

BREAKFAST

All tacos are made with organic, pasture-raised, soy-free eggs and organic flour tortillas. Also available in corn tortilla or bowl.

Esmeralda Taco \$2.75

Coyote Creek Farm Soy-Free Organic Eggs, All-Natural Bacon, Organic Cheese

South Austin Taco \$2.75

Coyote Creek Farm Soy-Free Organic Eggs, Organic Potatoes, Organic Cheese

Rancher Taco \$2.75

Coyote Creek Farm Soy-Free Organic Eggs, Richardson Farms Breakfast Sausage, Organic Cheese

Reveler Taco \$2.75

Coyote Creek Farm Soy-Free Organic Eggs, Organic Potatoes, All-Natural Bacon, Organic Cheese

Florentine Taco \$2.75

Coyote Creek Farm Soy-Free Organic Eggs, Organic Spinach, Onions, Organic Cheese

Texan Taco \$2.75

Coyote Creek Farm Soy-Free Organic Eggs, Organic Black Beans, Organic Cheese

Organic Berry Parfait (GF) \$4.99

Organic Berries, Gluten-Free Granola, Organic White Mountain Yogurt

Invincible Brew (GF) \$4.25

Made Bulletproof® with Organic Coffee, MCT Oil, Grass-Fed Butter

Irresistible Add-In: Cashew Milk for \$2

SIDES

Kale Caesar (GF) \$3.99

Organic Kale, Cherry Tomatoes, Pumpkin Seeds, Caesar Dressing (Olive Oil, Organic Mayonnaise, White Vinegar, Parmesan Cheese, Dijon Mustard)

Seasonal Quinoa (GF)(DF) \$3.99

Organic Quinoa, Seasonal Vegetables

Fruit Salad (GF)(DF)(P)(V) \$4.99

Cantaloupe, Honeydew, Pineapple, Strawberries, Grapes (varies by season)

Snack Pack (GF)(DF)(P)(V) \$2.99

Zucchini, Carrots, Celery, Homemade Hummus (Organic Garbanzo Beans, Organic Tahini, Organic Olive Oil, Lemon Juice, Sea Salt)

SANDWICHES

\$6.50

All sandwiches available on gluten-free bread.

Turkey Chipotle Reuben

Smoked Turkey, Chipotle Dressing, Sauerkraut, Gruyère

Ham & Gruyère

Ham, Gruyère, Homemade Onion Jam, Lettuce

B.L.A.T.

Bacon, Lettuce, Avocado, Tomato

Turkey Arugula

Smoked Turkey, Organic Arugula, Vermont Cheddar, Whole Grain Mustard

Pimento Cheese

Mix of Organic Cheese, Organic Mayonnaise, Pimentos, Onion, Garlic

Achiote Pork

Achiote-Braised Pork, Avocado, Spicy Pickled Red Onion

SALADS

\$7.50

Add a side of Organic Pasture-Raised Chicken to any salad for \$3.99

Chicken Caesar (GF)

Organic Pasture-Raised Chicken, Romaine Lettuce, Gluten-Free Croutons, Red Onions, Homemade Caesar Dressing, Parmesan Cheese

Achiote Pork (GF)(DF)(P)

Achiote-Braised Pork, Organic Mixed Greens, Red Onion, Organic Yellow Corn, Jalapeños, Corn Tortilla Pieces, Cilantro-Lime Vinaigrette

Arugula & Fennel (GF)(DF)(P)

Organic Arugula, Fennel, Parmesan Cheese, Pistachios, Lemon Dressing

Thai Chicken (GF)(DF)(P)

Organic Pasture-Raised Chicken, Organic Mixed Greens, Pickled Carrot, Pickled Daikon Radish, Cucumber, **HOT** Fresno Chili, Mint, Cilantro, Ginger-Lime Dressing

Roasted Vegetable (GF)(DF)(P)(V)

Romaine Lettuce, Portobello Mushrooms, Tomatoes, Zucchini, Olives, Balsamic Vinaigrette

Garden (GF)(DF)(P)

Organic Spring Mix, Bell Pepper, Cherry Tomatoes, Cucumbers, Coyote Creek Soy-Free Organic Egg, Black Olives

SPREADS

Chicken & Grape Salad (GF)(DF) \$5.99

Organic Pasture-Raised Chicken, Grapes, Organic Mayonnaise, Celery, Dijon Mustard, Scallions, Carrots, Sea Salt, Black Pepper

Curry Chicken (GF)(DF) \$5.99

Organic Pasture-Raised Chicken, Organic Mayonnaise, Celery, Apple, Major Grey's Chutney, Onion, Raisins, Curry Powder, Sea Salt, Black Pepper

Albacore Tuna Salad (GF)(DF) \$5.99

Albacore Tuna, Organic Mayonnaise, Celery, Scallions, Capers, Dijon Mustard, Lemon Juice, Dill, Tarragon, Sea Salt, Black Pepper

Egg Salad (GF)(DF) \$4.99

Coyote Creek Farm Soy-Free Organic Eggs, Organic Mayonnaise, Celery, Sea Salt, Black Pepper

Homemade Hummus (GF)(DF)(P)(V) \$3.99

Organic Garbanzo Beans, Organic Tahini, Organic Olive Oil, Lemon Juice, Sea Salt

SWEETS

Other gluten-free and regular items available.

Chocolate-Covered Organic Strawberries (GF)

Single \$2
½ Dozen \$10
Dozen \$18

Flourless Dark Chocolate Cake (GF) \$4.75

Muffins (GF)(DF) \$3.50

Blueberry, Morning Glory and Banana Chocolate Chip

Cookies (GF) \$1.85

Chocolate Chip and Oatmeal Raisin

Walnut Brownie (GF) \$2.85

Ask us about our seasonal menu specials!

• NUTRITION ICONS •



Gluten-Free



Paleo



Dairy-Free



Vegan

SOUPS

sm \$3.99 • lg \$6.50

MONDAY

Grass-Fed Beef Chili (GF)(DF)

Betsy Ross Grass-Fed Beef, Organic Tomatoes, Organic Tomato Purée, Organic Pinto Beans, Onion, Garlic, Jalapeños, Poblano Peppers, Ancho Chilies, Red Wine, Spices

Kale & White Bean (GF)(DF)(V)

Kale, Onion, Navy Beans, Carrots, Celery, Garlic, Vegetable Stock

TUESDAY

Caldo de Pollo (GF)(DF)

Organic Pasture-Raised Chicken, Organic Corn, Red Potatoes, Onion, Garlic, Celery, Zucchini, Yellow Squash, Carrot, White Cabbage, Cilantro, Basil

Roasted Pepper & Tomato (GF)(DF)(V)

Red Pepper, Tomatoes, Garlic, Onion, Fresno Chili, Red Wine Vinegar, Vegetable Stock, Basil, Cilantro, Olive Oil, Sea Salt

WEDNESDAY

Grass-Fed Beef Chili (GF)(DF)

Betsy Ross Grass-Fed Beef, Organic Tomatoes, Organic Tomato Purée, Organic Pinto Beans, Onion, Garlic, Jalapeños, Poblano Peppers, Ancho Chilies, Red Wine, Spices

Seasonal Vegetable (GF)(DF)(V)

Onion, Celery, Carrots, Leek, Zucchini, Squash, Tomato, Spinach, Basil, Parsley, Cilantro, Arrowroot, Sea Salt, Pepper

THURSDAY

Chicken Tortilla (GF)(DF)

Organic Pasture-Raised Chicken, Roast Chicken Stock, Onions, Organic Yellow Corn, Organic Tomatoes, Celery, Poblano Peppers, Bay Leaves, Olive Oil, Garlic, Spices

Dal (GF)

Red Lentils, Ghee, Onion, Thai Bird's Eye Chili, Garlic Paste, Ginger Paste, Turmeric, Sea Salt, Lemon Juice, Rice, *Optional Sauce* (Cilantro, Mint, Ginger, Raw Sugar, Lime, Full-Fat Yogurt, Cumin)

FRIDAY

Grass-Fed Beef Chili (GF)(DF)

Betsy Ross Grass-Fed Beef, Organic Tomatoes, Organic Tomato Purée, Organic Pinto Beans, Onion, Garlic, Jalapeños, Poblano Peppers, Ancho Chilies, Red Wine, Spices

Leek & Potato (GF)(DF)(V)

Leek, Potatoes, Onion, Celery, Garlic, Thyme, Vegetable Stock

SMOOTHIES

\$6.50

Muscle Mania (GF)

Organic Almond Milk, Organic Banana, Organic Almond Butter, Whey Protein

Suggestions: Vitamin C, Creatine, Ground Flax Seeds

Super Immunity (GF)

Organic Banana, Organic Blueberries, Organic Spinach, Local Raw Honey, Vitamin C, Probiotics

Suggestions: Green Superfood, Echinacea, Vitamin D

King Kale (GF)(DF)(V)

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

Suggestions: Probiotics, Coconut Water

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

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

Suggestions: Vitamin C, Probiotics

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

Cherry Juice, Cherry Concentrate, Celery, Organic Strawberries

Suggestions: Cacao Powder, Organic Coconut Oil, Vitamin C

The Energizer (GF)(DF)(P)

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

Suggestions: Whey Protein, Cacao Powder, Vitamin B12

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

Organic Almond Milk, Organic Banana, Cacao Powder, Organic Almond Butter, Ceylon Cinnamon, Cayenne, Sea Salt

Suggestions: Whey or Hemp Protein, Probiotics

Veggie Bliss (GF)(DF)(P)

Organic Spinach, Organic Kale, Carrot, Avocado, Lemon Juice, Local Raw Honey

Suggestions: Green Superfood, Hemp Protein

FREEBIES	\$0	Cayenne, Ceylon Cinnamon, Sea Salt
ADD IN'S	50¢	Cacao Powder, Echinacea, Vanilla, Vitamin C
BOOSTS	\$1	Organic Almond Butter, Avocado, Organic Coconut Oil, Creatine, Ground Flax Seeds, Green Superfood, Hemp Protein, Probiotics, Rice Protein, Vitamin B12, Vitamin D, Whey Protein, Organic White Mountain Yogurt

PHARMFRESH

Organic, Raw, Cold-Pressed Juices (GF)(DF)(P)(V)

The Love Cleanse

Cucumber, Spinach, Parsley, Kale, Celery

Spicy Carrot

Carrot, Ginger, Jalapeño, Orange, Apple

Green Summer

Cucumber, Apple, Lemon, Spinach, Cilantro

The Back Porch

Watermelon, Muddled Mint

8oz	\$5
13.5oz	\$7.50
32oz	\$21



Organic, Raw Cashew Milk (GF)(DF)(P)(V)

Spiced

Cashews, Cinnamon, Nutmeg, Dates

Chocolate

Cashews, Raw Organic Cacao, Dates

32oz	\$16
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• TAKE HOME MENU •

"We support local farms 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."

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

512-327-8877

www.peoplesrx.com

