

# SOUPS

sm \$3.<sup>99</sup> lg \$6.<sup>50</sup>

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.<sup>50</sup>

## 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.<sup>75</sup>

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

### The Love Cleanse™ (V) (P)

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

### Spicy Carrot

Carrot\*, Ginger\*, Jalapeño\*, Orange\*, Apple\*

### Green Summer

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

### Back Porch

Watermelon\*, Mint\*

## 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.PeoplesRx.com](http://www.PeoplesRx.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