

WELLNESS GUIDE

gluten free • GF
strictly excludes gluten, proteins found in wheat + related grains

gluten free available • GFA
can be made gluten free, ask for specifics

contains nuts 🥜
can contain tree nuts and/or peanuts

vegan • V
strictly no food that comes from animals

vegan available • VA
can be made vegan, ask for specifics

paleo • P
eating real, whole unprocessed foods

paleo available • PA
can be made paleo, ask for specifics

CLEAN COOKING OILS ONLY

to avoid toxicity we only use avocado, beef tallow, sesame, and coconut oil!

KETO-FRIENDLY low carb • no sugar

We work hard to bring you healthy, low-carb options that fit your lifestyle. These are our favorite keto-friendly upgrades available on our menu.

housemade keto avocado bun • zero net carb miracle noodle • cauliflower rice

SHAREABLES

dip trilogy • 14 GF / VA / PA / **KETO-FRIENDLY** / **COOKED IN BEEF TALLOW** • **sub keto siete chips** (🥑) +5
crispy tallow corn chips • queso blanco • smashed avocado • salsa roja

keto baked buffalo tenders • 13 GF / **KETO-FRIENDLY** / 🥑 / **COOKED IN BEEF TALLOW**
keto cashew breading • sweet potato fries • house buffalo sauce + white bbq for dipping

sweet potato skins 2.0 • 11 GF / P / VA / **COOKED IN BEEF TALLOW**
pork belly • kimchi cabbage slaw • togarashi aioli • micro greens • **sub chicken n/c**

buffalo cauliflower lettuce wraps • 12 GF / V
artisan romaine leaf • kimchi cabbage slaw • marinated cucumbers + carrots • bang bang

keto chicken wings • 12 GF / **KETO-FRIENDLY** / **COOKED IN BEEF TALLOW**
72-hour wings • bbq dry rub • scallion • **rebol hot -or- aji for dipping**

tallow truffle fries • 9 GF / VA / **COOKED IN BEEF TALLOW**
white truffle oil • herbed grana padano • rosemary aioli

chili + queso loaded nachos • 12 GF / VA • **add organic chicken +2 / braised beef +4** / **COOKED IN BEEF TALLOW**
crispy tallow corn chips • queso fresco • vegan chili • salsa roja • crème fraîche • jalapeño • guacamole

steak bites by Stano • 18 GF / **KETO-FRIENDLY**
grass-fed + finished filet • honey + mirin glaze • pineapple • cilantro • sesame • avo oil + salt • sushi rice

organic hummus • 15 GFA / VA
house hummus • feta • avocado oil • za'atar • sumac • fresh seasonal crudité • house-made naan

BOWLS sub zero net carb miracle noodles in any bowl +2 • keto-friendly cauliflower rice +1

wild poke 2.0* • 18 GF / VA / P / **KETO-FRIENDLY** | **sub cauliflower rice -or- cucumber noodles +1**
spicy tuna + salmon • sushi rice • avocado • marinated cucumber • seaweed • kimchi slaw • jalapeno • sesame seed
scallion • spicy mayo • crispy rice noodle

chopped salad • 15 GF / VA / P / **KETO-FRIENDLY** / 🥑 | **sub: keto fried chicken +1 / grass-fed steak +3 / wild salmon +3**
mixed greens + chicken • spiced almonds • avocado • bacon • keto siete chips • apple • gorgonzola • champagne vin

harvest salad • 15 GF / VA / P / 🥑 | **sub: keto fried chicken +1 / grass-fed steak +3 / wild salmon +3**
field greens + chicken • goat cheese • bacon • berries • grain free granola • sweet potato • preserved cherry vin

keto mediterranean salad • 12 GF / VA / P / **KETO-FRIENDLY** / 🥑
field greens • heirloom tomatoes • cucumbers • peppers • olives • red onion • feta • sumac • zataar • siete chips • herb vin
add: chicken + 5 / salmon +7 / grass-fed steak +7 / vegan chicken +4 / keto fried chicken +6 / wild shrimp +6

thai peanut • 15 GF / VA / 🥑
choice of: chicken / vegan chicken +1 / shrimp +3 / steak +4
white rice • peanut sauce • marinated cucumbers + carrots • kimchi cabbage slaw • togarashi aioli • crispy rice noodles • cilantro

bangkok bazaar • 15 GF (SPICY)
wild shrimp • chicken • rice noodle • organic egg • fish sauce • organic mixed veg • organic sprouts • anaheim peppers

HANDHELDS upgrade any handheld: housemade keto avocado bun +3 • vegan bun +2 • lettuce bun n/c

nashville chicken sandwich • 17 GFA / KA / PA / **SPICE UP YOUR LIFE, ADD REBOL HOT!** / **COOKED IN BEEF TALLOW**
crispy keto chicken • kale & brussels slaw • aioli • brioche bun | **add sliced avocado +1**

quesabirria tacos • 15 **sub keto siete tortilla +2** GFA / VA / 🥑 / **KETO-FRIENDLY**
protein options : chicken, pork belly, organic tofu, vegan chicken / shrimp -or- braised beef +2
griddled tortilla • cheese • queso fresco • onion • crème fraîche • served with grass-fed beef consommé • jalapenos

townhall veggieburger • 15 **sub keto avo bun +3** GFA / VA / 🥑
housemade bean+beet patty • white cheddar • lettuce • pickled onion • blueberry catsup • toum aioli

grass-fed cheeseburger* • 16 **sub keto avo bun +3** GFA / PA / KA
grass-fed, grass finished beef • white cheddar • romaine • white onion • pub sauce • brioche bun

organic grilled cheese bars + tomato bisque • 14 GFA / VA / 🥑
sourdough • herbed butter • organic cheese blend • roasted tomatoes • organic baby arugula
no side | add bacon -or- avocado +2

house sides : tallow truffle fries VA • veggies • tallow corn chips + salsa roja VA
upgraded sides (+2) : avo+tomato • simple salad • fresh fruit • sweet potato fries
optimal sides (+3) : roasted brussels sprouts • spicy garlic broccoli • sweet potato fingerlings • keto black truffle cauliflower mash
sub soup -or- bone broth (+3) : tomato bisque • vegan chili • chicken -or- beef bone broth

FLATBREADS sub paleo crust +3 GF / PA

classico • 13 GFA / VA
red sauce • roasted tomatoes • organic cheese • basil • herbed grana padano • balsamic reduction

korean bbq • 15 GFA / VA
bacon • chicken • organic cheese • red onion • anaheim peppers • cilantro

green envy • 14 GFA / VA / 🥑
organic cheese • goat cheese • arugula • cauliflower • chili oil • peruvian aji sauce

DINNER available after 5pm daily

grass-fed wagyu steak* • 39 GF / P / **KETO-FRIENDLY** / 🥑 • **add wild-caught shrimp + 6**
grass-fed + finished australian wagyu picanha • keto cowboy butter • sweet potato fingerlings • brussels • mushrooms

keto fried chicken • 24 GF / P / **KETO-FRIENDLY** / 🥑 / **COOKED IN BEEF TALLOW**
tallow-fried • pickles • rebol hot • rosemary aioli • sweet potato casserole • roasted brussel sprouts

wild salmon* • 27 GF / P / **KETO-FRIENDLY** • **add wild-caught shrimp + 6**
wild salmon • grass-fed butter • keto black truffle cauliflower mash • asparagus • fresh herbs • sunshine vin • balsamic glaze

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. items with asterisk contain raw or undercooked ingredients.



100% NON-GMO
bone broths
nature's functional medicine

organic chicken broth
GF / P / **KETO-FRIENDLY**
3.75 (12 oz.) / 9.50 (32 oz.)

grass-fed beef broth
GF / P / **KETO-FRIENDLY**
3.75 (12 oz.) / 9.50 (32 oz.)

ADD-ONS

organic chicken	+2
pork belly	+2
miracle noodles	+1
mushrooms	+1
jalapenos	+1
scallions	+50
onions	+50
rebol hot	+50

WHY BONE BROTH?
GUT HEALER
BOOSTS METABOLISM
BOOSTS IMMUNE SYSTEM
IMPROVES JOINT HEALTH

soups

tomato bisque
6 GF 🥑

vegan chili
6 GF / V

organic veggie bites

sweet potato fingerlings
6 GF / P / 🥑
honey-tahini truffle butter
crumbled cashew

roasted brussel sprouts
6 GF / V / P / **KETO-FRIENDLY** / 🥑
calabrian chile - nut mix
rice wine vinegar
nutritional yeast

spicy garlic broccoli

5 GF / V / P / **KETO-FRIENDLY**
organic broccoli
algae oil
coconut aminos
aleppo peppers
scallion
sesame seeds

toppings • 2

bacon • chicken onions • mushroom sausage • pepperoni tofu • vegan chicken arugula • goat cheese
vegan cheese • basil • peppers jalapeños • anaheim peppers

Please note, while we take precautions to avoid cross-contact, TownHall is not a nut or gluten-free kitchen.

**a 2.9% transaction fee applies to all transactions, regardless of payment method





Townhall is committed to bringing you a completely non-gmo food menu. We care about what you eat.



We only cook with the cleanest oils possible. Items that require cooking are prepared with avocado, sesame, or coconut oil.



We offer a wide array of vegan and vegan-friendly options to satisfy those who prefer an animal/dairy-free lifestyle. Enjoy a specialty menu every Monday night with offerings not available on our regular menu.



We offer a variety of keto and paleo menu options!



Townhall cold pressed-juices, smoothies, and coffee are 100% organic. We source organic produce for our menu whenever possible and are headed for a fully organic menu in the future.

“THE MOST INNOVATIVE RESTAURANT IN THE COUNTRY” — USA TODAY

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100% NON-GMO BONE BROTH
Nature's Functional Medicine

WHY BONE BROTH?
— IMMUNITY BOOSTING —
IMPROVES JOINT HEALTH
BOOSTS METABOLISM
GUT HEALER

TOWNHALL

100% ORGANIC REFRESHMENTS
MADE FRESH IN-HOUSE

ORGANIC ICED TEAS • 4
iced black or mango • ☺

ORGANIC GINGER TURMERIC LEMONADE • 4
with stevia • 0g added sugar • ☺

KETO LAVENDER LEMONADE • 5
butterfly pea tea • lavender • trace minerals • lemon • allulose • ☺

HIBISCUS LIMEADE • 5
hibiscus cinnamon allulose • lime juice • reverse osmosis water • ☺

WE ALSO HAVE

SARATOGA SPARKLING -OR- STILL • 5

HAPPY SOUL CBD CIDER (NA) • \$6

WORLD'S CLEANEST COFFEE
— 100% ORGANIC —

Our coffee is independently lab tested for all mycotoxins (mold+fungus). Please ask a manager for copies of any tests.

iso 17025 accredited
iso 9001:2008 certified

\$14 BUILD-YOUR-OWN-BOWL

<p>1 protein. [choose one.]</p> <p>organic chicken KF / P / GF</p> <p>pork belly P / GF</p> <p>seared hoison tofu V / GF</p> <p>grass-fed steak +3 KF / P / GF</p> <p>braised beef +2 KF / P / GF</p> <p>burger patty +2 KF / P / GF</p> <p>wild-caught shrimp +3 KF / P / GF</p> <p>wild-caught salmon +2 KF / P / GF</p> <p>vegan chicken +2 V</p>	<p>2 base. [choose one.]</p> <p>white rice GF / V</p> <p>rice noodles GF / V</p> <p>cauliflower rice +1 GF / KF / V</p> <p>bone broth pasture-raised chicken - or - grass-fed beef GF / KF / P</p> <p>ADD MIRACLE NOODLES -OR- MUSHROOMS TO YOUR BROTH +1</p>	<p>3 sides. [choose up to two.]</p> <p>spicy garlic broccoli GF / V / P / KF</p> <p>roasted brussels sprouts GF / V / P / KF / N</p> <p>marinated cucumber GF / V / P / KF</p> <p>charred pineapple GF / V / P / KF</p> <p>grilled vegetables GF / V / P / KF</p> <p>smashed avocado GF / V / P / KF</p> <p>kimchi slaw GF / V / P / KF</p> <p>scrambled eggs GF / KF / P</p>	<p>4 sauces. [choose one.]</p> <p>bang bang GF / V</p> <p>sunshine vin GF / P / KF</p> <p>rosemary aioli GF / P / KF</p> <p>korean bbq GF</p> <p>rebol hot GF / V / P / KF</p> <p>aji GF / P / KF</p> <p>togarashi aioli GF / P / KF</p>	<p>5 garnishes. [choose up to three.]</p> <p>scallions GF / V / K / P</p> <p>jalapeños GF / V / K / P</p> <p>cilantro GF / V / K / P</p> <p>sesame seeds GF / V / K / P</p> <p>red onion GF / V / K / P</p> <p>crispy rice noodle GF / V</p> <p>shaved parmesan GF / KF / P</p>
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upgrade your bowl extra sauce +0.50 | extra side + 3 | double your protein (prices vary)

LET FOOD BE THY MEDICINE.

ORGANIC COLD PRESSED JUICES this product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly and persons with weakened immune systems.

- BASICS** orange -or- grapefruit -or- pineapple • 4 ☺
- CITRUS** grapefruit • orange • lemon • ginger • cinnamon • cayenne • 5
- BLEND** pineapple • watermelon • mint • 5 ☺
- WHEATGRASS SHOT** hand-pressed wheatgrass • 4
- WELLNESS SHOT** turmeric • ginger • lemon • cayenne • 5

ORGANIC SUPERFOOD SMOOTHIES + SHAKES vegan protein powder available upon request

- MATCHA GLOW** organic ceremonial matcha • organic banana • irish sea moss • grass-fed vanilla protein • local, pasture raised milk • coconut glaze pitaya powder • spirulina • mct oil • 11
- STRAWBERRY SKIN RENEWAL** strawberries • bananas • coconut cream • honey • chia seeds • avocado • irish sea moss creatine • dates • hyaluronic acid • pitaya powder • collagen creamer • 13 • ☺
- LONGEVITY** coconut • blueberries • banana • raw cashew butter • colostrum • creatine • cinnamon • vanilla bean keto chocolate collagen • coconut cream • 14 • ☺ / ☺
- BEING BRIGID 2.0** cucumber • mint • pineapple • green apple • perfect aminos • spinach • coconut cream • ginger • avocado • matcha keto vanilla collagen • raw cashew butter • chia seeds • maca • flax seed • mesquite • green spirulina • 12 • GF / ☺ / ☺
- KETO PROTEIN POWERHOUSE 2.0** avocado • peanut butter • mct oil • collagen • bhb ketones • cacao • chia • hemp • 12 • KF / ☺ / ☺
- CLASSIC SHAKES** chocolate, vanilla, strawberry • 8
- HOUSE SHAKES** wildberry crumble -or- peanut butter-honey-graham • 9 • ☺
- BOOZY SHAKES**
 - LEMONBERRY TART** deep eddy lemon • giffard cassis • lemon curd • strawberry • ice cream • 10
 - MOCHACCINO** absolut vanilla • kahlua • irish cream • espresso • cacao • ice cream • 10
- ACAI BOWL** cacao • coconut • granola • mixed berry • 10 • VA / GF • ADD PEANUT -OR- ALMOND BUTTER .75 / ☺

keto buckeye bites keto chocolate • almond + peanut butters • collagen • nootropic • 3 ea • KETO-FRIENDLY / GF / ☺

KETO PROTEIN SWIRL

up to 20g protein • no refined sugars organic milk
organic vanilla collagen • colostrum • 8 • KETO-FRIENDLY

choose one:
keto buckeye • GF / ☺ • keto chocolate cheesecake • GF / ☺
keto cookie dough • GF / ☺ • paleo chocolate chip cookie • GF / ☺ • berry berry • GF

UPGRADES: ghee • cacao • collagen protein • mct oil +1 each

- ZERO TOXIN**
 - NATURE'S ADDERALL** nitrogen enriched cold brew on tap • 5 ☺
 - DRIP COFFEE** lab-tested organic zero toxic coffee • 4 ☺
 - DOUBLE ESPRESSO** • 4 ☺
- BULLET PROOF DRINKS**
 - PROTEIN BULLETPROOF COFFEE** grass-fed chocolate protein • mct oil • cinnamon • nutmeg • grass-fed butter • 7
 - KETO BULLETPROOF** coffee • mct oil • grass-fed butter • 5 ☺
 - KETO NOOTROPIC** coffee • mct oil • butter • coconut milk • mint • chocolate nootropic • 6 ☺
 - GOLDEN TURMERIC** hartzler's milk • mct oil • butter • cinnamon • honey • 6
- TIME FOR LATTES**
 - LATTE** • 4.75 ☺ add vanilla -or- caramel +.75
 - MOCHA** • 4.5
 - ICED KETO VANILLA PROTEIN LATTE** espresso • grass-fed protein • local, pasture-raised milk • 8
 - MATCHA** organic ceremonial matcha 4.5 ☺
 - CHAI LATTE** organic chai • honey • hartzler's milk • 6
 - ICED KETO VANILLA PROTEIN MATCHA** grass-fed protein • local, pasture-raised milk • 8
 - ICED STRAWBERRY MATCHA LATTE** organic matcha • strawberry allulose • hartzler's milk • 6
 - ORGANIC HOT TEAS** various selections, just ask. • 4

LOW GLYCEMIC BENEFITS

ZERO TO MINIMAL IMPACT ON BLOOD SUGAR

LOWERS INFLAMMATION

REDUCE HUNGER AND STAY SATIATED LONGER
REDUCES BLOOD CHOLESTEROL LEVELS

UPGRADES
plant-based
SUB VANILLA ALMOND, -OR- HOUSE KETO COCONUT MILK
+1

JO!
oat milk
SIMPLE INGREDIENTS.
ZERO SUGARS. 100% NON-GMO.
NO GUMS, FILLERS OR EMULSIFIERS.
+1.5