

Breakfast Menu

1. Pink Grapefruit *halved & segmented* 🍷🍷🍷 4.00
2. Well&Yogurt Parfait *with berries* 🍷🍷 6.00
3. Bacon, Egg, and Cheese 6.00
4. Tomato, Egg, and Cheese 🍷 5.00
5. Bagel with Butter 🍷 2.25
Choice Of: *plain, sesame, everything, poppy*
Add-on: *strawberry jam + 1.00*
6. Bagel with Cream Cheese 🍷 3.50
Choice Of: *plain, sesame, everything, poppy*
Add-Ons: *tomato + 1.00, onion + 1.00, seasonal jam + 1.00*
7. Smoked Salmon Bagel 12.00
cream cheese, Catsmo smoked salmon, tomato, red onion, capers
8. Breakfast Bread *soft bread with egg, bacon, tomato, and cheese* 5.00
9. Shakshuka 🍷🍷 *Israeli-style stewed tomatoes with eggs* 7.00
Comes with side of sourdough toast
10. Two Eggs Any Style *with choice of meat, breakfast potato & sourdough toast* 10.00
Choice of: *bacon (3 slices); breakfast sausage (2 links); Impossible sausage +\$4.00*
Add-Ons: *extra egg +\$1.00*

Sides

1. Avocado 🍷🍷 3.00
2. Esposito's Sausage 🍷 3.00
3. Hard Boiled Eggs 🍷🍷🍷 2.50
4. Fresh Watermelon 🍷🍷 5.50
5. North Country Smokehouse Bacon 🍷🍷 3.00
6. Impossible Sausage 🍷 6.00
7. Well&Breakfast Potatoes 🍷🍷 3.00

Coffee & Tea

	12 oz. small	16 oz. large
1. Americano	3.50	4.00
2. Cappuccino	3.50	
3. Chai Latte	3.50	4.00
4. Cold Brew	3.40	3.90
5. Cortado	3.20	
6. Drip Coffee	2.60	2.90
7. Espresso		3.00
8. Harney & Sons Tea	2.50	2.80
Choice of: <i>English Breakfast, Earl Grey Supreme, Tropical Green, Mint Verbena, Egyptian Chamomile</i>		
9. Latte	3.50	4.00
10. Matcha Latte	4.50	5.00
11. Swiss Water Process – Decaf	2.60	2.90

Non-dairy milk + 0.25, flavored syrup + 0.50, extra shot + 1.50

Flavored syrups: *vanilla, hazelnut, and caramel*

Americano, Cappuccino, Chai Latte, Espresso, Macchiato, Latte, Matcha Latte are all available iced.

Beverages

Boxed Water	2.00
Found Sparkling Water	2.00
Freshly Squeezed Juice <i>choice of: orange or grapefruit</i>	6.00
Harney & Sons Lemonade & Tea	3.00
Harney & Sons Iced Tea	3.00
Health-Ade Kombucha <i>choice of: original, pomegranate</i>	5.75
Soda <i>choice of: coke, diet coke, ginger ale, sprite</i>	1.75
Well&Lemonade	12 oz. small 2.90 16 oz. large 3.40

CHARLIE PALMER

PARTNERSHIPS Master Chef Charlie Palmer has partnered with The Durst Organization to create a one-of-a-kind workplace eatery. Influenced by his upstate New York childhood experience working in his family’s vegetable garden, Charlie Palmer was an early advocate of farm over factory food. With a commitment to thoughtful sourcing and the rambunctious flavors of his signature Progressive American cooking, Palmer and his team offer equal parts casual culinary elegance and neighborly comfort for people who like to eat.



Breakfast: 7 AM - 11 AM

Lunch: 11 AM - 3 PM

Coffee Bar: 7 AM - 3 PM

Farm-to-table menu created by the Charlie Palmer team

WellxDurst.com

Lunch Menu

SOUPS

	Small 8 oz.	Large 12 oz.
1. Black Bean	5.00	7.00
2. Chicken noodle 🍃	5.00	7.00
3. Cream of mushroom 🍃	5.00	7.00
4. Lentil 🍃🍃🍃	5.00	7.00
5. Tomato 🍃🍃🍃	5.00	7.00
6. Well& bone broth 🍃🍃	6.00	8.00

SANDWICHES

1. The Parisian <i>mandrange ham, comté cheese, french butter, dijon mustard & cornichons on baguette</i>	7.00
2. The Italian <i>ham, salami, capicola, provolone, lettuce, tomato, shaved red onion, salt, pepper, red wine vinaigrette on Italian sub roll</i>	11.00
3. Caprese 🍃 <i>fresh mozzarella, tomato, basil, pesto on Italian sub roll</i>	9.00
4. The Mediterranean <i>olive tapenade, imported marinated tuna, hard-boiled egg, roasted peppers, lettuce, tomato, extra-virgin olive oil on baguette</i>	8.00
5. The Rochester <i>Well& roast beef with cheddar and horseradish on a sub roll</i>	9.00
6. The South Jersey Special <i>Well& turkey on seeded sourdough with sprouts, russian dressing and coleslaw</i>	9.00
7. The Saigon <i>Paté and grilled chicken with pickled daikon, cilantro, spicy mayonnaise on baguette</i>	9.00

BUILD YOUR OWN SANDWICH

Choose Bread: choose 1
Sub Roll, Round Roll, Rye Bread, Whole Wheat Bread, White Bread, Flatbread Wrap with Flax & Seeds, Baguette, Sourdough

Choose Protein: 1 protein for \$8; 2 proteins for \$10; 3 proteins for \$12
Egg Salad, Mediterranean Tuna, Tuna Salad, Chicken Salad, North Country Smokehouse Bacon, Pastrami, Grilled Chicken, Capicola Ham, Imported Salami, Well& Roast Beef, Schaller & Weber Ham, Well& Turkey

Cheese:
Jarlsberg +\$2, Provolone +\$2, Comté +\$2, Cabot Creamery Clothbound Cheddar +\$2, Diaya Vegan Cheddar Cheese +\$3, Mozzarella +\$2, Coach Farms Goat Cheese + \$2

Toppings: Choose up to 3 for +\$0.00
Romaine Lettuce, Arugula, Watercress, Tomato, Red Onion, Alfalfa Sprouts, Cucumber, Jalapeño Pepper, Roasted Peppers, Coleslaw +\$0.25, Daikon Radish, B&G Peppers

Additional Toppings
Avocado +\$2.00, Romaine Lettuce +\$0.25, Arugula +\$0.25, Watercress +\$0.25, Tomato +\$0.25, Red Onion +\$0.25, Alfalfa Sprouts +\$0.25, Cucumber +\$0.25, Jalapeño Pepper +\$0.25, Roasted Peppers +\$0.25, Coleslaw +\$0.25, Hard-Boiled Egg +\$1.00, Daikon Radish +\$0.25, B&G Peppers +\$0.25

Spreads & Seasonings
Mayonnaise, Oil & Vinegar, Dijon Mustard, French Butter, Roasted Garlic Aioli, Herb Pesto, Salt & Pepper, Dried Oregano, Red Chili Flakes

LUNCH SPECIAL Plat Du Jour \$14

Monday choice of: Lasagna Bolognese OR Grilled Salmon with Asparagus 🍃🍃

Tuesday choice of: Grilled Chicken Tacos 🍃🍃 OR Grilled Shrimp Tacos 🍃🍃

Wednesday choice of: Grilled Half Chicken 🍃🍃 OR Grilled Salmon with Asparagus 🍃🍃

Thursday choice of: Beef Kabobs OR Shrimp Kabobs (*served with pita and yogurt sauce*)

Friday choice of: Grilled Half Chicken 🍃🍃 OR Grilled Salmon with Asparagus 🍃🍃

PIZZA & HOT SUBS

	Slice	Whole Pie
1. Plain Pizza 🍃	2.00	14.00
2. Pepperoni Pizza	2.50	16.00
3. Sicilian Pizza 🍃	3.00	18.00
4. Combo Pie 🍃 choose 4 toppings		17.00
Add-On: <i>additional toppings +0.25 each for slice or + \$1 each for whole pie. Substitute Diaya Vegan Cheese + \$4 (whole pie only).</i>		
Toppings: <i>extra cheese, ricotta, bell peppers, eggplant, bermuda onions, mushrooms, olives, garlic, jalapeño pepper, pineapple, anchovies, chicken, pepperoni, italian sausage, ham</i>		
5. Italian Parm Sub		13.00
<i>choice of: meatball, chicken or eggplant</i>		

THE GRILL

1. CP Steak Sandwich <i>grilled sirloin, caramelized onion, cheddar cheese, baguette</i>	13.00
2. Crispy Chicken Sandwich 🍃 <i>white meat, lettuce, tomato, herb mayonnaise, sesame roll</i>	10.00
3. Grilled Cheese Sandwich 🍃 <i>sourdough, cheddar</i> Add-Ons: bacon +\$1; tomato +\$1	6.00
4. Grilled Chicken Sandwich 🍃 🍃 <i>lettuce, tomato, onion, barbecue sauce, sesame roll</i> Add-Ons: cheese +\$1; bacon +\$1	9.00
5. Hamburger 🍃 🍃 <i>lettuce, tomato, onion, special sauce, sesame roll</i> Add-Ons: cheese +\$1; bacon +\$1	8.00

SIDES

1. Coleslaw 🍃	3.00
2. French Fries 🍃	4.00
3. Guacamole & Chips 🍃	6.00
4. Macaroni & Cheese 🍃	7.00
5. Macaroni Salad 🍃	3.00
6. Potato Salad 🍃	4.00
7. Quinoa Tabbouleh 🍃🍃	5.00

SIGNATURE SALADS

Add-Ons: chicken + \$4, hardboiled egg + \$3, salmon + \$5, steak + \$8

1. The Well & 🍃🍃🍃 <i>assortment of greens, tomato, cucumber, radish, champagne vinaigrette</i>	9.00
2. Caesar Salad <i>romaine, parmesan, sourdough crouton</i>	11.00
3. Beet It 🍃🍃 <i>cooked and raw beets, watercress, shallots, goat cheese, red wine vinaigrette</i>	9.00
4. Quinoa Killer 🍃🍃🍃🍃 <i>quinoa, japanese sweet potato, celery root, lentils, avocado, red onion, tomato, tahini dressing</i>	10.00

BUILD YOUR OWN SALAD Starting at 8.00

Choose your own lettuce, three toppings, and a dressing

Base: choose up to three	Protein:	Toppings: Choose Up to 3/ +\$0.25 for each additional
Watercress	Chicken Breast \$4	Sourdough Croutons
Romaine	Salmon + \$5	Fennel
Organic Arugula	Steak + \$8	Zucchini
Local Greens	Hard Boiled Eggs + \$3	Roasted Peppers
		Red Bell Pepper
		Kidney Beans
		Lentils
		Mushrooms
		Eggplant
		Broccoli
		Green Beans
		Japanese Sweet Potato
		Radish
		Alfalfa Sprouts
		Red Onion
		Tomato
		Cucumber
		Nutritional Yeast Flakes+\$0.50
		Avocado +\$2.00

Dressing: choose one
additional dressing is + \$2

Carrot-Ginger 🍃🍃
Blue Cheese 🍃🍃
Tahini Dressing 🍃🍃🍃
Russian 🍃🍃🍃
Lemon Vinaigrette 🍃🍃
Italian 🍃🍃
Balsamic Vinaigrette 🍃🍃
Caesar Dressing 🍃
Ranch Dressing 🍃🍃

Cheese: + \$2 each
Rogue Creamery Oregon Blue
Jarlsberg Cheese
Fresh Mozzarella Cheese
Parmesan Cheese
Comté Cheese
Cabot Creamery Clothbound Cheddar Cheese
Coach Farms Fresh Goat Cheese
Manchego Cheese
Diaya Vegan Cheddar Cheese

Baked Goods

Baked goods may come into contact with nuts

MORNING PASTRIES available 7am-11am

1. Muffins (<i>M-F different</i>) choice of: corn 🍃, blueberry 🍃, morning glory 🍃🍃	2.75
2. Coffee Cake 🍃🍃	3.00
3. Sticky Bun with Pecans 🍃🍃	single 5.00 four-pack 14.00

4. Croissants	
Plain 🍃	2.00
Chocolate 🍃	3.00
Almond 🍃🍃	3.00
Ham & Cheese	7.00
5. Danish	
Cheese 🍃	3.50
Seasonal Fruit 🍃	3.50
Fruit & Cheese 🍃	4.00

COOKIES, CAKES, DESSERTS available 11am-3pm

6. Cookie choice of: chocolate chip 🍃🍃, oatmeal raisin 🍃🍃, sour cream sugar 🍃🍃, white chocolate macadamia 🍃🍃	2.50
7. Fruit Tart choice of: apple, berry, seasonal fruit 🍃	4.50
8. Slice of Cake choice of: birthday 🍃, carrot 🍃🍃, chocolate 🍃	6.00
9. Whole Cake (<i>serves 6+ with candles</i>) choice of: birthday 🍃, carrot 🍃🍃, chocolate 🍃, special requests (<i>other flavors please allow 24 hours' notice</i>)	35.00

WELL& BAKED BREADS available 7am-3pm

10. Bread	
Baguette 🍃	2.50
Country Sourdough Boule 🍃	8.50
Seeded Sourdough 🍃🍃	9.00