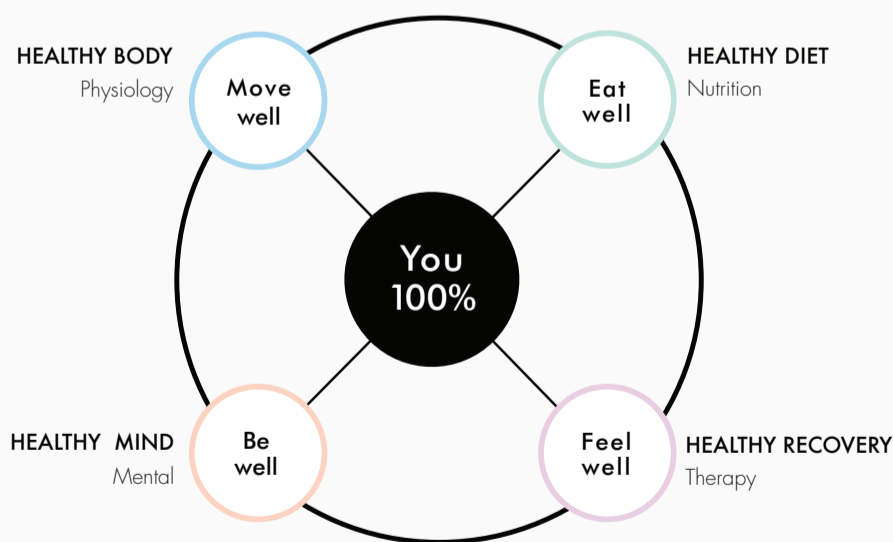
The future of health, physical + mental, is in our gut. We offer probiotics through fermented foods + drinks + prebiotics through our menu. We prepare our food so that the bioavailability of micronutrients is maximized by soaking + fermenting

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.