

# CLEAN + STRUCTURED WATER

no shortcuts. the only water we serve.

## WHY STRUCTURED WATER?

Ultra-purified. Properly mineralized. Built to support hydration.

### Reverse Osmosis Structured Water

choice of sparkling or still

### Hydrogen Water • 4

Add H<sub>2</sub> tabs to RO structured water to reduce oxidative stress at the cellular level

### Mountain Valley Natural Spring Water • 5

choice of sparkling or still

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## 100% ORGANIC JUICES + REFRESHMENTS

### REFRESHMENTS

**Organic Iced Teas • 4** K | black or mango

**Turmeric Lemonade • 4** K | w/ stevia | 0g added sugar

**Keto Lavender Lemonade • 5** K | butterfly pea tea | lavender  
trace minerals | lemon | allulose

**Hibiscus Limeade • 5** K | hibiscus | cinnamon | allulose

### SHOTS

**Wheatgrass Shot • 4**    **Wellness Shot • 5** turmeric | ginger | lemon | cayenne

### JUICE

**Orange • 4** | **Grapefruit • 4** | **Pineapple • 4**

our juices have not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly and persons with weakened immune systems.



100%  
ORGANIC  
PRODUCE

# THE CLEANEST COFFEE PERIOD.

## OUR STANDARD:

- > 100% ORGANIC
- > LAB-TESTED
- > MOLD + TOXIN FREE
- > ELECTROLYTE-RICH
- > REMINERALIZED

CONVENTIONAL  
COFFEE IS THE MOST  
CONTAMINATED CROP IN  
THE WORLD.

That's why our coffee is  
independently lab tested for  
all mycotoxins.

*(mold + fungus)*



please ask a manager  
for copies of any tests.

iso 9001:2008 certified  
iso 17025 accredited

## 100% ORGANIC • LAB-TESTED ZERO-TOXIN COFFEE

### STAPLES

#### Nature's Adderall • 5

nitrogen-enriched cold brew on tap

Drip Coffee • 4 Espresso • 4 double shot

### LATTES

Latte • 5 add vanilla or caramel +.75 HOT OR ICED

Iced Keto Vanilla Protein Latte • 8 ↗ 26 G  
espresso | grass-fed protein | local, pasture-raised milk

Iced Salted Coconut Caramel Latte • 6  
unrefined coconut sugar | vanilla | local, pasture-raised milk

Honeybun Latte 2.0 • 6  
honey | cinnamon | local, pasture-raised milk

Mocha • 5

### BULLETPROOF

Protein Bulletproof Coffee • 7 ↗ 13 G  
grass-fed chocolate protein | MCT oil  
cinnamon | nutmeg | grass-fed butter

Original Bulletproof Coffee • 5 K HOT OR ICED  
MCT oil | grass-fed butter

Nootropic Coffee • 6 K  
MCT oil | grass-fed butter | coconut milk | mint  
focus-enhancing chocolate nootropic

Golden Turmeric • 6 N | K  
MCT oil | grass-fed butter cinnamon | honey  
local, pasture-raised milk

### UPGRADES

Vanilla Protein Cold Foam • 2 ↗ 12 G  
Keto Coconut Cold Foam • 1 N | K

# ORGANIC MATCHA + TEAS

Organic Matcha • 4      Matcha Latte • 5

**Iced Keto Vanilla Protein Matcha • 8** ↗ 26 G | VA  
grass-fed protein | local, pasture-raised milk

**Iced Strawberry Matcha Latte • 6** 0 G ADDED SUGAR  
strawberry allulose | local, pasture-raised milk

**Chai Latte • 6**  
organic chai | honey | local, pasture-raised milk

**Organic Hot Teas • 4**  
ask server for selections.

## MILK

*Hartzler*

Local, Pasture-Raised  
Whole Milk

JOI Oat Milk +1.50 V

Mooala Almond Milk +1.50 N | V

Keto Coconut Milk +1 V | K

## PREMIUM INGREDIENTS.

we pay 150% more to ensure our milks  
are made with real ingredients free of  
emulsifiers, gums, or fillers.

## FUNCTIONAL ADD-ONS

**CBD Oil • 2**  
calm focus | stress resilience

**Cacao • 1**  
natural mood lift

**Ghee • 1**  
gut support | healthy fats

**Maca • 1**  
hormone balance | stamina

**MCT Oil • 1**  
clean energy | metabolism support

**Caffeine • 1**  
mental focus | natural energy boost

All add-ons are lab-tested  
for heavy metals and purity.  
*ask your server for results.*

**Kion Colostrum • 2**  
supports gut barrier integrity, immune signaling + nutrient uptake

**Equip Keto Protein • 4** ↗ 21 G chocolate or vanilla  
grass-fed beef protein for muscle repair + energy

**Vital Proteins Keto Collagen Creamer • 3** ↗ 10 G  
grass-fed collagen + healthy fats for energy, skin + recovery

**Perfect Aminos Greens • 3**  
amino acids + super greens for muscle repair, cellular energy + detox

**Perfect Keto Chocolate Keto Nootropic • 3**  
supports focus, mental clarity, energy + stress resilience

**Thorne Creatine • 3**  
boosts strength, power output + cellular energy

**Perfect Keto Base Ketones • 3**  
support clean energy, mental clarity, endurance + fat metabolism

**Organic Vegan Protein Powder • 3** ↗ 11 G  
supports muscle recovery, sustained energy + everyday strength

# Rx SMOOTHIES

REAL INGREDIENTS • 100% ORGANIC • NO REFINED SUGARS

## Matcha Glow • 11

organic ceremonial matcha | organic banana | Irish sea moss | grass-fed vanilla protein | local, pasture raised milk | coconut glaze | pitaya powder | spirulina | MCT oil

## Strawberry Skin Renewal • 13 N

strawberries | bananas | coconut | yogurt | honey | avocado | chia seeds  
Irish sea moss | creatine | hyaluronic acid | dates | pitaya powder | keto collagen creamer

## Longevity • 14 N

coconut | blueberries | banana | cashew butter | creatine | kion colostrum | cinnamon  
vanilla | coconut cream | keto chocolate collagen

## Being Brigid 2.0 • 12 GF | N

cucumber | mint | pineapple | green apple | perfect aminos greens | spinach  
coconut cream | ginger | avocado | matcha

## Keto Protein Powerhouse 2.0 • 12 N | K

avocado | peanut butter | MCT oil | collagen | base ketones | cacao | chia | hemp | bee pollen

## FUNCTIONAL ADD-ONS

### Ghee • 1

gut support | healthy fats

### Irish Sea Moss • 1

thyroid support | skin health

### Maca • 1

hormone balance | stamina

### MCT Oil • 1

clean energy | metabolism support

### Raw Cashew Butter • 1

healthy fats | creamy energy

All add-ons are lab-tested  
for heavy metals and purity.

ask your server for results.

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## WELLNESS GUIDE

### GLUTEN-FREE | GF

Made without wheat, barley, rye, or other gluten-containing grains.

### VEGAN | V

100% plant-based. No animal products or byproducts used. Cooked in avocado oil.

### PALEO-FRIENDLY | P

Whole, unprocessed foods. No grains, dairy, or refined sugar.

### KETO-FRIENDLY | K

Low-carb. High-fat. No added sugars.



## SHAREABLES

**Dip Trilogy • 14** GF|VA|PA|K sub keto siete chips +5 N  
tallow corn chips, queso blanco, smashed avocado, salsa roja

**Keto Baked Buffalo Tenders • 13** GF|N|K  
keto cashew breaded pasture-raised chicken. served with sweet potato fries. white BBQ sauce and house buffalo sauce for dipping

**Sweet Potato Skins 2.0 • 11** GF|VA|P  
sub pasture-raised chicken  
pasture-raised pork belly, kimchi slaw, togarashi aioli, microgreens

**Buffalo Cauliflower Lettuce Wraps • 12** GF|V  
romaine leaves, kimchi slaw, marinated cucumbers, carrots, bang bang sauce

**Keto Chicken Wings • 13** GF|K  
72-hour pasture-raised chicken wings, bbq dry rub, scallion. ReBOL hot sauce or aji for dipping

**Tallow Truffle Fries • 11** GF|VA  
white truffle oil, herbed grana padano, rosemary aioli

**Chili + Queso Loaded Nachos • 12** GF|VA  
pasture-raised chicken +2 | grass-fed + finished braised beef +4  
crispy tallow corn chips, queso fresco, vegan chili, salsa roja, crème fraîche, jalapeño, guacamole

**Steak Bites by Stano • 21** GF|K  
grass-fed and finished filet, mirin glaze, pineapple, cilantro, sesame seeds, sushi rice

**Organic Hummus • 15** GFA|VA  
house hummus, feta, avocado oil, za'atar, sumac, seasonal crudité. served with house-made naan

# ORGANIC BOWLS + GREENS

## Wild Poke 2.0\* • 21 GF|VA|P|K

wild tuna and salmon, avocado, marinated cucumber, seaweed, kimchi slaw, jalapeño, sesame seeds, scallion, spicy mayo, crispy rice noodles. served on sushi rice.

## Chopped Salad • 15 GF|N|VA|P|K

field greens, pasture-raised chicken, spiced almonds, avocado, bacon, keto siete chips, apple, gorgonzola, champagne vinaigrette

## Harvest Salad • 15 GF|N|VA|P

field greens, pasture-raised chicken, goat cheese, bacon, berries, grain-free granola, sweet potato, preserved cherry vinaigrette

## Keto Mediterranean Salad • 17 GF|N|VA|P|K

field greens, pasture-raised chicken, feta, heirloom tomatoes, cucumber, peppers, olives, red onion, sumac, za'atar, siete chips, herb vinaigrette

### UPGRADE YOUR PROTEIN

grass-fed + finished steak + 4    wild-caught shrimp + 4    vegan chicken + 2  
keto fried chicken + 2    wild salmon + 4

## Thai Peanut • 17 GF|N|VA

pasture-raised chicken, peanut sauce, marinated cucumber, carrot, kimchi slaw, togarashi aioli, crispy rice noodles, cilantro. served on white rice.

## Bangkok Bazaar • 16 GF (spicy)

wild shrimp, pasture-raised chicken, organic egg, fish sauce, organic mixed vegetables, organic sprouts, anaheim peppers. served on rice noodles.



## UPGRADE YOUR NOODLE +2

### MIRACLE NOODLES

- zero net carbs
- prebiotic fiber
- glycemic control

### CUCUMBER NOODLES

- hydration-rich
- electrolyte support
- anti-inflammatory

### CAULIFLOWER RICE

- simple ingredients
- micronutrient-dense
- low glycemic impact

GLUTEN  
FREE

KETO  
FRIENDLY

COLD

HOT

## BRAIN-BOOSTING BITES + BOWLS

### Keto Buckeye Bites • 3 each N|K

keto chocolate | organic collagen | almond butter  
peanut butter | focus-enhancing nootropic

### Keto Energy Bites • 3 for 8 N|K

dark chocolate | blueberry | green coffee extract  
cream cheese | almond butter | lupin flakes

### Açaí Bowl • 10 GF|VA

add peanut or almond butter +.75

cacao | coconut | grain-free granola | mixed berry



local, pasture-raised  
milk | organic vanilla  
collagen | colostrum

8

**20 G PROTEIN**

ZERO REFINED SUGARS

- CHOOSE ONE
- ┌ Keto Buckeye GF|N
  - ┌ Keto Cheesecake GF|N
  - ┌ Keto Cookie Dough GF|N
  - ┌ Paleo Chocolate  
Chip Cookie GF|N
  - ┌ Berry Berry GF

## 100% ORGANIC COLLAGEN BONE BROTHS

### NATURE'S MEDICINE

- gut healer
- boosts metabolism
- boosts immune system
- improves joint health

### Pasture-Raised Chicken Collagen Bone Broth

GF | P | K

### Grass-Fed Beef Collagen Bone Broth

GF | P | K

5 (12 oz.) • 10 (32 oz.)

### BUILD-YOUR-OWN

ADD-ONS	organic chicken	2
	pork belly	2
	miracle noodles	1
	mushrooms	1
	jalapeños	1
	scallions	.50
	onions	.50
	ReBOL hot	.50

# ORGANIC COLLAGEN BONE BROTHS + SOUPS

**Jalapeño Garlic + Mushroom • 6** GF|P|K  
jalapeños, mushrooms, garlic, grass-fed beef bone broth

**Spicy Chicken Noodle • 8** GF|P|K  
pasture-raised chicken, scallion, miracle noodle, kale blend, ReBOL hot, jalapeños, organic chicken broth

**Organic Collagen Bone Broth • 5** GF|P|K  
pasture-raised chicken or grass-fed beef

**Tomato Bisque • 6** GF|N     **Vegan Chili • 7** GF|V

## BUILD-YOUR-OWN

### ORGANIC COLLAGEN BONE BROTH • 5

Pasture-Raised Chicken or  
Grass-Fed Beef Broth  
GF|P|K

ADD-ONS	organic chicken	+2
	pork belly	+2
	miracle noodles	+1
	mushrooms	+1
	jalapenos	+1
	scallions	+50
	onions	+50
ReBOL hot	+50	

# FLATBREADS

## SUB GLUTEN-FREE PALEO CRUST +3

**Classico • 13** GFA|VA  
red sauce, organic cheese, roasted tomatoes, basil, herbed grana padano, balsamic reduction

**Korean BBQ • 15** GFA|VA  
pasture-raised bacon, pasture-raised chicken, organic cheese, red onion, anaheim peppers, cilantro

**Green Envy • 14** GFA|N|VA  
organic cheese, goat cheese, arugula, cauliflower, chili oil, aji sauce

## BUILD-YOUR-OWN FLATBREAD • 12

TOPPINGS	sausage +2	tofu +2	arugula +2
	pepperoni +2	basil +2	jalapeños +2
	bacon +2	peppers +2	vegan cheese +2
	organic chicken +2	onions +2	goat cheese +2
	vegan chicken +2	mushroom +2	paleo crust +3

A BIG %&@# OFF TO

# SEED OILS

## WE ONLY USE

- GRASS-FED + FINISHED BEEF TALLOW
- 100% ORGANIC AVOCADO OIL
- EXTRA VIRGIN OLIVE OIL

# BUILD—YOUR—OWN—BOWL

\$16

1

## PROTEIN.

[choose one.]

pasture-raised chicken  
grass-fed pork belly  
hoison tofu GF|V  
grass-fed braised beef • 2  
grass-fed burger • 2

grass-fed steak • 4  
wild shrimp • 4  
wild salmon • 4  
vegan chicken • 2 v

**DOUBLE YOUR PROTEIN** | prices vary.

2

## BASE.

[choose one.]

white rice GF|V  
rice noodles GF|V  
cauliflower rice • 2 GF|V|K

miracle noodles • 2 GF|V|K  
organic collagen bone broth GF|P|K  
*pasture-raised chicken or grass-fed beef*

**ALL BASES ARE GLUTEN-FREE**

3

## SIDES.

[choose two.]

spicy garlic broccoli v  
brussels sprouts N|V  
marinated cucumber v  
charred pineapple v

grilled vegetables v  
smashed avocado v  
kimchi slaw v  
scrambled eggs

**ALL SIDES ARE ORGANIC, PALEO, KETO-FRIENDLY + GLUTEN-FREE** | extra side • 3

4

## SAUCES.

[choose one.]

bang bang v  
sunshine vin P|K  
rosemary aioli P|K  
togarashi aioli P|K

korean bbq  
ReBOL hot v|P|K  
aji P|K

**ALL SAUCES ARE GLUTEN-FREE**

5

## GARNISH.

[choose three.]

scallions  
jalapeños  
sesame seeds  
cilantro

red onion  
crispy rice noodle  
shaved parmesan

**ALL GARNISHES ARE GLUTEN-FREE**

# LET FOOD BE THY MEDICINE.

# HANDHELDS

**Grass-Fed Cheeseburger\* • 18** GFA | PA | KA  
grass-fed and finished beef, white cheddar, romaine, white onion, pub sauce, brioche bun. served with tallow fries.

**Paleo Carnivore Smashburger • 22** GF | K | PA  
grass-fed and finished beef, bacon jam, white cheddar cheese, toum aioli, sweet potato waffle bun.

## OPTIMIZE YOUR BUN

Lettuce Bun

Vegan Bun +2

Keto Avo Bun +3

Sweet Potato Protein  
Waffle Bun +4

**TownHall Veggie Burger • 16** GFA | N | VA  
house-made bean and beet patty, white cheddar, lettuce, pickled onion, blueberry catsup, toum aioli. served with truffle fries.

**Nashville Chicken Sandwich • 16** GFA | KA | PA **add sliced avocado • 2** | **spice it up with ReBOL Hot!**  
crispy keto pasture-raised chicken cooked in tallow, kale and brussels slaw, aioli, house bun. served with tallow fries.

**Quesabirria Tacos • 17** GFA | VA | K **sub keto siete tortilla • 2** N  
griddled tortilla, organic cheese, queso fresco, onion, crème fraîche, jalapeños. served with beef consommé

**choose your protein:** pasture-raised chicken | pork belly | organic tofu | vegan chicken

**upgrade:** wild shrimp +2 | grass-fed and finished braised beef +2

**Grilled Cheese Bars + Tomato Bisque • 14** GFA | N | VA **add grass-fed bacon or avocado • 2**  
sourdough, grass-fed herbed butter, organic cheese blend, roasted tomatoes, organic baby arugula

## UPGRADE YOUR SIDE

+2

- Simple Salad VA
- Fresh Fruit V
- Sweet Potato Fries VA
- Housemade Soup GF | V
- White Rice GF | V

+3

- Roasted Brussels Sprouts GF | N | V | P | K
- Sweet Potato Fingerlings GF | N | P
- Keto Truffle Cauliflower Mash P | K
- Spicy Garlic Broccoli GF | Vw | P | K
- Organic Collagen Bone Broth GF | P | K

## MAINS served after 5 pm

### **Grass-Fed Wagyu Steak\* • 39** GF|N|P|K **add wild-caught shrimp • 6**

grass-fed + finished Australian wagyu picanha, keto cowboy butter, sweet potato fingerlings, brussels sprouts, mushrooms

### **Keto Fried Chicken • 24** GF|N|P|K

crispy keto pasture-raised chicken cooked in tallow, pickles, ReBOL hot sauce, rosemary aioli, sweet potato casserole, roasted brussels sprouts

### **Wild Salmon\* • 27** GF|P|K **add wild-caught shrimp • 6**

wild salmon, grass-fed butter, keto black truffle cauliflower mash, asparagus, fresh herbs, sunshine vin, balsamic glaze



## OPTIMAL SIDES served à la carte

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### **Roasted Brussels Sprouts • 6** GF|N|V|P|K

organic brussels sprouts, Calabrian chili nut mix, rice wine vinegar, nutritional yeast

### **Sweet Potato Fingerlings • 6** GF|N|P

honey-tahini truffle butter, crumbled cashew

### **Spicy Garlic Broccoli • 6** GF|V|P|K

organic broccoli, algae oil, coconut aminos, aleppo peppers, scallion, sesame seeds

### **Keto Black Truffle Cauliflower Mash • 6** P|K

roasted cauliflower, black truffle, parmesan, grass-fed butter, cheddar, herbs

### **Organic Collagen Bone Broth • 5** GF|P|K

pasture-raised chicken or grass-fed beef

### **Tomato Bisque • 6** GF|N|V **Vegan Chili • 7** GF|V

## CARNIVORE SIDES

grass-fed + finished steak bites • 10

grass-fed + finished burger patty • 7

pasture-raised chicken thigh • 6

pasture-raised chicken breast • 7

wild shrimp • 9

wild salmon • 16



NO REFINED SUGARS  
**20 G PROTEIN**

### **Keto Protein Swirl • 8** K

local, pasture-raised milk  
organic vanilla collagen  
colostrum

CHOOSE ONE

**Keto Buckeye** GF|N

**Keto Cheesecake** GF|N

**Keto Cookie Dough** GF|N

**Paleo Chocolate  
Chip Cookie** GF|N

**Berry Berry** GF

#### SHAKES

### **Classic • 8**

Chocolate  
Strawberry  
Vanilla

### **House • 9** N

Wild Berry Crumble  
Peanut Butter  
Honey Graham

# FROM OUR ORGANIC, PALEO + KETO BAKERY

MODERN CRAVINGS. CLEAN INGREDIENTS. ZERO COMPROMISE.

### **Açaí Bowl • 10** GF|VA|N

add peanut butter +.75 | almond butter +.75

cacao, coconut, grain-free granola, mixed berries

### **Keto Chocolate Cheesecake • 8** GF|K|N

keto chocolate cheesecake, keto chocolate glaze,  
chocolate crispy crumble, keto berry coulis

### **Keto Buckeye Bites • 3 each** K|N

keto chocolate, organic collagen, almond butter  
peanut butter, focus-enhancing nootropic

### **Keto Energy Bites • 3 for 8** K|N

dark chocolate, blueberry, green coffee extract  
cream cheese, almond butter, lupin flakes

### **Keto Protein Cookie Dough • 8** GF|K|N

almond flour, grass-fed butter, collagen protein,  
keto chocolate chips

### **Chocolate Chip Cookie 2.0 • 5**

### **Paleo Chocolate Chip Cookie 2.0 • 5** GF|N

### **Chocolate Fudge Brownie • 5** GF|V|N

### **Vegan Dessert of the Week • 6** V ask for details

#### SWEET ENDINGS

served with a scoop of organic vanilla ice cream

### **Skillet Cookie • 8**

### **Gluten-Free Paleo Skillet Cookie • 9** GF|PA|N

### **Chocolate Brownie Sundae • 7** GF|V|N

served with vegan ice cream

### **TownHall Butter Cake • 8**

served with blackberry sauce, berries