

wellness guide

*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.



clean cooking oils only

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

gluten free • GF | gf available • GFA

strictly excludes gluten proteins found in wheat + related grains

vegan • V | vegan available • VA

strictly no food that comes from animals

paleo • P | paleo available • PA

eating real, whole, unprocessed foods

contains nuts • N

may contain tree nuts and/or peanuts

keto friendly • KF | kf available • KFA

packed with healthy fat, high in protein, low in carbs and sugar, no refined or processed sugars or carbs

crepes

build your own crepe station • 8 • VA | add organic egg +2

visit our crepe station to build your own crepe from a selection of the toppings below

sweet

strawberries / banana / blueberries / blackberries / nutella / peanut butter / preserves / almond butter / whipped cream

savory

bacon / chicken / house turkey sausage / tofu / goat cheese / organic cheddar / crème fraiche / salsa rojo / mashed avocado mushrooms / black beans / grilled peppers + onions / tomatoes / arugula / spinach / rosemary potatoes

brunch plates

avo classic power toast • 5 • GFA / V

avocado / chia / flax / hemp / avocado oil / micro greens

add-ons: organic egg +2 • tomato +1 • cold-smoked salmon lox +6 • goat cheese +2 • cucumber +1

wakey wakey • 10 • GFA / PA / VA

two organic eggs, any style / savory biscuit with bacon / berry preserves / choice of turkey sausage or glazed bacon / rosemary potatoes

eggwich • 10 • GFA / VA / KFA

scrambled egg / choice of turkey sausage or glazed bacon / hash brown / white cheddar / rosemary aioli / rosemary potatoes

breakfast tacos • 11 • GFA • sub siete tortilla +3 / GFA

flour tortilla / chorizo / organic egg / sweet potato / kale / queso fresco / verde crème fraiche / cilantro / chips + salsa roja

w 25th street chicken + cinnamon roll 2.0 • 15

corn-flake-breaded, spiced chicken / housemade cinnamon roll / cinnamon maple syrup / house frosting / hot sauce / rosemary sprig

sweet potato hotcakes • 11

three sweet potato hotcakes / ohio maple syrup / fresh fruit / whipped cinnamon butter

paleo protein pancakes • 13 • P / GF

cinnamon spice / vanilla / sweet potato / keto protein / grass-fed butter / maple syrup / keto chocolate chip cannoli cream

southern benedict • 11 • GFA | sub turkey sausage n/c

savory homemade biscuit / glazed bacon / sausage gravy / poached egg / spinach / hollandaise / rosemary potatoes

huevos rancheros skillet • 14 • GFA / VA

shirred egg + cream / chorizo rojo sauce / spiced potatoes / queso fresco / cilantro / verde crème fraiche / rebol hot / naan

paleo power bowl • 12 • P / GF / N / VA

sweet potato hash / thick cut bacon / brussel sprouts / sautéed spinach / chili nut oil / avocado / goat cheese / sunny egg

lox of love • 12 • GFA

everything bagel sandwich / organic herb cream cheese / cold-smoked salmon / shallot / capers / rosemary potatoes

wagyu steak and eggs • 27 • P / K / GF

grass-fed + finished australian wagyu picanha • truffle butter • sliced avocado • sweet potato fingerlings • two organic eggs, any style

close enough to lunch plates

grass-fed cheeseburger* • 15 • GFA / PA / KFA | sub low-carb keto bun (N) +1

new zealand beef • white cheddar • pub sauce • tomato • onion • pickle • romaine blend • house bun • fries

keto chopped salad • 13 • KF / GF / VA / P / N | sub cold-smoked salmon lox +3 -or- grass-fed burger +1

mixed greens + chicken • spiced almonds • avocado • bacon • keto croutons • apple • gorgonzola • champagne vin

eggs + sides

two organic eggs • 4 • GF / P / KF / VA

any style

cheesy organic eggs • 5 • GF / KF / VA

organic mozzarella + scrambled eggs

thick cut glazed bacon • 4 • GF

fresh berry sorghum+maple glaze

house turkey sausage • 4 • GF / P

fresh tomato + avocado • 3 • GF / KF / P / V

rosemary potatoes • 3 • GF / V

fresh seasonal fruit • 4 • GF / KF / P / V

savory cheddar bacon biscuit • 4

add sausage gravy +2

broths + soups

grass-fed beef bone broth • 3.75 / 9.50 • GF / P / KF

bone broth • 3.75 / 9.50 • GF / P / KF

brunch drinks

organic cold-pressed mimosa • 8

choice of fresh organic cold-pressed orange, grapefruit, or pineapple

house bloody mary • 8

house mix / absolut vodka | sub tito's +2

house bloody crowlers • 7

to-go 16 oz. of house bloody mary mix to add to your favorite spirit

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



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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 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.

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

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

We offer a variety of keto and paleo menu options!

pork belly +2

pasture raised chicken +2

jalapeños +1

miracle noodles +1

scallions +.50

garlic +.50

2 UPGRADE YOUR BROTH

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

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

1 CREATE YOUR OWN BROTH

1 CHOOSE YOUR BROTH

SPICY CHICKEN NOODLE • 8 P / GF / KETO-FRIENDLY
chicken • scallion • miracle noodle • kale blend • rebol hot • jalapeños • chicken bone broth

SPICY PORK & SCALLION • 7 P / GF / KETO-FRIENDLY
pork belly • scallion • kale blend • rebol hot • grass-fed beef bone broth

FOWL & HERB • 6 P / GF / KETO-FRIENDLY
organic chicken • scallion • kale blend • thyme • organic chicken bone broth

JALAPENO GARLIC & MUSHROOM • 5 P / GF / KETO-FRIENDLY
jalapeños • mushrooms • garlic • grass-fed beef bone broth

SIGNATURE BROTHS



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

Why bone broth?

Nature's Functional Medicine

ORGANIC 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.

basics orange -or- grapefruit -or- pineapple • 4

wheatgrass shot hand-pressed wheatgrass • 4 ☺

wellness shot turmeric • ginger • lemon • cayenne • 5 ☺

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 shakes **lemonberry tart** deep eddy lemon • giffard cassis • lemon curd • strawberry • ice cream • 10

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 / ☺ / ☺

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 **iced 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

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 • ☺

GRAB-N-GO

- BOXED WATER • 5
- NOOMA • 4
- MOUNTAIN VALLEY • 4
- ONCE UPON A COCONUT • 6
- HY VIDA HYDRO WATER • 6
- KOMBUCHA • 5
- ACV SWITCHEL • 5
- CBD SPARKLING WATER • 6

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



LOW GLYCEMIC BENEFITS

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

sub vanilla almond, vanilla oat milk -or- house keto coconut milk +1

ASK FOR



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

+1.5