

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

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
- toppings • 2
- sausage • pepperoni**
- bacon • chicken**
- basil • peppers**
- onions • mushroom**
- arugula • goat cheese**
- tofu • vegan chicken**
- jalapeños • vegan cheese**
- anaheim peppers**

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.

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

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, 2:00PM - 10PM

ASK YOUR SERVER FOR DETAILS

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



*a 2.9% transaction fee applies to all transactions, regardless of payment method *Please note, while we take precautions to avoid cross-contact, TownHall is not a nut or gluten-free kitchen.

“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.



100% NON-GMO

BONE BROTH

Nature's Functional Medicine

WHY BONE BROTH?

IMMUNITY BOOSTING

IMPROVES JOINT HEALTH

BOOSTS METABOLISM

GUT HEALER

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 • 🍹

WE ALSO HAVE

MOUNTAIN VALLEY • 4

HAPPY SOUL CBD CIDER (NA) • \$6

LOW GI

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

USDA ORGANIC

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

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

protein. [choose one.] organic chicken pork belly seared hoison tofu grass-fed steak +3 braised beef +2 burger patty +2 wild-caught shrimp +3 wild-caught salmon +2 vegan chicken +2	base. [choose one.] white rice rice noodles cauliflower rice +1 bone broth – or – grass-fed beef pasture-raised chicken MIRACLE NOODLES – OR – MUSHROOMS TO YOUR BROTH +1	sides. [choose up to two.] spicy garlic broccoli roasted brussels sprouts marinated cucumber charred pineapple grilled vegetables mashed avocado kimchi slaw scrambled eggs	sauces. [choose one.] bang bang sunshine vin rosemary aioli korean bbq rebol hot aji togarashi aioli shaved parmesan	garnishes. [choose up to three.] scallions jalapenos cilantro sesame seeds red onion crispy rice noodle
--	--	--	---	--

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 🍹

CITRUS

grapefruit • orange • lemon • ginger • cinnamon • cayenne • 5

BLEND

pineapple • watermelon • mint • 5 🍹

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 / 🍹

ketto kustard swirl • up to 20g protein • no refined sugars

organic milk • organic vanilla collagen • colostrum • 8 • KETO-FRIENDLY / GF / 🍹

choose one:

ketto buckeye 🍪 • keto cheesecake 🍪 • keto cookie dough 🍪 • paleo chocolate chip cookie 🍪

UPGRADES:

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

ZERO TOXIN

NATURE'S ADDERALL

nitrogen enriched cold brew on tap • 5 🍹

DRIP COFFEE

lab-tested organic zero toxic coffee • 3 🍹

ESPRESSO

• 2.5 🍹

BULLET PROOF DRINKS

KETO NITRO VANILLA MINT COFFEE

peppermint oil • vanilla allulose • 6 🍹

KETO ORIGINAL BULLETPROOF

zero-toxin coffee • mct oil • grass-fed butter • 5 🍹

KETO NOOTROPIC

coffee • mct oil • butter • coconut milk • mint • chocolate • 6 🍹

TIME FOR LATTES

GOLDEN TURMERIC

almond milk • mct oil • butter • cinnamon • honey • 6

LATTE

• 3.75 🍹 add vanilla -or- caramel +.75

MOCHA

• 4.5

LIMITED TIME

ICED SALTED COCONUT CARAMEL LATTE

unrefined coconut sugar • vanilla • hartzler's milk • 5

HONEYBUN LATTE 2.0

honey • cinnamon • hartzler's milk • 5

EARTH TEAS

MATCHA

organic ceremonial matcha 3.5 🍹

CHAI LATTE

organic chai • honey • hartzler's milk • 6

ORGANIC HOT TEAS

various selections, just ask. • 3

UPGRADES & 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]

plant-based

SUB VANILLA ALMOND, – OR – HOUSE KETO COCONUT MILK

+1

lol

oat milk

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

+1.5