

wellness guide

CLEAN COOKING OILS ONLY

to avoid toxicity we only use avocado, sesame, and coconut oil!

gluten free • GF
strictly excludes gluten, proteins found in wheat + related grains
gluten free available • GFA
can be made gluten free, ask for specifics
contains nuts
can contain tree nuts and/or peanuts
shareables

vegan • V
strictly no food that comes from animals
vegan available • VA
can be made vegan, ask for specifics
paleo • P
eating real, whole unprocessed foods
paleo available • PA
can be made paleo, ask for specifics

KETO-FRIENDLY low carb • no sugar

We work hard to bring you healthy, low-carb options that fit your lifestyle. These are our favorite keto-friendly upgrades available on our menu.

keto bun • zero net carb miracle noodle • cauliflower rice

dip trilogy • 14 GF / VA / PA / KETO-FRIENDLY • **sub keto siete chips +5**
keto pimento dip • smashed avocado • salsa roja • crispy corn chips

keto baked buffalo tenders • 12 GF / P / KETO-FRIENDLY / 🌱
keto cashew breading • house buffalo sauce • sweet potato fries • white bbq for dipping

sweet potato skins • 11 GF / P / VA
pork belly • jicama peppadew pico • togarashi aioli • micro greens • **sub chicken n/c**

buffalo cauliflower lettuce wraps • 12 GF / V / 🌱
artisan romaine leaf • pickled veggies • sprouts • chimichurri • bang bang

keto chicken wings • 11 GF / P / KETO-FRIENDLY / 🌱
sous vide wings • bbq dry rub • scallion • **rebol hot -or- chimichurri (🌱) for dipping**

truffle fries • 8 GF / VA
white truffle oil • herbed grana padano • rosemary aioli

chili + queso loaded nachos • 11 GF / VA • **add organic chicken +2 / grass-fed steak +4**
queso fresco • cilantro • napa cabbage • sweet peppers • salsa roja • verde cream fraiche • jalapeño • guacamole

roasted beet hummus • 8 GFA / VA • **sub veggie crudite +2 -or- keto siete chips +4**
zaa'tar • sumac • maldon salt • calabrian chile oil • micro greens • served with naan bread

steak bites by Stano • 19 GF / KETO-FRIENDLY
grass-fed + finished filet • honey + mirin glaze • pineapple • cilantro • sesame • avo oil + salt • sushi rice

bowls

sub zero net carb miracle noodles in any bowl +2

wild poke* • 15 GF / VA / P / KETO-FRIENDLY | **sub cauliflower rice -or- cucumber noodles +1**
sesame tuna+salmon • rice • citrus avo • ginger • seaweed • marinated cucumbers + carrots • sprouts • scallion • sesame aji, bang bang -or- sunshine vin

chopped salad • 13 GF / VA / P / KETO-FRIENDLY / 🌱 | **sub: keto fried chicken +1 / grass-fed steak +3 / wild salmon +3**
mixed greens + chicken • spiced almonds • avocado • bacon • keto croutons • apple • gorgonzola • champagne vin

harvest salad • 14 GF / VA / P / 🌱 | **sub: keto fried chicken +1 / grass-fed steak +3 / wild salmon +3**
field greens + chicken • goat cheese • bacon • berries • grain-free granola • sweet potato • beets • preserved cherry vin

keto mediterranean salad • 12 GF / VA / P / KETO-FRIENDLY / 🌱
field greens • heirloom tomatoes • cucumbers • peppers • olives • red onion • feta • sumac • zataar • siete chips • herb vin
add: chicken +5 • salmon +7 • grass-fed steak +7 • vegan chicken +4 • keto fried chicken +6 • wild shrimp +6

grass-fed steak+japanese curry • 18 GF / PA / SPICY / **SUB CAULIFLOWER RICE N/C, KETO-FRIENDLY**
sushi rice • cabbage salad • pineapple • beech mushroom • fresno • herbs • scallion • sub chicken n/c

thai peanut • 14 GF / VA / 🌱
seasoned chicken, seared hoisin tofu -or- vegan chicken
white rice • peanut sauce • carrots • cucumbers • red cabbage • togarashi aioli • crispy rice noodle • cilantro

bangkok bazaar • 14 GF (SPICY)
wild shrimp • seasoned chicken • rice noodle • organic egg • asian fish sauce • organic mixed veg • sprouts • cubanella

handhelds

upgrade any handheld with our low carb keto bun (🌱)+1 • vegan bun +0.50 • lettuce bun n/c

quesabirria tacos : flour tortilla • 14 -or- **keto siete tortilla** • 16 GFA / VA / 🌱 / KETO-FRIENDLY
protein options : chicken, pork belly, organic tofu, vegan chicken / shrimp -or- grass-fed steak +2
griddled tortilla • cheese • smashed avo • queso fresco • served with grass-fed beef consommé & queso dip • jalapeños

townhall veggieburger • 15 GFA / VA / 🌱
housemade bean+beet patty • white cheddar • lettuce • tomato • onion • pickle • blueberry catsup • toum aioli

grass-fed cheeseburger* • 15 GFA / PA
new zealand beef • white cheddar • pub sauce • tomato • onion • pickle • romaine blend • house bun

nashville chicken sandwich • 15 GFA / PA / **SPICE UP YOUR LIFE, ADD REBOL HOT!**
keto crusted chicken • romaine blend • tomato • pickle • red onion • mayo • house bun | **add sliced avocado +1**

grilled cheese bars + tomato bisque • 13 GFA / VA
sourdough • herbed butter • white cheddar • arugula • peppadews • **no side** | **bacon -or- avocado +2**

house sides : truffle fries • veggies • corn chips + salsa roja
upgraded sides (+1) : avo+tomato • simple salad • fresh fruit • sweet potato fries
optimal sides (+2) : roasted brussels sprouts • spicy garlic broccoli • sweet potato fingerlings • keto black truffle cauliflower mash
sub soup -or- bone broth (+3) : tomato bisque • vegan chili • chicken -or- beef bone broth

flatbreads

sub paleo gluten free vegan crust +2

classico • 12 GFA / VA
red sauce • heirloom tomato • organic cheese • basil • herbed grana padano • balsamic reduction

korean bbq • 14 GFA / VA
bacon • chicken • organic cheese • red onion • cubanella • cilantro

green envy • 12 GFA / VA / 🌱
organic cheese • goat cheese • arugula • cauliflower • chili oil • peruvian aji sauce

dinner available after 5pm daily

grass-fed wagyu steak* • 39 GF / P / KETO-FRIENDLY / 🌱 • **add wild-caught shrimp + 6**
grass-fed + finished australian wagyu picanha • keto cowboy butter • sweet potato fingerlings • brussels • beech mushrooms

keto fried chicken • 22 GF / P / KETO-FRIENDLY / 🌱
avocado oil fried • pickles • rebol hot • buttermilk herb aioli • sweet potato casserole • roasted brussel sprouts

wild salmon* • 22 GF / P / KETO-FRIENDLY • **add wild-caught shrimp + 6**
wild salmon • grass-fed butter • keto black truffle cauliflower mash • asparagus • fresh herbs • sunshine vin • balsamic glaze

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. items with asterisk contain raw or undercooked ingredients.

THE WORLD'S ONLY
REAL. HEALTHY. SUSHI.
OUR SUSHI IS REAL HEALTHY, NOT FAKE HEALTHY

THE
TOWNHALL
SUSHI DIFFERENCE

ZERO REFINED SUGAR
WILD-CAUGHT SEAFOOD
LOW MERCURY FISH
ORGANIC PRODUCE

SERVED
WED - FRI, 11AM - 10PM
SAT & SUN, 2:30PM - 10PM
ASK YOUR SERVER FOR DETAILS

bone broths

nature's functional medicine

organic chicken broth
GF / P / KETO-FRIENDLY
3.75 (12 oz.) / 9.50 (32 oz.)

grass-fed beef broth
GF / P / KETO-FRIENDLY
3.75 (12 oz.) / 9.50 (32 oz.)

WHY BONE BROTH?

GUT HEALER

BOOSTS METABOLISM

BOOSTS IMMUNE SYSTEM

IMPROVES JOINT HEALTH

soups

tomato bisque
6 GF 🌱

vegan chili
6 GF / V

organic veggie bites

sweet potato fingerlings

6 GF / P / 🌱
honey-tahini truffle butter
crumbled cashew

roasted brussel sprouts

5 GF / V / P / KETO-FRIENDLY / 🌱
calabrian chile - nut mix
rice wine vinegar
nutritional yeast

spicy garlic broccoli

5 GF / V / P / KETO-FRIENDLY
organic broccoli
algae oil
coconut aminos
aleppo peppers
scallion
sesame seeds

Please note, while we take precautions to avoid cross-contact, TownHall is not a nut or gluten-free kitchen.

**a 2.9% transaction fee applies to all transactions, regardless of payment method



SUB CAULIFLOWER RICE +1
KETO FRIENDLY

LOW CARB KETO BUN +1
GF / P / 🌱

COLD

HOT



Townhall is committed to bringing you a completely non-gmo food menu. We care about what you eat.

We only cook with the cleanest oils possible. Items that require cooking are prepared with avocado, sesame, or coconut oil.

We offer a wide array of vegan and vegan-friendly options to satisfy those who prefer an animal/dairy-free lifestyle. Enjoy a specialty menu every Monday night with offerings not available on our regular menu.

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“THE MOST INNOVATIVE RESTAURANT IN THE COUNTRY” — USA TODAY

Townhall cold pressed-juices, smoothies, and coffee are 100% organic. We source organic produce for our menu whenever possible and are headed for a fully organic menu in the future.



We offer a variety of keto and paleo menu options!



- Improves Joint Health
- Boosts Immune System
- Boosts Metabolism
- Gut Healer

Why bone broth?

Nature's Functional Medicine

ORGANIC BONE BROTH

1 CREATE YOUR OWN BROTH

2 UPGRADE YOUR BROTH

ORGANIC CHICKEN BROTH • 3.75 (12 oz.), 9.5 (32 oz.) • GF / P / KETO-FRIENDLY
made with pasture raised chicken and organic vegetables

GRASS-FED BEEF • 3.75 (12 oz.), 9.5 (32 oz.) • GF / P / KETO-FRIENDLY
made with 100% grass-fed beef, fresh organic vegetables, and a touch of ginger

- garlic +.50
- onions +.50
- scallions +.50
- rebol hot +.50
- mushrooms +1
- miracle noodles +1
- jalapeños +1
- shredded kale +1
- radicchio +1
- pasture raised chicken +2
- pork belly +2

- ### SIGNATURE BROTHS
- JALAPEÑO GARLIC & MUSHROOM** • 5 P / GF / KETO-FRIENDLY
jalapeños • mushrooms • garlic • grass-fed beef bone broth
 - FOWL & HERB** • 6 P / GF / KETO-FRIENDLY
organic chicken • scallion • kale blend • thyme • organic chicken bone broth
 - SPICY PORK & SCALLION** • 7 P / GF / KETO-FRIENDLY
pork belly • scallion • kale blend • rebol hot • grass-fed beef bone broth
 - SPICY CHICKEN NOODLE** • 8 P / GF / KETO-FRIENDLY
chicken • scallion • miracle noodle • kale blend • rebol hot • jalapeños • chicken bone broth

organic cold pressed juices

this product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly and persons with weakened immune systems.

- citrus** grapefruit • orange • lemon • ginger • cinnamon • cayenne • 5
- blend** pineapple • watermelon • mint • 5
- basics** orange -or- grapefruit -or- pineapple • 4
- wheatgrass shot** hand-pressed wheatgrass • 4
- wellness shot** turmeric • ginger • lemon • cayenne • 5

FLIP TO SEE OUR 100% ORGANIC BONE BROTH OPTIONS

organic superfood smoothies + shakes

vegan protein powder available upon request

- leg day** blueberry • banana • flax • collagen protein • mct oil • nut milk • 8 • VA / P / N
- keto powerhouse** avocado • peanut butter • mct oil • collagen • bhb ketones • cacao • chia • hemp • 10 • KF / N /
- @beingbrigid** coconut milk • kale • dragon fruit • cucumber • collagen • almond butter • 8 • VA / P / KF / N /
- green dream** kale • cucumber • avocado • banana • ginger • matcha • hemp • pistachio • nut milk • oj • 8 • V / N /
- classic shakes** chocolate, vanilla, strawberry • 7
- house shakes** wildberry crumble -or- peanut butter-honey-graham • 8 • N
- boozy lemonberry tart** deep eddy lemon • giffard cassis • lemon curd • strawberry • ice cream • 10
- shakes mochaccino** absolut vanilla • kahlua • irish cream • espresso • cacao • ice cream • 10
- acai bowl** cacao • coconut • granola • mixed berry • 8 • VA / GF • add peanut -or- almond butter .75 • N
- keto pudding bowl** avocado • cacao • coconut milk • protein • mct oil • monk fruit • mixed toppings • 10 • VA / N
- keto buckeye bites** keto chocolate • almond + peanut butters • collagen • nootropic • 3 ea KETO-FRIENDLY / GF /

100% ORGANIC REFRESHMENTS

MADE FRESH IN-HOUSE

- ORGANIC INCA TEAS** • 4
iced black or mango •
- ORGANIC GINGER TURMERIC LEMONADE** • 4
with stevia • 0g added sugar •
- KETO LAVENDER LEMONADE** • 5
butterfly pea tea • lavender • trace minerals • lemon • allulose •
- POM BASIL SEED LIMEADE** • 5
lime • trace minerals • basil seeds • pomegranate • allulose •

WE ALSO HAVE

- BOXED WATER** • 5
- MOUNTAIN VALLEY** • 4
- HAPPY SOUL CBD CIDER (NA)** • \$6
- WNDR CBD BEVERAGES** • 5

WORLD'S CLEANEST COFFEE 100% ORGANIC

Our coffee is independently lab tested for all mycotoxins (mold+fungus).

Please ask a manager for copies of any tests.

iso 17025 accredited
iso 9001:2008 certified



UPGRADES

ghee • cacao • monkfruit extract • collagen protein • mct oil • cold foam +1 each
organic CBD oil + 2

ZERO TOXIN

nature's adderall nitrogen enriched cold brew on tap • 5
drip coffee • 3 **espresso** • 2.5

BULLET PROOF DRINKS

keto original bulletproof zero-toxin coffee • mct oil • grass-fed butter • 5
keto lavender bulletproof zero toxin coffee • lavender allulose • grass fed butter • mct oil • 6
keto nootropic coffee • mct oil • butter • coconut milk • mint • chocolate • 6
golden turmeric almond milk • mct oil • butter • cinnamon • honey • 6

TIME FOR LATTES

latte • 3.75 add vanilla -or- caramel +0.75 **mocha** • 4.5
honeybun latte honey • cinnamon • oat milk • 5

LIMITED TIME

salted coconut caramel latte unrefined coconut sugar • vanilla • hartzler's milk • 5
keto nitro vanilla mint coffee peppermint oil • vanilla allulose • 6

EARTH TEAS

matcha • 3.5
iced strawberry matcha latte matcha • strawberry allulose • hartzler's milk • 5
chai latte organic chai • honey • hartzler's milk • 6
inca hot teas various selections, just ask. • 3



LOW GLYCEMIC BENEFITS

- Zero to minimal impact on blood sugar
- Lowers inflammation
- Reduce hunger and stay satiated longer
- Reduces blood cholesterol levels

plant-based

sub vanilla almond, vanilla oat milk -or- house keto coconut milk

+1

ASK FOR

Elmhurst
oat + almond milk

SIMPLE INGREDIENTS.
ZERO SUGARS. 100% NON-GMO.
NO GUMS, FILLERS OR EMULSIFIERS.

+1.5