

SOUPS

sm \$3.⁹⁹ lg \$6.⁵⁰

Mon / Wed / Fri

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*, Corn*, Red Potatoes, Onion, Garlic, Celery, Zucchini, Yellow Squash, Carrot, White Cabbage, Cilantro, Basil

TUESDAY

Roasted Cauliflower and Parmesan (GF)

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

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

THURSDAY

Dal (GF)

Red Lentils, Onion, Ghee, Lemon Juice, Thai Bird's Eye Chili, Ginger, Sea Salt, Turmeric, Garlic Paste, Rice, Optional Sauce (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

"We support **local farms** at every opportunity 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."

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

King Kale (GF) (DF) (V)

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

Tropical

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

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

Berry Kick (GF) (DF) (V) (P)

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

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

Cherry Juice, Cherry Concentrate, Celery, Strawberries*

The Energizer (GF) (DF) (P)

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

Sacred

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

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 (GF) (DF)

Coconut Water, Mango*, Spinach*, SP Complete 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, Spirulina, Vitamin B12, Vitamin C, Vitamin D, VitaMineral Green, Whey Protein, XCT Oil

PHARMFRESH

\$8.⁷⁵

Organic, Raw, Cold-Pressed Juice, 16oz. (GF) (DF)

The Love Cleanse™ (V) (P)

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

Beta Carrot Zing

Carrot*, Ginger*, Apple*

Winter Green

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

Organic, Raw Cashew Milk, 16oz. (GF) (DF) (V) (P)

Spiced

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

Chocolate

Cashews*, Cocoa*, Dates*, Water, Salt*



• TAKE HOME MENU •

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. **PEOPLES**rx.com

WRAPS

\$7.50

Available in flour, wheat, spinach, southwest tortillas or in a bowl.

Greek

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

Chapparel

Brown Rice, Black Beans*, Avocado, Greek Mix

Caesar

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

Veggie

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

BBQ

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

Tex-Mex

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

Turkey

Smoked Turkey Breast, Tomato, Romaine, Cheddar

Pulled Brisket

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

Chipotle

Oven-Roasted Chicken*, Brown Rice, Romaine, Grilled Onions, Pico de Gallo, Cheddar, Chipotle Dressing

Ham & Swiss

Black Forest Ham, Swiss, Romaine, Tomato, Mustard

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

Original Bullet (P) \$4.79

Bulletproof Coffee™, Grass-Fed Butter, XCT Oil

Mocha or Vanilla Bullet (P) \$5.79

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

• NUTRITION ICONS •

(GF) Gluten-Free

(P) Paleo

*Organic

(DF) Dairy-Free

(V) Vegan

SANDWICHES

Available on white, whole wheat, sub roll, Ezekiel (V), Peoples (GF) +\$1, GFY Bread (GF, V) +\$2

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, Lettuce, Tomato, Garlic Aioli

Italian Sub \$8.50

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

B.L.A.T. \$7.50

Nitrate-Free Bacon, Lettuce, 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 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)(V)(P) \$7.50

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

Chef (GF)(DF)(P) \$4.99

Spring Mix*, Turkey, Cherry Tomatoes, Cucumbers, Local Eggs*, Black Olives

Garden (GF)(DF)(P) \$3.99

Spring Mix*, Bell Peppers, Cherry Tomatoes, Cucumbers, Local Eggs*, 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

Wild Caught Albacore Tuna Salad (GF)(DF) \$6.49

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

Organic Beet Salad (GF) \$4.99

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

Deviled Eggs (GF) \$2.99

Pasture-Raised Eggs, Mayonnaise*, Mustard, Celery, Parsley, Paprika

Broccoli Salad (GF)(DF) \$3.99

Broccoli, Olive Oil, Golden Raisins, Veganaise, Carrots, Walnuts, Sunflower Seeds, Honey, Dijon Mustard, Apple Cider Vinegar, Sea Salt, Black Pepper

Lemon Quinoa (GF)(DF)(P) \$4.99

Quinoa, Red Grapes, Sunflower Seeds, Red Pepper, Olive Oil, Lemon Juice, Parsley, Garlic, Sea Salt, Black Pepper

Pimento Cheese (GF) \$5.99

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

SWEETS

Chocolate Covered Organic Strawberries (GF)

Single \$2.50 • 1/2 Dozen \$12 • Dozen \$20

Vanilla Chia Seed Pudding (GF)(DF)(P) \$3.99

Flourless Dark Chocolate Cake Slice (GF) \$4.75

Muffins (GF)(DF) \$3.49

Cookies (GF) \$1.85

Seasonal Mini Pies (GF) \$6.25

Walnut Brownie (GF) \$2.85