# 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 $H_2$ tabs to RO structured water to reduce oxidative stress at the cellular level

**Chlorophyll Vitality • 8** NEW! **DETOX | ANTI-INFLAMMATORY**
chlorophyll | RO water | ginger | lemon

**Mountain Valley Natural Spring Water • 5**
choice of sparkling or still

# 100% ORGANIC JUICES + REFRESHMENTS

## REFRESHMENTS

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

**Turmeric Lemonade • 4** K **ANTI-INFLAMMATORY | JOINT HEALTH**
w/ stevia | 0G added sugar

**Hibiscus Limeade • 5** K **ANTIOXIDANTS | IMMUNE SUPPORT**
hibiscus | cinnamon | lime | allulose

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

**Spirulina Reviver • 8** NEW! **ELECTROLYTES | HYDRATION**
blue spirulina | coconut water | lime

## SHOTS

**Wheatgrass Shot • 4**

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

## JUICES

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.

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

# 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)

USDA ORGANIC

**please ask a manager for copies of any tests.**

iso 9001:2008 certified
iso 17025 accredited

**UPGRADE YOUR COFFEE**

**Vanilla Protein Cold Foam • 2** 12 G

100% ORGANIC • INDEPENDENTLY LAB-TESTED

# ZERO-TOXIN COFFEE

## STAPLES

**Nature's Adderall • 5** nitrogen-enriched cold brew on tap

**Drip Coffee • 4** **Espresso • 4** double shot **Mocha • 5**

## 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

**Iced Coconut Americano • 7** NEW!
espresso | coconut water

**Pumpkin Date Latte • 6** SEASONAL!
organic dates | organic pumpkin | unrefined coconut sugar
local pasture-raised milk

**Salted Maple Vanilla Bean Latte • 6** SEASONAL!
organic maple | vanilla | local pasture-raised milk

**Keto Pumpkin Spice Latte • 6** SEASONAL!
organic pumpkin | pumpkin spice allulose | local pasture-raised milk

## 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

**Keto Pumpkin Spice Bulletproof • 6** SEASONAL!
MCT oil | grass-fed butter | organic pumpkin spice

# 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 Blue Coconut Matcha • 7** NEW!
coconut water | blue spirulina

**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 Prime 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

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

**Strawberry Skin Renewal • 13** N
strawberries | organic banana | coconut | honey | avocado | chia seeds | Irish sea moss
creatine | hyaluronic acid | dates | pitaya powder | keto collagen creamer

**Longevity • 14** N
coconut | blueberries | organic banana | cashew butter | creatine | kion colostrum | cinnamon
vanilla | coconut cream | keto chocolate collagen

**Being Brigid 2.0 • 12** GF | N
organic vanilla collagen | cucumber | mint | pineapple | green apple | perfect aminos greens
spinach | coconut cream | ginger | avocado | matcha | organic raw cashew nut butter

**Keto Protein Powerhouse 2.0 • 12** N | K
avocado | peanut butter | MCT oil | collagen protein | base ketones | cacao | chia | hemp | bee pollen

## 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

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

**Equip Prime 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

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

**ALL ADD-ONS ARE LAB-TESTED FOR HEAVY METALS AND PURITY.**
ask your server for results.

**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.

**CONTAINS NUTS | N**

Contains tree nuts, peanuts and/or coconut

100% ORGANIC PRODUCE

SEED OIL SAFE SOS SEEDOILSCOUT.COM

GRASS-FED + GRASS-FINISHED MEATS

# 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 cooked, 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, romaine, 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**

COLD

**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
kale + radicchio blend, 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 | tofu |

HOT

**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, cilantro, 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

100% ORGANIC

# COLLAGEN BONE BROTHS

**WHY BONE BROTH?**

- GUT HEALER
- METABOLISM BOOST
- BOOSTS IMMUNITY
- JOINT HEALTH

**NATURE'S MEDICINE**

THE WORLD'S ONLY
**REAL. HEALTHY. SUSHI.**

- WILD CAUGHT SEAFOOD
- ZERO REFINED SUGARS
- 100% ORGANIC VEGGIES

AVAILABLE

WED – FRI • 11 AM – 10 PM | SAT – SUN • 2 PM – 10 PM

# SPECIALTY **BROTHS**

**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

## BUILD-YOUR-OWN

**5** (12 oz.) • **10** (32 oz.) GF|P|K

**CHOICE OF:**

**pasture-raised chicken**
**or grass-fed beef**

**ADD-ONS:**

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

# BONE BROTHS + SOUPS

100% ORGANIC • MADE IN HOUSE

**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** (12 oz.) **• 10** (32 oz.) 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
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

**ALL INGREDIENTS ARE GLUTEN-FREE**

## 1 PROTEIN.
[ choose one. ]

- pasture-raised chicken
- grass-fed pork belly
- hoisin tofu 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

## 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** | 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

## 5 GARNISH.
[ choose three. ]

- scallions
- jalapeños
- sesame seeds
- cilantro
- red onion
- crispy rice noodle
- shaved parmesan

# LET FOOD BE THY MEDICINE.

# HANDHELDS

**Grass-Fed Cheeseburger*** **• 18** GFA | PA | KA
grass-fed and finished beef, organic cheese, 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, organic 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, organic cheese, lettuce, pickled onion, blueberry catsup, toum aioli. served with truffle fries. sub sweet potato fries +1

**Nashville Chicken Sandwich • 17** 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. sub sweet potato fries +1

**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 bacon or avocado • 2**
sourdough, grass-fed herbed butter, organic cheese, roasted tomatoes, organic baby arugula

**UPGRADE YOUR SIDE**

+2
- Simple Salad VA
- Fresh Fruit V
- Sweet Potato Fries VA
- Housemade Soup GF
- 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 | V | 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

LOW MERCURY WILD SEAFOOD

**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

**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, sesame 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 **Vegan Chili • 7** GF | V

## CARNIVORE SIDES

**grass-fed + finished side of steak • 10**
**grass-fed + finished burger patty • 7**
**pasture-raised chicken thigh • 6**
**pasture-raised chicken breast • 7**
**wild shrimp • 9**
**wild salmon • 16**

# KETO PROTEIN SWIRL

townhall

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 Pumpkin 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 Organic Pumpkin Cheesecake • 8** GF | K | N
organic pumpkin glaze, vanilla crumble crust, ginger crisp

**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

**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