

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 H₂ 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 κ | black or mango

Turmeric Lemonade • 4 κ ANTI-INFLAMMATORY | JOINT HEALTH

w/ stevia | OG added sugar

Hibiscus Limeade • 5 κ ANTIOXIDANTS | IMMUNE SUPPORT

hibiscus | cinnamon | lime | allulose

Keto Lavender Lemonade • 5 κ 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)



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

R_x 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	Kion Colostrum • 2 supports gut barrier integrity, immune signaling + nutrient uptake
Cacao • 1 natural mood lift	Equip Prime Protein • 4 ↕ 21 G chocolate or vanilla grass-fed beef protein for muscle repair + energy
Ghee • 1 gut support healthy fats	Vital Proteins Keto Collagen Creamer • 3 ↕ 10 G grass-fed collagen + healthy fats for energy, skin + recovery
Maca • 1 hormone balance stamina	Perfect Aminos Greens • 3 amino acids + super greens for muscle repair, cellular energy + detox
MCT Oil • 1 clean energy metabolism support	Perfect Keto Chocolate Keto Nootropic • 3 supports focus, mental clarity, energy + stress resilience
Caffeine • 1 mental focus natural energy boost	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



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, 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
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

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

UPGRADE YOUR SIDE

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

Roasted Brussels Sprouts GF | N | V | P | K
Sweet Potato Fingerlings GF | N | P
+3 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

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

LOW MERCURY
WILD
SEAFOOD

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 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

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