## EAT WELL

**Gluten Free Crepes** w/ seasonal fresh fruit, chocolate drizzle, whipped cream..... $6.95

Daily, Healthy, Hearty Soup
(w/ Focaccia bread or Gluten Free Substitute)
Cup ..... $5.50
Bowl ..... $6.75

Quiche ..... $6.75

Roasted Chicken Ciabatta... .....$6.75

Veggie Sandwich Ciabatta..... $6.50

Pizza (Chicken or Veg).....$7.50

## WELL OF COMBINATIONS

Crepe & Coffee..... $8.95

**Soup & Sandwich..... $10.50**

Coffee and Muffin..... $4.50

## Hours of The Well

Monday – Thursday 8am-9pm
Friday 8am-6pm
Saturday 7pm-9pm
Sunday 11am-6pm

## Events

Tuesday
Open Stage 7-9pm

Wednesday
Open Poetry Night 7-9pm

Thursday
Thursday Blend 7-9pm

Saturday
Featured Musicians 7-9pm

Sunday
Music and/or Puppet Show 12-2pm




**821 Fort Street**

**Victoria BC V8W 1H6**

**(250) 590 4995**

**www.TheWellVictoria.com**

**thewell@thewholemartenterprises.com**

# DRINK WELL

**Coffee: Frog Friendly ~ higher than Fair Trade**

Drip..... $2.23 $2.66
Espresso ..... $1.75 $2.23
Americano ..... ..$2.55 $2.85
Canadiano.....$2.55 $2.85
Latte..... $3.55 $4.25
Cappuccino..... $3.55 $4.25
Mocha..... $3.75 $4.50

*Tea..... $1.83
Tea Latte..... $2.95 $3.35
Chai Latte.....$3.50 $3.85
London Fog..... $3.50 $3.85
Matte Latte..... $3.25 $3.95

***Tea Selection:**
Moroccan Mint, Chamomile Lemon, Decaf Green Lemon, White Nectar, Green Rooibus, Mate Jasmine Green, Jasmine Green, Aged Earl Grey, Bombay Chia, Breakfast Blend

shot of flavor ~0.50
sub for soy, almond, or rice milk ~0.50

Santa Cruz..... $1.95
Lemon Lime, Raspberry Lemonade, Mango Orange

**Eska** Bottled Water..... $1.25

# DRINK ESPECIALLY WELL

Cocoa..... $2.65 $3.35

**Well Enough (coffee with dark cocoa)**
..... $3.75 $4.50

Well After 8 (dark cocoa, peppermint, steamed milk) ..... $3.50 $4.25

Well Royal (coffee, dark cocoa, peppermint)
..... $4.25 $4.95

Chocolate Chai (chai, dark cocoa, vanilla)
..... $3.75 $4.50

Live Well (lemon and ginger teas)
16 oz/pot..... $3.95

Well Spiced
(roasted barley, chicory, masala, vanilla, steamed almond milk) ..... $2.65 $3.35

**Espresso Truffle (espresso, cream, vanilla, chocolate)** ..... $2.23 $2.65

**The Kiss & Tell (espresso, caramel foam, chocolate)** ..... $2.50 $3.00

**Smoothies**..... $4.50
Banana Mango, Strawberry Kiwi, Wildberry Blast, Pina Colada, Berry Banana, Mocha Frappe, Melon Mania

# BAKED WELL

Muffins ..... $2.50
Apple Cinnamon, Blueberry Bran, Date Bran, Apricot Cranberry, Oat, Blueberry Oat, Triple-berry Oat, Sour Cherry, Lemon Poppy Seed...

**Coffee and Muffin..... $4.50**

Gluten Free Muffin.....$3.25

Cookies..... $2.50
Peanut Butter, Double Chocolate, Harvest Oat, Chocolate Chip

Gluten Free Cookies.....$2.00

# DESERT WELL

**Raspberry Chocolate Torte**.....$1.95

Bite of Cappuccino Cheesecake...$1.15