

WRAPS

\$7.50

Available in **Flour, Wheat, Spinach** or **Southwest** tortillas or in a **Bowl**.

Greek

Brown Rice, Greek Mix (Spinach, Tomato, Onion, Bell Pepper, Feta Dressing)

Chapparel

Brown Rice, Black Beans*, Guacamole, Greek Mix

Caesar

Brown Rice, Romaine, Red Onion, Parmesan, Caesar Dressing

Veggie

Brown Rice, Black Beans*, Hummus, Greek Mix, Guacamole, Cucumbers

Tex-Mex

Brown Rice, Black Beans*, Romaine, Betsy Ross Grass-Fed Beef, Pico de Gallo, Cheddar

Ham & Swiss

Ham, Swiss, Romaine, Tomato, Mustard

Turkey

Smoked Turkey Breast, Romaine, Tomato, Cheddar

Pulled Brisket

Betsy Ross Grass-Fed Beef, Greek Mix, Brown Rice, Grilled Onion Mix, Swiss, Horseradish Sauce

BBQ

Betsy Ross Grass-Fed Beef, Brown Rice, Romaine, Black Beans*, Grilled Onion Mix, Cheddar, BBQ Sauce

Chipotle

Chicken*, Brown Rice, Romaine, Grilled Onions, Pico de Gallo, Cheddar

COFFEE

Coffee sm \$1.59 lg \$1.89

Cold-Brew Iced Coffee \$2.75

Iced Almond Cold Brew \$3.50

Cold-Brew Iced Coffee, Almond Milk

Iced Cashew Cold Brew \$5.50

Cold-Brew Iced Coffee, House-Made Cashew Milk (Spiced or Chocolate)

Original Bullet \$4.79

Bulletproof Coffee™, Grass-Fed Butter, MCT Oil

Mocha or Vanilla Bullet \$5.79

Bulletproof Coffee™, Grass-Fed Butter, MCT Oil, Raw Cacao Powder or Vanilla, Maple Syrup

Add-Ins: Collagen Protein \$1, Substitute Ghee for Butter 50¢

• NUTRITION ICONS •

GF Gluten-Free **P** Paleo * Organic

DF Dairy-Free **V** Vegan

SANDWICHES

Available on **White, Whole Wheat, Sub Roll** (\$1), **Ezekiel** (\$1), **Peoples GF** (\$1), **Udi's GF** (\$1) or **Paleo** (\$2) bread.

Grilled Chicken Sun-Dried Tomato \$7.50

Grilled Pasture-Raised Chicken*, Sun-Dried Tomatoes, Romaine, Dijon Mustard

HAAM & Swiss \$7.50

5% of proceeds go to Health Alliance for Austin Musicians!

Ham, Aged Swiss, Romaine, Tomato, Garlic Aioli

Italian Sub \$8.50

Ham, Salami, Pepperoni, Provolone, Shredded Romaine, Tomatoes, **Hot** Cherry Peppers, Italian Dressing, 6" Sub Roll

B.L.A.T. \$7.50

Nitrate-Free Bacon, Romaine, Avocado, Tomato, Mayonnaise*

Turkey Arugula \$7.50

Smoked Turkey, Arugula*, Cheddar, Whole Grain Mustard, Mayonnaise*

Veggie \$7.50

Hummus, Cucumbers, Carrots, Pesto, Avocado, Romaine, Tomato, Pickled Red Onion

SALADS

Add **organic, pasture-raised chicken** to any salad for \$2.50

Chicken Caesar Salad **GF** \$7.50

Pasture-Raised Chicken*, Romaine Lettuce, Gluten-Free Croutons, Red Onions, Caesar Dressing/Olive Oil, Parmesan Cheese

Grilled Chicken with Maple Balsamic Dressing **GF** \$7.50

Grilled Pasture-Raised Chicken*, Mixed Greens*, Cucumbers, Maple Balsamic Dressing, Sun-Dried Tomatoes, Pumpkin Seeds, Apricot

Arugula & Fennel **GF** \$7.50

Arugula*, Lemon Dressing, Fennel, Parmesan, Pistachios

Zesty Kale & Quinoa **GF DF P V** \$7.50

Kale, Quinoa, Lemon Dressing, Red Grapes, Sunflower Seeds, Red Pepper, Olive Oil, Garlic, Sea Salt, Black Pepper

Garden **GF DF P** \$3.99

Spring Mix*, Bell Pepper, Cherry Tomatoes, Cucumbers, Local Egg*, Black Olives

SPREADS & SIDES

Chicken & Grape Salad **GF DF** \$5.99

Pasture-Raised Chicken*, Grapes, Mayonnaise*, Celery, Dijon Mustard, Scallions, Carrots, Sea Salt, Black Pepper

Curry Chicken **GF DF** \$5.99

Pasture-Raised Chicken*, Mayonnaise*, Celery, Apple, Major Grey's Chutney, Onion, Raisins, Curry Powder, Sea Salt, Black Pepper

Albacore Tuna Salad **GF DF** \$5.99

Albacore Tuna, Mayonnaise*, Celery, Scallions, Capers, Dijon Mustard, Lemon Juice, Dill, Tarragon, Sea Salt, Black Pepper

Egg Salad **GF DF** \$4.99

Local Eggs*, Mayonnaise*, Celery, Sea Salt, Black Pepper

Pimento Cheese **GF** \$5.99

Shredded Cheese*, Cream Cheese*, Mayonnaise*, Onion, Garlic, Pimentos

Organic Beet Salad **GF** \$4.99

Beets*, Texas Goat Cheese, Toasted Walnuts, Sherry Vinaigrette, Basil

Fruit Salad **GF DF P V** \$4.99

Cantaloupe, Honeydew, Pineapple, Strawberries, Grapes (varies)

SWEETS

Other gluten-free and regular items available.

Chocolate Covered Organic Strawberries **GF**

Single \$2.50

½ Dozen \$12

Dozen \$20

Flourless Dark Chocolate Cake Slice **GF** \$4.75

Muffins **GF DF** \$3.50

Blueberry, Morning Glory and Banana Chocolate Chip

Cookies **GF** \$1.85

Chocolate Chip and Oatmeal Raisin

Walnut Brownie **GF** \$2.85

Vanilla Chia Seed Pudding **GF DF P** \$3.99

SOUPS

sm \$3.99 • lg \$6.50

MONDAY

Grass-Fed Beef Chili (GF)(DF)

Betsy Ross Grass-Fed Beef, Pinto Beans*, Diced Tomatoes*, Onion, Poblano Peppers, Red Wine, Tomato Purée*, Olive Oil, Jalapeños, Ancho Chilies, Garlic, Spices, Sea Salt, Black Pepper

Caldo de Pollo (GF)(DF)

Pasture-Raised Chicken*, White Cabbage, Corn*, Onion, Red Potatoes, Celery, Carrot, Zucchini, Yellow Squash, Garlic, Cilantro, Basil, Sea Salt, Black Pepper

TUESDAY

Roasted Cauliflower and Parmesan (GF)

Cauliflower, White Onion, Celery, Heavy Cream, Parmesan, Olive Oil, Sea Salt, Black Pepper

Chicken Noodle (GF)(DF)

Chicken*, Carrots, Peas*, Onions, Celery, Gluten-Free Spaghetti, Olive Oil, Basil, Thyme, Sea Salt, Garlic, Bay Leaf, Black Pepper

WEDNESDAY

Grass-Fed Beef Chili (GF)(DF)

Betsy Ross Grass-Fed Beef, Pinto Beans*, Diced Tomatoes*, Onion, Poblano Peppers, Red Wine, Tomato Purée*, Olive Oil, Jalapeños, Ancho Chilies, Garlic, Spices, Sea Salt, Black Pepper

Caldo de Pollo (GF)(DF)

Pasture-Raised Chicken*, White Cabbage, Corn*, Onion, Red Potatoes, Celery, Carrot, Zucchini, Yellow Squash, Garlic, Cilantro, Basil, Sea Salt, Black Pepper

THURSDAY

Dal (GF)

Red Lentils, Onion, Ghee, Lemon Juice, Thai Bird's Eye Chili, Ginger, Sea Salt, Turmeric, Garlic Paste, Rice, *Optional Chutney (Full-Fat Yogurt, Onion, Cilantro, Ginger, Mint, Raw Sugar, Lime, Garlic, Cumin, Thai Chilis)*

Chicken Noodle (GF)(DF)

Pasture-Raised Chicken*, Carrots, Peas*, Onions, Celery, Gluten-Free Spaghetti, Olive Oil, Basil, Thyme, Sea Salt, Garlic, Bay Leaf, Black Pepper

FRIDAY

Grass-Fed Beef Chili (GF)(DF)

Betsy Ross Grass-Fed Beef, Pinto Beans*, Diced Tomatoes*, Onion, Poblano Peppers, Red Wine, Tomato Purée*, Olive Oil, Jalapeños, Ancho Chilies, Garlic, Spices, Sea Salt, Black Pepper

Caldo de Pollo (GF)(DF)

Pasture-Raised Chicken*, White Cabbage, Corn*, Onion, Red Potatoes, Celery, Carrot, Zucchini, Yellow Squash, Garlic, Cilantro, Basil, Sea Salt, Black Pepper

SMOOTHIES

\$7.50

Muscle Mania (GF)

Almond Milk, Banana*, Almond Butter*, Whey Protein

Super Immunity (GF)

Banana*, Blueberries*, Spinach*, Local Raw Honey, Vitamin C, Probiotics, Filtered Water

King Kale (GF)(DF)(V)

Kale, Avocado, Celery, Pineapple*, Mango*, Ginger, Lemon Juice, Hemp Protein*, Filtered Water

Tropical Hydrator (GF)(DF)(P)(V)

Coconut Water, Mango*, Dried Toasted Coconut, Coconut Oil*, Lemon Juice, Cayenne

Berry Kick (GF)(V)

Coconut Water, Fresh Lemon Juice, Almond Butter*, Hemp Protein*, Blueberries*, Cayenne Powder

Inflamma-Blocker (GF)(DF)(V)

Cherry Juice, Cherry Concentrate, Celery, Strawberries*, Filtered Water

The Energizer (GF)(DF)(P)

Iced Casa Brasil Coffee, Almond Milk, Banana*, Local Raw Honey, Ceylon Cinnamon

Sacred Cacao (GF)(DF)(P)(V)

Almond Milk, Banana*, Cacao Powder, Almond Butter*, Ceylon Cinnamon, Cayenne, Sea Salt

Veggie Bliss (GF)(DF)(P)

Spinach*, Kale, Carrot, Avocado, Lemon Juice, Local Raw Honey

SP Detox (V)

Coconut Water, Mango*, Spinach*, SP Complete DF Powder, Flax Oil*, Ceylon Cinnamon

FREEBIES	Cayenne, Ceylon Cinnamon, Himalayan Sea Salt
BOOSTS \$1	Almond Butter*, Avocado, Coconut Oil*, Cold Brew Coffee Shot, Collagen, Creatine, Echinacea, Flax Oil, Ginseng, Ground Flax Seeds, Hemp Protein*, Probiotics, Raw Cacao Powder, Rice Protein, SP Complete DF, Vitamin B12, Vitamin C, Vitamin D, VitamMineral Green, Whey Protein, XCT Oil



PHARMFRESH

Organic, Raw, Cold-Pressed Juices (GF)(DF)(P)(V)

The Love Cleanse™

Cucumber*, Spinach*, Parsley*, Kale*, Celery*

Spicy Carrot

Carrot*, Apple*, Ginger*, Jalapeño*, Orange* 16oz \$8.75

Summer Green

Cucumber*, Apple*, Lemon*, Spinach*, Cilantro*

Back Porch

Watermelon*, Mint*

Organic, Raw Cashew Milk (GF)(DF)(P)(V)

Spiced

Cashews*, Cinnamon*, Nutmeg*, Dates*, Water

Chocolate

Cashews*, Cocoa*, Dates*, Water, Salt* 16oz \$8.75



• TAKE HOME MENU •

"We support local farms and use only the highest quality ingredients. All of our foods are free of MSG, nitrates, hormones and antibiotics. While we are not certified gluten-free, all of our gluten-free items are made in a dedicated gluten-free facility."

Central

4018 North Lamar, Austin, TX 78756
M-F 8am - 9pm
Sat 9am - 6pm
Sun 10am - 5pm
512-459-0845

South

3801 South Lamar, Austin, TX 78704
M-F 8am - 10pm
Sat 9am - 7pm
Sun 10am - 6pm
512-444-8866

Westlake

4201 Westbank Drive, Austin, TX 78746
M-F 8am - 8pm
Sat 9am - 5pm
Sun 10am - 2pm
512-327-8868

www.peoplesrx.com