

SOUPS

sm \$4.⁵⁰ lg \$6.⁷⁵

EVERY DAY

Grass-Fed Beef Chili (GF) (DF)

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

SEASONAL

Butternut Squash (GF) (DF) (V)

Green Apple Bisque

butternut squash, granny smith apples, coconut milk, carrot, onion, celery, garlic, brandy, turmeric, salt, pepper

We are proud to partner with local and trustworthy vendors to use only the highest quality ingredients. Current vendors include:

- Augustus Ranch grass-fed beef and breakfast sausage
- Slow Dough Bread Co.
 - Purity Coffee
 - Siete tortillas
- Margarita's Tortilla Factory

While we are not certified gluten-free, all of our **gluten-free** items are made in a dedicated gluten-free facility.

• NUTRITION ICONS •

(GF) Gluten-Free (P) Paleo *Organic
(DF) Dairy-Free (V) Vegan

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, 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 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*, apple*, ginger*

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 - 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, grass-fed beef, pico de gallo, cheddar	
Turkey	\$8.00
smoked turkey breast, tomatoes, romaine, cheddar	
Pulled Brisket	\$8.75
grass-fed beef, greek mix, brown rice, grilled onion mix, swiss, horseradish sauce	
BBQ	\$8.75
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 & BONE BROTH

Coffee*	sm \$2.00 lg \$2.50
Iced Coffee	\$3.50
add almond or coconut milk	+ \$0.75
Butter Coffee (P)	\$4.75
coffee*, grass-fed butter, MCT oil	
Mocha or Vanilla Bullet (P)	\$5.50
coffee*, grass-fed butter, MCT oil, raw cacao or vanilla powder, maple syrup	
Pasture-Raised Chicken Broth	sm \$4.75 lg \$5.75
Grass-Fed Beef Broth	sm \$5.75 lg \$6.75
Butter Broth	+ \$1.00
chicken or beef broth, grass-fed butter or coconut milk	
Broth Add-Ins	+ \$0.50 each
lemon juice, lime juice, turmeric, ginger, cayenne, cilantro	

SANDWICHES

Available on whole wheat, Ezekiel (V), Peoples (Keto) +\$2, or GFY Bread (GF, V) +\$2

Grilled Chicken Roasted Tomato	\$8.50
grilled pasture-raised chicken, roasted tomatoes, romaine, dijon mustard	
HAAM & Swiss	\$8.00
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

Grilled Chicken with Maple Balsamic Dressing (GF)	\$8.25
grilled pasture-raised chicken, mixed greens*, cucumbers, roasted tomatoes, pumpkin seeds, apricots, maple balsamic dressing	
Zesty Kale & Quinoa (GF) (DF) (V) (P)	\$7.50
kale*, quinoa, red grapes, sunflower seeds, red bell peppers, lemon dressing	
Winter Spinach (GF) (DF) (V) (P)	\$8.50
baby spinach, sweet potato, pomegranate seeds, candied pecans (honey, chipotle), maple balsamic vinaigrette	
Harvest Grain (GF) (DF) (V)	\$8.50
wild rice, quinoa, brussels sprouts, squash, pear, carrot, celery, garlic, rosemary, parsley, toasted pumpkin seeds, maple shallot vinaigrette	
Chef (GF) (DF) (P)	\$5.50
spring mix*, turkey, cherry tomatoes, cucumbers, pasture-raised eggs, black olives	
Garden (GF) (DF) (P)	\$3.99
spring mix*, bell peppers, cherry tomatoes, cucumbers, pasture-raised 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*, 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
pasture-raised eggs, mayonnaise, celery, sea salt, black pepper	
Organic Beet & Citrus Salad (GF)	\$5.50
beets*, radicchio, oranges, Texas goat cheese, toasted cashews, chives, citrus marinade	
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, Vegenaize®, carrots, walnuts, sunflower seeds, honey, dijon mustard, apple cider vinegar, sea salt, black pepper	
Pimento Cheese (GF)	\$6.25
shredded cheese*, cream cheese*, mayonnaise, pimentos, onions, garlic, sea salt, black pepper	
Tuscan Quinoa (GF) (DF) (P)	\$4.95
quinoa, roasted cauliflower, red bell pepper, golden raisins, capers, sherry vinegar, sunflower pesto	

BAKED GOODS & TREATS

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
Walnut Brownie (GF)	\$3.25
Zucchini Bread (GF)	\$3.50
Peoples Power Bites (GF) (DF) (V) (P)	\$5.99
Peoples Keto Bread	loaf \$12 • 1/2 loaf \$7