

# SOUPS

sm \$4.<sup>50</sup> lg \$6.<sup>75</sup>

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.<sup>00</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, 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.<sup>75</sup>

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

## WRAPS

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

<b>Greek</b>	\$7.75
brown rice, greek mix (spinach, tomatoes, onions, bell peppers, feta dressing)	
<b>Caesar</b>	\$7.75
brown rice, romaine, red onions, parmesan, caesar dressing	
<b>Veggie</b>	\$7.75
brown rice, black beans*, hummus, greek mix, avocado, cucumbers	
<b>Tex-Mex</b>	\$8.75
brown rice, black beans*, romaine, grass-fed beef, pico de gallo, cheddar	
<b>Turkey</b>	\$8.00
smoked turkey breast, tomatoes, romaine, cheddar	
<b>Pulled Brisket</b>	\$8.75
grass-fed beef, greek mix, brown rice, grilled onion mix, swiss, horseradish sauce	
<b>BBQ</b>	\$8.75
grass-fed beef, brown rice, romaine, black beans*, grilled onion mix, cheddar, BBQ sauce	
<b>Chipotle</b>	\$8.75
oven-roasted chicken, brown rice, romaine, grilled onion mix, pico de gallo, cheddar, chipotle dressing	

## COFFEE & BONE BROTH

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

<b>Grilled Chicken Roasted Tomato</b>	\$8.50
grilled pasture-raised chicken, roasted tomatoes, romaine, dijon mustard	
<b>Ham &amp; Swiss</b>	\$8.00
ham, aged swiss, lettuce, tomatoes, mayonnaise	
<b>B.L.A.T.</b>	\$8.00
nitrate-free bacon, lettuce, avocado, tomatoes, mayonnaise	
<b>Turkey Arugula</b>	\$8.00
smoked turkey, arugula*, cheddar, whole grain mustard, mayonnaise	
<b>Veggie</b>	\$7.50
hummus, cucumbers, carrots, pesto, avocado, romaine, tomatoes, pickled red onions	

## SALADS

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

<b>Grilled Chicken with Maple Balsamic Dressing</b> (GF)	\$8.25
grilled pasture-raised chicken, mixed greens*, cucumbers, roasted tomatoes, pumpkin seeds, apricots, maple balsamic dressing	
<b>Zesty Kale &amp; Quinoa</b> (GF) (DF) (V) (P)	\$7.50
kale*, quinoa, red grapes, sunflower seeds, red bell peppers, lemon dressing	
<b>Winter Spinach</b> (GF) (DF) (V) (P)	\$8.50
baby spinach, sweet potato, pomegranate seeds, candied pecans (honey, chipotle), maple balsamic vinaigrette	
<b>Harvest Grain</b> (GF) (DF) (V)	\$8.50
wild rice, quinoa, brussels sprouts, squash, pear, carrot, celery, garlic, rosemary, parsley, toasted pumpkin seeds, maple shallot vinaigrette	
<b>Chef</b> (GF) (DF) (P)	\$5.50
spring mix*, turkey, cherry tomatoes, cucumbers, pasture-raised eggs, black olives	
<b>Garden</b> (GF) (DF) (P)	\$3.99
spring mix*, bell peppers, cherry tomatoes, cucumbers, pasture-raised eggs, black olives	

## SPREADS & SIDES

<b>Chicken &amp; Grape Salad</b> (GF) (DF)	\$6.50
pasture-raised chicken, grapes, mayonnaise, celery, dijon mustard, scallions, carrots, sea salt, black pepper	
<b>Curry Chicken Salad</b> (GF) (DF)	\$6.50
pasture-raised chicken, mayonnaise, celery, apples*, chutney, onions, raisins, curry powder, sea salt, black pepper	
<b>Wild Caught Albacore Tuna Salad</b> (GF) (DF)	\$6.50
albacore tuna, mayonnaise, celery, scallions, capers, dijon mustard, lemon juice, dill, tarragon, sea salt, black pepper	
<b>Egg Salad</b> (GF) (DF)	\$5.25
pasture-raised eggs, mayonnaise, celery, sea salt, black pepper	
<b>Organic Beet &amp; Citrus Salad</b> (GF)	\$5.50
beets*, radicchio, oranges, Texas goat cheese, toasted cashews, chives, citrus marinade	
<b>Deviled Eggs</b> (GF)	\$3.50
pasture-raised eggs, mayonnaise, mustard, celery, parsley, paprika	
<b>Broccoli Salad</b> (GF) (DF)	\$4.50
broccoli, vegan mayonnaise, carrots, walnuts, sunflower seeds, honey, dijon mustard, apple cider vinegar, sea salt, black pepper	
<b>Pimento Cheese</b> (GF)	\$6.25
shredded cheese*, cream cheese*, mayonnaise, pimentos, onions, garlic, sea salt, black pepper	
<b>Tuscan Quinoa</b> (GF) (DF) (P)	\$4.95
quinoa, roasted cauliflower, red bell pepper, golden raisins, capers, sherry vinegar, sunflower pesto	

## BAKED GOODS & TREATS

<b>Chocolate Covered Organic Strawberries</b> (GF)	single \$2.75 • 1/2 dozen \$15 • dozen \$24
<b>Vanilla Chia Seed Pudding</b> (GF) (DF) (P)	\$4.25
<b>Flourless Dark Chocolate Cake Slice</b> (GF)	\$4.75
<b>Muffins</b> (GF) (DF)	\$3.75
<b>Walnut Brownie</b> (GF)	\$3.25
<b>Zucchini Bread</b> (GF)	\$3.50
<b>Peoples Power Bites</b> (GF) (DF) (V) (P)	\$5.99
<b>Peoples Keto Bread</b>	loaf \$12 • 1/2 loaf \$7