

SOUPS

sm \$4.50 lg \$6.75

MON / WED / FRI

Grass-Fed Beef Chili (GF) (DF)

Betsy Ross Grass-Fed Beef, Pinto Beans*, Diced Tomatoes*, Onions, 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, Onions, Garlic, Celery, Zucchini, Yellow Squash, Carrots, White Cabbage, Cilantro, Basil

TUESDAY

Roasted Cauliflower & Parmesan (GF)

Cauliflower, Onions, Celery, Heavy Cream, Parmesan, 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, Onions, Ghee, Lemon Juice, Thai Bird's Eye Chili, Ginger, Sea Salt, Turmeric, Garlic Paste, Rice, Optional Chutney (Full-Fat Yogurt, Onions, 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

\$8.00

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*

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 - 9pm
Sat 9am - 7pm
Sun 10am - 6pm
512-444-8866

Westlake

4201 Westbank Drive, Austin, TX 78746
M-F 8am - 7pm
Sat 9am - 5pm
Sun 12pm - 5pm
512-327-8868

www.PeoplesRx.com

WRAPS

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

- Greek** \$7.75
Brown Rice, Greek Mix (Spinach, Tomatoes, Onions, Bell Peppers, Feta Dressing)
- Caesar** \$7.75
Brown Rice, Romaine, Red Onions, Parmesan, Caesar Dressing
- Veggie** \$7.75
Brown Rice, Black Beans*, Hummus, Greek Mix, Avocado, Cucumbers
- Tex-Mex** \$8.75
Brown Rice, Black Beans*, Romaine, Betsy Ross Grass-Fed Beef, Pico de Gallo, Cheddar
- Turkey** \$8.00
Smoked Turkey Breast, Tomatoes, Romaine, Cheddar
- Pulled Brisket** \$8.75
Betsy Ross Grass-Fed Beef, Greek Mix, Brown Rice, Grilled Onion Mix, Swiss, Horseradish Sauce
- BBQ** \$8.75
Betsy Ross Grass-Fed Beef, Brown Rice, Romaine, Black Beans*, Grilled Onion Mix, Cheddar, BBQ Sauce

- Chipotle** \$8.75
Oven-Roasted Chicken*, Brown Rice, Romaine, Grilled Onion Mix, Pico de Gallo, Cheddar, Chipotle Dressing

COFFEE

- Coffee*** sm \$2.00 lg \$2.50
- Cold-Brew Iced Coffee** \$3.25
- Iced Almond Cold Brew** \$3.50
Cold-Brew Iced Coffee, Almond Milk
- Iced Cashew Cold Brew** \$4.75
Cold-Brew Iced Coffee, House-Made Cashew Milk
- Original Bullet** (P) \$4.75
Bulletproof Coffee™, Grass-Fed Butter, XCT Oil
- Mocha or Vanilla Bullet** (P) \$5.50
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, Ezekiel (V), Peoples (GF) +\$1, GFY Bread (GF, V) +\$2

- Grilled Chicken Roasted Tomato** \$8.50
Grilled Pasture-Raised Chicken*, Roasted Tomatoes, Romaine, Dijon Mustard
- HAAM & Swiss** \$8.00
5% of proceeds go to Health Alliance for Austin Musicians!
Ham, Aged Swiss, Lettuce, Tomatoes, Mayonnaise*
- B.L.A.T.** \$8.00
Nitrate-Free Bacon, Lettuce, Avocado, Tomatoes, Mayonnaise*
- Turkey Arugula** \$8.00
Smoked Turkey, Arugula*, Cheddar, Whole Grain Mustard, Mayonnaise*
- Veggie** \$7.50
Hummus, Cucumbers, Carrots, Pesto, Avocado, Romaine, Tomatoes, Pickled Red Onions

SALADS

Add Pasture-Raised Chicken* to any salad for \$2.50

- Chicken Caesar Salad** (GF) \$8.25
Pasture-Raised Chicken*, Romaine Lettuce, Gluten-Free Croutons, Red Onions, Parmesan, Caesar Dressing/Olive Oil
- Grilled Chicken with Maple Balsamic Dressing** (GF) \$8.25
Grilled Pasture-Raised Chicken*, Mixed Greens*, Cucumbers, Roasted Tomatoes, Pumpkin Seeds, Apricots, Maple Balsamic Dressing
- Arugula & Fennel** (GF) \$7.50
Arugula*, Fennel, Parmesan, Pistachios, Lemon Dressing
- Zesty Kale & Quinoa** (GF)(DF)(V)(P) \$7.50
Kale, Quinoa, Red Grapes, Sunflower Seeds, Red Bell Peppers, Lemon Dressing
- Chef** (GF)(DF)(P) \$5.50
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) \$6.50
Pasture-Raised Chicken*, Grapes, Mayonnaise*, Celery, Dijon Mustard, Scallions, Carrots, Sea Salt, Black Pepper
- Curry Chicken Salad** (GF)(DF) \$6.50
Pasture-Raised Chicken*, Mayonnaise*, Celery, Apples, Major Grey's Chutney, Onions, Raisins, Curry Powder, Sea Salt, Black Pepper
- Wild Caught Albacore Tuna Salad** (GF)(DF) \$6.50
Albacore Tuna, Mayonnaise*, Celery, Scallions, Capers, Dijon Mustard, Lemon Juice, Dill, Tarragon, Sea Salt, Black Pepper
- Egg Salad** (GF)(DF) \$5.25
Local Eggs*, Mayonnaise*, Celery, Sea Salt, Black Pepper
- Organic Beet Salad** (GF) \$5.25
Beets*, Basil, Texas Goat Cheese, Toasted Walnuts, Sherry Vinaigrette
- Deviled Eggs** (GF) \$3.50
Pasture-Raised Eggs, Mayonnaise*, Mustard, Celery, Parsley, Paprika
- Broccoli Salad** (GF)(DF)(V) \$4.50
Broccoli, Olive Oil, Golden Raisins, Vegenaïse®, Carrots, Walnuts, Sunflower Seeds, Honey, Dijon Mustard, Apple Cider Vinegar, Sea Salt, Black Pepper
- Lemon Quinoa** (GF)(DF)(P) \$5.50
Quinoa, Red Grapes, Sunflower Seeds, Red Bell Peppers, Olive Oil, Lemon Juice, Parsley, Garlic, Sea Salt, Black Pepper
- Pimento Cheese** (GF) \$6.25
Shredded Cheese*, Cream Cheese*, Mayonnaise*, Pimentos, Onions, Garlic, Sea Salt, Black Pepper
- Chocolate Covered Organic Strawberries** (GF)
Single \$2.50 • 1/2 Dozen \$12 • Dozen \$20
- Vanilla Chia Seed Pudding** (GF)(DF)(P) \$4.25
- Flourless Dark Chocolate Cake Slice** (GF) \$4.75
- Muffins** (GF)(DF) \$3.75
- Cookies** (GF) \$2.50
- Seasonal Mini Pies** (GF) \$6.25
- Walnut Brownie** (GF) \$3.25
- Zucchini Bread** (GF) \$3.50