

WELLNESS GUIDE

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

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

CLEAN COOKING OILS ONLY

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

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.

- housemade keto avocado bun
- zero net carb miracle noodle
- cauliflower rice

SHAREABLES

dip trilogy • 14 GF / VA / PA / KETO-FRIENDLY • sub keto siete chips (🥑) +5  
queso blanco • smashed avocado • salsa roja • crispy corn chips

keto baked buffalo tenders • 13 GF / KETO-FRIENDLY / 🥑  
keto cashew breading • sweet potato fries • house buffalo sauce + white bbq for dipping

sweet potato skins 2.0 • 11 GF / P / VA  
pork belly • kimchi cabbage slaw • togarashi aioli • micro greens • sub chicken n/c

buffalo cauliflower lettuce wraps • 12 GF / V  
artisan romaine leaf • kimchi cabbage slaw • marinated cucumbers + carrots • bang bang

keto chicken wings • 12 GF / KETO-FRIENDLY  
sous vide wings • bbq dry rub • scallion • rebol hot -or- aji for dipping

truffle fries • 9 VA  
white truffle oil • herbed grana padano • rosemary aioli

chili + queso loaded nachos • 12 GF / VA • add organic chicken +2 / braised beef +4  
queso fresco • vegan chili • cilantro • sweet peppers • salsa roja • verde cream fraiche • jalapeño • guacamole

roasted beet hummus + pita • 10 GFA / V • sub veggie crudite +2 -or- keto siete chips ( 🥑 ) +4  
roasted beet hummus • za'atar • calabrian chili oil • micro greens • served with naan bread

steak bites by Stano • 18 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 • keto-friendly cauliflower rice +1

wild poke 2.0\* • 18 GF / VA / P / KETO-FRIENDLY | sub cauliflower rice -or- cucumber noodles +1  
spicy tuna + salmon • sushi rice • avocado • marinated cucumber • seaweed • kimchi slaw • jalapeno • sesame seed  
scallion • spicy mayo • crispy rice noodle

chopped salad • 15 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 siete chips • apple • gorgonzola • champagne vin

harvest salad • 15 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

thai peanut • 15 GF / VA / 🥑  
choice of: seasoned chicken, shrimp, seared hoisin tofu -or- vegan chicken  
white rice • peanut sauce • marinated cucumbers + carrots • kimchi cabbage slaw • togarashi aioli • crispy rice noodles • cilantro

bangkok bazaar • 15 GF (SPICY)  
wild shrimp • seasoned chicken • rice noodle • organic egg • asian fish sauce • organic mixed veg • broccoli sprouts • anaheim peppers

HANDHELDS

upgrade any handheld: housemade keto avocado bun +3 • vegan bun +2 • lettuce bun n/c

nashville chicken sandwich • 16 GFA / PA / SPICE UP YOUR LIFE, ADD REBOL HOT!  
crusted keto chicken • romaine blend • tomato • pickle • red onion • mayo • house bun | add sliced avocado +1

quesabirria tacos • 15 sub keto siete tortilla +2 GFA / VA / 🥑 / KETO-FRIENDLY  
protein options : chicken, pork belly, organic tofu, vegan chicken / shrimp -or- braised beef +2  
griddled tortilla • cheese • smashed avo • queso fresco • onion • served with grass-fed beef consomme & queso dip • jalapeños

townhall veggieburger • 15 sub keto avo bun +3 GFA / VA / 🥑  
housemade bean+beet patty • white cheddar • lettuce • tomato • onion • pickle • blueberry catsup • toum aioli

grass-fed cheeseburger\* • 16 sub keto avo bun +3 GFA / PA / KA  
grass-fed, grass-finished beef • organic american cheddar • romaine • white onion • pickle • pub sauce • brioche bun

organic grilled cheese bars + tomato bisque • 14 GFA / VA / 🥑  
sourdough • herbed butter • organic cheese blend • roasted tomatoes • organic baby arugula  
no side | add bacon -or- avocado +2

house sides : truffle fries • veggies • corn chips + salsa roja  
upgraded sides (+2) : avo+tomato • simple salad • fresh fruit • sweet potato fries  
optimal sides (+3) : 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 crust +3 GF / PA

classico • 13 GFA / VA  
red sauce • roasted tomatoes • organic cheese • basil • herbed grana padano • balsamic reduction

korean bbq • 15 GFA / VA  
bacon • chicken • organic cheese • red onion • anaheim peppers • cilantro

green envy • 14 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 • mushrooms

keto fried chicken • 24 GF / P / KETO-FRIENDLY / 🥑  
avocado oil fried • pickles • rebol hot • rosemary aioli • sweet potato casserole • roasted brussel sprouts

wild salmon\* • 27 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.

100% NON-GMO  
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.)

|         |                 |      |
|---------|-----------------|------|
| ADD-ONS | organic chicken | +2   |
|         | pork belly      | +2   |
|         | miracle noodles | +1   |
|         | mushrooms       | +1   |
|         | jalapenos       | +1   |
|         | scallions       | +.50 |
|         | onions          | +.50 |
|         | rebol hot       | +.50 |

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

6 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



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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!

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.



## YOU ARE WHAT YOU EAT. CLEAN INGREDIENTS. MADE YOUR WAY.

upgrade your bowl | extra sauce +0.50 | extra side + 3 | double your protein (prices vary)

|                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>protein. [ choose one. ]</div> <div>organic chicken<br/>KF / P / GF</div> <div>pork belly<br/>P / GF</div> <div>seared hoison tofuu<br/>V / GF</div> <div>grass-fed steak +3<br/>KF / P / GF</div> <div>braised beef +2<br/>KF / P / GF</div> <div>burger patty +2<br/>KF / P / GF</div> <div>wild-caught shrimp +3<br/>KF / P / GF</div> <div>wild-caught salmon +2<br/>KF / P / GF</div> <div>vegan chicken +2<br/>V</div> | <div>base. [ choose one. ]</div> <div>white rice<br/>GF / V</div> <div>rice noodles<br/>GF / V</div> <div>cauliflower rice +1<br/>GF / KF / V</div> <div>bone broth<br/>pasture-raised chicken<br/>- or - grass-fed beef<br/>GF / KF / P</div> <div>MIRACLE NOODLES<br/>- OR -<br/>MUSHROOMS<br/>TO YOUR BROTH<br/>+1</div> | <div>sides. [ choose up to two. ]</div> <div>spicy garlic broccoli<br/>GF / V / P / KF</div> <div>roasted brussels sprouts<br/>GF / V / P / KF / N</div> <div>marinated cucumber<br/>GF / V / P / KF</div> <div>charred pineapple<br/>GF / V / P / KF</div> <div>grilled vegetables<br/>GF / V / P / KF</div> <div>smashed avocado<br/>GF / V / P / KF</div> <div>kimchi slaw<br/>GF / V / P / KF</div> <div>scrambled eggs<br/>GF / KF / P</div> | <div>sauces. [ choose one. ]</div> <div>bang bang<br/>GF / V</div> <div>sunshine vin<br/>GF / P / KF</div> <div>rosemary aioli<br/>GF / P / KF</div> <div>korean bbq<br/>GF</div> <div>rebol hot<br/>GF / V / P / KF</div> <div>aji<br/>GF / P / KF</div> <div>togarashi aioli<br/>GF / P / KF</div> <div>shaved parmesan<br/>GF / KF / P</div> | <div>garnishes. [ choose up to three. ]</div> <div>scallions<br/>GF / V / K / P</div> <div>jalapenos<br/>GF / V / K / P</div> <div>cilantro<br/>GF / V / K / P</div> <div>sesame seeds<br/>GF / V / K / P</div> <div>red onion<br/>GF / V / K / P</div> <div>crispy rice noodle<br/>GF / V</div> |
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## \$14 BUILD-YOUR-OWN-BOWL

### 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

**KETO POWERHOUSE 2.0** avocado • peanut butter • mct oil • collagen • bhb ketones • cacao • chia • hemp • bee pollen • 12 • **KF** / 🍷 / 🍷  
**BEING BRIGID 2.0** cucumber • mint • pineapple • green apple • perfect aminos • spinach • coconut cream • ginger • avocado • matcha keto vanilla collagen • raw cashew butter • chia seeds • maca • flax seed • mesquite • green spirulina • 12 • **GF** / 🍷 / 🍷  
**STRAWBERRY SKIN RENEWAL** strawberries • bananas • almond milk • coconut yogurt • honey • chia seeds • avocado • irish sea moss liposomal creatine • dates • hyaluronic acid • pitaya powder • collagen creamer • 13 • / 🍷  
**LONGEVITY** coconut • blueberries • banana • raw cashew butter • colostrum • liposomal creatine • almond milk • cinnamon vanilla bean paste • keto chocolate collagen • coconut cream • 14 • / 🍷 / 🍷  
**CLASSIC SHAKES** chocolate, vanilla, strawberry • 7 **HOUSE SHAKES** wildberry crumble -or- peanut butter-honey-graham • 8 • 🍷  
**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** / 🍷  
**KETO PUDDING BOWL** avocado • cacao • coconut milk • protein • mct oil • allulose • mixed toppings • 10 • **VA** / 🍷

**KETO BUCKEYE BITES** keto chocolate • almond + peanut butters • collagen • nootropic • 3 ea • **KETO-FRIENDLY** / **GF** 🍷



keto kustard swirl • up to 20g protein • no refined sugars  
organic milk • organic vanilla collagen • colostrum • 8 • **KETO-FRIENDLY** / **GF** / 🍷

choose one:

keto buckeye 🍷 • keto cheesecake 🍷 • keto cookie dough 🍷 • paleo chocolate chip cookie 🍷

**UPGRADES:** ghee • cacao • monkfruit extract • collagen protein • mct oil • cold foam +1

|                     |   |                                                                                                            |
|---------------------|---|------------------------------------------------------------------------------------------------------------|
| ZERO TOXIN          | [ | <b>NATURE'S ADDERALL</b> nitrogen enriched cold brew on tap • 5 🍷                                          |
|                     |   | <b>KETO NITRO VANILLA MINT COFFEE</b> peppermint oil • vanilla allulose • 6 🍷                              |
|                     |   | <b>DRIP COFFEE</b> lab-tested organic zero toxic coffee • 3 🍷 <b>ESPRESSO</b> • 2.5 🍷                      |
| BULLET PROOF DRINKS | [ | <b>KETO ORIGINAL BULLETPROOF</b> zero-toxin coffee • mct oil • grass-fed butter • 5 🍷                      |
|                     |   | <b>KETO NOOTROPIC COFFEE</b> • mct oil • butter • coconut milk • mint • chocolate • 6 🍷                    |
|                     |   | <b>GOLDEN TURMERIC</b> almond milk • mct oil • butter • cinnamon • honey • 6                               |
| TIME FOR LATTES     | [ | <b>LATTE</b> • 3.75 🍷 add vanilla -or- caramel +.75 <b>MOCHA</b> • 4.5                                     |
|                     |   | <b>ICED SALTED COCONUT CARAMEL LATTE</b> unrefined coconut sugar • vanilla • hartzler's milk • 5           |
|                     |   | <b>HONEYBUN LATTE 2.0</b> honey • cinnamon • hartzler's milk • 5                                           |
| LIMITED TIME        | [ | <b>ICED STRAWBERRY MATCHA LATTE</b> organic ceremonial matcha • strawberry allulose • whole milk • 6       |
|                     |   | <b>WHITE CHOCOLATE ROSE LATTE</b> organic espresso • white chocolate rose syrup • whole milk • 6           |
|                     |   | <b>MATCHA</b> organic ceremonial matcha 3.5 🍷 <b>CHAI LATTE</b> organic chai • honey • hartzler's milk • 6 |
| EARTH TEAS          | [ | <b>ORGANIC HOT TEAS</b> various selections, just ask. • 3                                                  |

### ADD-ONS

feel free

classic botanic tonic  
GF / V / [21+]

made with kava root and leaf kratom, feel free classic is a natural botanical blend designed to enhance mood, focus, and energy.

**ADD-ON • 5**  
[ONE SERVING]

**FULL BOTTLE • 10**  
[TWO SERVINGS]

### UPGRADES

SUB HOUSE KETO  
COCONUT MILK  
ADD COLD FOAM  
+1



GUT HEALER  
BOOSTS  
METABOLISM  
IMPROVES JOINT  
HEALTH  
BOOSTING  
IMMUNITY

## WHY BONE BROTH? Functional Medicine Nature's BONE BROTH 100% NON-GMO

### 100% ORGANIC REFRESHMENTS MADE FRESH IN-HOUSE

**ORGANIC ICED 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 • 🍷  
**HIBISCUS LIMEADE • 5**  
hibiscus cinnamon allulose • lime juice • reverse osmosis water • 🍷

### GRAB-N-GO

**MOUNTAIN VALLEY SPARKLING -OR- STILL • 9**

**NOOMA • 4**

**ONCE UPON A COCONUT • 6**

**HEALTH-ADE KOMBUCHA • 6**  
BERRY LEMONADE -OR- BLOOD ORANGE



### LOW GLYCEMIC BENEFITS

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

## 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

