

# wellness guide

**CLEAN COOKING OILS ONLY**  
to avoid toxicity we only use avocado, sesame, and coconut oil!

**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

**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.  
keto bun • almond flour crisps • zero net carb miracle noodle • cauliflower rice

## shareables

**smashed avocado** • 10 GF / V / PA  
jalapeño • lime • shallot • cucumber • cilantro • salsa roja • crispy corn chips

**keto baked buffalo tenders** • 10 GF / P / KETO-FRIENDLY / 🌱  
keto cashew breading • house buffalo sauce • sweet potato fries • white bbq for dipping

**sweet potato skins** • 10 GF / P / VA  
pork belly • jicama peppadew pico • togarashi aioli • micro greens • **sub chicken n/c**

**chili + queso loaded nachos** • 11 GF / VA • **add organic chicken +2**  
queso fresco • cilantro • reb cabbage • salsa roja • verde cream fraiche • tomato • jalapeño • guacamole

**keto chicken wings** • 10 GF / P / KETO-FRIENDLY / 🌱  
sous vide wings • bbq dry rub • scallion • **rebol hot -or- chimichurri (🌱) for dipping**

**truffle fries** • 6 GF / VA  
white truffle oil • herbed grana padano • rosemary aioli

**buffalo cauliflower lettuce wraps** • 12 GF / V / 🌱  
artisan romaine leaf • pickled veggies • sprouts • chimichurri • bang bang

**wild spicy salmon + avocado\*** • **dr. mark hyman inspired** • 13 P / GF / KETO-FRIENDLY / 🌱  
tartare • avocado citrus salad • spicy mayo • unagi sauce • watermelon radish • micro greens • almond flour crisps

**bowls** **sub protein** : vegan chicken n/c • organic hoisin tofu n/c • veggieburger +1 • keto fried chicken +1  
wild salmon +3 • wild shrimp +3 • grass-fed beef +1  
**sub zero net carb miracle noodles in any bowl +2**

**wild poke\*** • 12 GF / VA / P / KETO-FRIENDLY | **sub cauliflower rice -or- cucumber noodles +1**  
wild tuna + salmon • rice • citrus avo • ginger • seaweed • cucumber • sprout • scallion • sesame • **aji, bang bang, -or- sunshine vin**

**chopped salad** • 13 P / GF / VA / KETO-FRIENDLY / 🌱 | **sub keto fried chicken +1, grass-fed beef +1 -or- wild salmon +3**  
organic greens + chicken • spiced almonds • avocado • bacon • keto croutons • apple • gorgonzola • champagne vin

**harvest salad** • 14 GF / VA / P / 🌱 | **sub keto fried chicken +1, grass-fed beef +1 -or- wild salmon +3**  
organic greens + chicken • goat cheese • bacon • berries • grain-free granola • sweet potato • beets • preserved cherry vin

**thai peanut** • 11 GF / VA / 🌱  
**seasoned chicken, seared hoisin tofu -or- vegan chicken** • turmeric rice • peanut sauce • mixed veg • herbs

**grass-fed bolognese** • 12 GF / P / VA / KETO-FRIENDLY  
organic spaghetti squash • organic egg • mixed veg • lardon • grass-fed beef • grana padana • aleppo

**curry chicken noodle** • 11 GF / VA  
white rice laksa noodle • spicy red curry + coconut milk broth • kale • peas • cilantro • cabbage

**bangkok bazaar** • 12 GF (SPICY)  
wild shrimp • seasoned chicken • rice noodle • organic egg • asian fish sauce • organic mixed veg • cubanella

**handhelds**  
**house sides**  
• truffle fries  
• veggies  
• corn chips + salsa roja  
**upgraded sides**  
• avo + tomato +1  
• simple salad +1  
• fresh fruit +1  
• sweet potato fries +1  
**optimal sides**  
• roasted brussel sprouts +2  
• spicy garlic broccoli +2  
• togarashi glazed carrots +2  
• tomato bisque +3  
• chili +3

**upgrade** any handheld with our low carb keto bun +1 • vegan bun +0.50 • lettuce bun n/c

**townhall veggieburger** • 12 GFA / VA  
garbanzo + roasted red pepper patty • lemon tahini • rebol hot • pickled onion • lettuce • tomato • pickle • house bun

**grass-fed cheeseburger 2.0\*** • 12 GFA / PA  
new zealand beef • organic cheese • pub sauce • onion • romaine • house bun

**southern style chicken sandwich** • 12 GFA / PA  
southern style crispy keto chicken • house mayo • romaine • pickle • house bun | **add sliced avocado +1**

**grilled cheese bars + tomato bisque** • 10 GFA / VA  
sourdough • organic cheddar blend • arugula • peppadews • **no side** | **bacon -or- avocado +2**

**food truck TACOS** **chicken, pork belly, organic hoisin tofu, -or- vegan chicken** 12 • **seared shrimp** 14 GF / VA  
corn or flour tortilla • corn elotes • slaw • aji sauce • queso fresco • jalapeños • lime

## flatbreads

**sub** paleo gluten free vegan crust +2

**classico** • 10 GFA / VA  
red sauce • heirloom tomato • organic cheese • basil • herbed grana padano • balsamic reduction

**korean bbq** • 13 GFA / VA  
bacon • chicken • organic cheese • red onion • cubanella • cilantro

**green envy** • 12 GFA / VA / 🌱  
organic cheese • goat cheese • arugula • cauliflower • chili oil • peruvian aji sauce

## dinner

available after 5pm daily

**new zealand grass fed strip\*** • 35 GF / P / KETO-FRIENDLY / 🌱  
pan seared new york strip • grass fed butter • keto cauliflower mash • calabrian brussels • pistachio chimichurri

**keto fried chicken** • 22 GF / P / KETO-FRIENDLY / 🌱  
avocado oil fried • pickles • rebol hot • buttermilk herb aioli • sweet potato casserole • roasted brussel sprouts

**wild salmon\*** • 22 GF / P / KETO-FRIENDLY  
wild salmon • grass-fed butter • keto cauliflower mash • togarashi glazed carrots • fresh herbs • sunshine vinaigrette • balsamic glaze

**toppings** • 2  
**sausage • pepperoni**  
**bacon • chicken**  
**basil • peppers**  
**onions • mushroom**  
**arugula • goat cheese**  
**tofu • vegan chicken**  
**jalapeños • vegan cheese**  
**banana peppers**

**SUB CAULIFLOWER RICE +1**  
KETO FRIENDLY

**LOW CARB KETO BUN +1**  
gf / p

**ADD SHRIMP TO ANY ENTREE (LOW MERCURY)**  
+5

# bone broths

nature's functional medicine

**organic chicken broth**

GF / P  
3.75 (12 oz.) / 9.50 (32 oz.)

**sacred vegan broth**

GF / V / P  
3.75 (12 oz.) / 9.50 (32 oz.)

## WHY BONE BROTH?

GUT HEALER

BOOSTS METABOLISM

BOOSTS IMMUNE SYSTEM

IMPROVES JOINT HEALTH

## soups

tomato bisque • 5 GFA

vegan chili • 5 GF / V

# organic veggie bites

**roasted brussel sprouts**

5 GF / V / P / KETO-FRIENDLY / 🌱  
calabrian chile - nut mix  
avocado oil  
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

**togarashi glazed carrots**

5 GF / V / P / KETO-FRIENDLY  
heirloom baby carrots  
togarashi spice  
chicory root  
coconut oil



\*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.

townhall cold pressed juices, smoothies, & coffee are 100% organic. we source organic produce for our menu whenever possible and are headed for a fully organic menu in the near future.



we offer a variety of keto and paleo menu options! we've also dedicated our wednesday night for our kaleo (keto + paleo) lifestyle adopters. the kaleo menu is crafted to make eating kaleo more enjoyable and easier than ever, without compromising standards or taste.



we offer a wide array of vegan & vegan-friendly options to satisfy those who prefer a animal/dairy-free lifestyle. enjoy a specialty menu every monday night with offerings not available on our regular menu.



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



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



Thomas Edison

the doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease.

# bone broths

nature's functional medicine

**organic chicken broth**  
GF / P / 🌱  
3.75 (12 oz.) / 9.50 (32 oz.)

**sacred vegan broth**  
GF / V / P / 🌱  
3.75 (12 oz.) / 9.50 (32 oz.)

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

## 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.

- leaf** broccoli • bok choy • cucumber • lemon • turmeric • 5 🌱
- root** watermelon • beet • carrot • lemon • pear • ginger • 5
- citrus** grapefruit • orange • lemon • ginger • cinnamon • cayenne • 5
- blend** pineapple • watermelon • mint • 5
- basics** orange -or- grapefruit -or- pineapple • 4
- wheatgrass shot** hand-pressed wheatgrass • 4 🌱
- wellness shot** turmeric • ginger • lemon • cayenne • 5 🌱

## refreshments

- organic inca teas**  
iced black - or - mango • 3 🌱
- organic switchel**  
apple cider vin • maple • ginger • lemon • 4
- organic ginger turmeric lemonade**  
with stevia • 0g added sugar • 4 🌱
- prebiotic berry lemonade**  
lemon • stevia • coconut water • 3.5
- kombucha**  
Ask for selection of flavors • 4

## organic superfood smoothies + shakes

vegan protein powder available upon request

- leg day** blueberry • banana • flax • collagen protein • mct oil • maca • nut milk • 8 VA / P / 🌱
- keto powerhouse** avocado • peanut butter • mct oil • collagen • bhb ketones • cacao • chia • hemp • 10 **KETO FRIENDLY** / 🌱 / 🌱
- @beingbrigid** coconut milk • kale • dragon fruit • cucumber • collagen • almond butter • 8 VA / P / **KETO FRIENDLY** / 🌱 / 🌱
- green dream** kale • cucumber • avocado • banana • ginger • matcha • hemp • pistachio • nut milk • oj • 8 V / 🌱 / 🌱
- classic shakes** chocolate, vanilla, strawberry -or- vegan salted caramel pecan (🌱) • 7
- house shakes** peanut butter honey graham -or- cold brew nutella • 8 🌱
- boozy shakes** **dad bod** skrewball pb whiskey • maker's mark • cacao powder • vegan ice cream • 10 V / 🌱  
**mom jeans** beefeater pink gin • vanilla ice cream • strawberries • 10 🌱
- acai bowl** cacao • coconut • granola • mixed berry • 8 VA • **add peanut -or- almond butter .75** 🌱
- keto pudding bowl** avocado • cacao • coconut milk • protein • mct oil • monk fruit • mixed toppings • 10 VA / 🌱

# 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



## ZERO TOXIN

## BULLET PROOF DRINKS

## TIME FOR LATTES

## EARTH TEAS

## LMTD TIME

**nature's adderall** nitrogen enriched cold brew coffee on tap • 5 🌱  
**drip coffee** toxin-free coffee • 3 🌱 | **espresso** • 2.5 🌱

**the original** toxin-free coffee • brain octane oil • grass fed butter • 5 🌱  
**golden turmeric** almond milk • brain octane oil • grass-fed butter • cinnamon • honey • 6 🌱  
**keto nootropic** coffee • coconut milk • brain octane oil • grass-fed butter • peppermint • chocolate • 6 🌱

**upgrades: +1 each: ghee • cacao • monk fruit extract • collagen protein**

**latte** • 3.75 🌱 | **mocha** • 4.5 | **vanilla** • 4.5 | **caramel** • 4.5  
**honeybun latte** honey, cinnamon, vanilla oat milk • 5  
**banana pancake latte** maple syrup • banana • cinnamon • 5

sub almond or oat milk +1

**matcha** • 3.5 🌱 | **matcha latte** • 4.5 🌱 | **chocomint matcha** • 4.5  
**chai latte** house blend of tea, spices, and honey • steamed milk • cinnamon • 6

**lavender matcha latte** • 5 🌱 | **reishi hot cacao** vegan, zero sugar • 5 🌱  
vanilla • monk fruit • steamed milk • mint leaf

ADD ORGANIC CBD OIL TO ANY BEVERAGE +2

## LOW GLYCEMIC BENEFITS



Zero to minimal impact on blood sugar  
Lowers inflammation  
Reduce hunger and stay satiated longer  
Reduces blood cholesterol levels