

Breakfast Menu

1. Pink Grapefruit *halved & segmented* 🍷🍷🍷 5.00
2. Avocado Toast 🍷🍷🍷🍷 6.50
Add-on: *eggs +\$1.00, bacon+\$2.00, breakfast sausage +\$2.00*
3. Bacon, Egg, and Cheese 7.00
4. Tomato, Egg, and Cheese 🍷 6.25
5. Bagel with Butter 🍷 3.50
Choice Of: *plain, sesame, everything, poppy*
Add-on: *strawberry jam + 1.00*
6. Bagel with Cream Cheese 🍷 3.75
Choice Of: *plain, sesame, everything, poppy*
Add-Ons: *tomato + 1.00, onion + 1.00, seasonal jam + 1.00*
7. Smoked Salmon Bagel* 16.50
cream cheese, Catsmo smoked salmon, tomato, red onion, capers
8. Breakfast Bread *soft bread with egg, bacon, tomato, and cheese* 8.25
9. Shakshuka 🍷🍷 *Israeli-style stewed tomatoes with eggs* 8.00
Comes with side of sourdough toast
10. Two Eggs Any Style* *with choice of meat, breakfast potato & sourdough toast* 12.00
Choice of: *bacon (3 slices); breakfast sausage (2 links)*
Add-Ons: *extra egg +\$1.00*

Sides

1. Avocado🍷🍷 3.00
2. Esposito's Sausage 🍷 3.00
3. Hard Boiled Eggs (2) * 🍷🍷🍷 3.25
4. Fresh Watermelon 🍷🍷 5.50
5. North Country Smokehouse Bacon (3)🍷🍷 3.75
6. Well&Breakfast Potatoes 🍷🍷 4.00

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	3.00	3.25
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	2.50
Found Sparkling Water	3.00
Freshly Squeezed Juice <i>choice of: orange or grapefruit</i>	6.00
Harney & Sons Lemonade & Tea	3.50
Harney & Sons Energizing Black Iced Tea	3.50
Health-Ade Kombucha <i>choice of: original, pomegranate</i>	5.75
Soda <i>choice of: coke, diet coke, ginger ale, sprite</i>	1.75
Redbull	4.25
Fruit Punch Gatorade	2.75
Lemon Tea Snapple	2.50
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: 8:30 AM - 11 AM

Lunch: 11 AM - 2:30 PM

Coffee Bar: 8:30 AM- 2:30 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	7.25
2. Chicken noodle 🍴	5.00	7.25
3. Cream of mushroom 🍴	5.00	7.25

SANDWICHES

1. The Parisian <i>madrange ham, comté cheese, french butter, dijon mustard & cornichons on baguette</i>	11.00
2. The Italian <i>ham, salami, capicola, provolone, lettuce, tomato, shaved red onion, salt, pepper, red wine vinaigrette on Italian sub roll</i>	14.50
3. Caprese 🍴 <i>fresh mozzarella, tomato, basil, pesto on Italian sub roll</i>	11.00
4. The Rochester <i>Well& roast beef with cheddar and horseradish on a sub roll</i>	12.50
5. The South Jersey Special <i>Well& turkey on seeded sourdough with sprouts, russian dressing and coleslaw</i>	12.50
6. The Saigon <i>Paté and grilled chicken with pickled daikon, cilantro, spicy mayonnaise on baguette</i>	12.50

BUILD YOUR OWN SANDWICH

Choose Bread: choose 1

Sub Roll, Round Roll, Rye Bread, Whole Wheat Bread, White Bread, Flatbread Wrap, Baguette, Sourdough

Choose Protein: 1 protein for \$9; 2 proteins for \$11; 3 proteins for \$13

Egg Salad, Mediterranean Tuna, Tuna Salad, Chicken Salad, North Country Smokehouse Bacon, Pastrami, Grilled Chicken, Capicola Ham, Imported Salami, WellPlated Roast Beef, Schaller & Weber Ham, WellPlated Turkey

Cheese:

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

Toppings: Choose up to 3 for +\$0.00

Romaine Lettuce, Arugula, Tomato, Red Onion, Alfalfa Sprouts, Cucumber, Jalapeño Pepper, Roasted Peppers, Coleslaw, Daikon Radish, B&G Peppers

Additional Toppings

Avocado +\$2.00, Romaine Lettuce +\$0.25, Arugula +\$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

HARD HAT SPECIAL \$8

Includes Bottled Water & Baker's Choice Cookie of the Day

Monday Meatball Parm Sub

Tuesday Arroz con Pollo

Wednesday Hamburger & French Fries 🍴🍴

Thursday Crispy Chicken Sandwich 🍴

Friday Three Slices of Plain Pizza

Add on: *Redbull \$4.25, Fruit Punch Gatorade \$2.75, Lemon Tea Snapple \$2.50, Soda \$1.75*

PIZZA & HOT SUBS

	Slice	Whole Pie
1. Plain Pizza 🍴	2.50	14.00
2. Pepperoni Pizza	3.00	16.00
3. Sicilian Pizza 🍴	3.50	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</i>		
Toppings: <i>extra cheese, ricotta, bell peppers, eggplant, 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>	18.00
2. Crispy Chicken Sandwich 🍴 <i>white meat, lettuce, tomato, herb mayonnaise, sesame roll</i>	12.00
3. Grilled Cheese Sandwich 🍴 <i>sourdough, cheddar</i> Add-Ons: bacon +\$1; tomato +\$1	8.00
4. Grilled Chicken Sandwich 🍴🍴 <i>lettuce, tomato, onion, barbecue sauce, sesame roll</i> Add-Ons: cheese +\$1; bacon +\$1	12.00
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
8. Avocado 🍴🍴🍴🍴	3.00
9. Potato Chips	2.00
10 Tuna Salad	6.00

BUILD YOUR OWN SALAD Starting at 8.00

Choose your own lettuce, three toppings, and a dressing

Base: choose up to three

Romaine
Organic Arugula
Local Greens
Kale

Protein:

Chicken Breast \$4
Salmon + \$5
Steak* + \$8
Hard Boiled Eggs* + \$3

Toppings: Choose Up to 3/ +\$0.25 for each additional

Sourdough Croutons
Fennel
Zucchini
Roasted Peppers
Red Bell Pepper
Kidney Beans
Lentils
Mushrooms
Eggplant
Broccoli
Green Beans
Japanese Sweet Potato
Radish
Alfalfa Sprouts
Red Onion
Tomato
Cucumber
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

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>	9.00
3. Quinoa Killer 🍴🍴🍴🍴 <i>quinoa, japanese sweet potato, celery root, lentils, avocado, red onion, tomato, tahini dressing</i>	11.00

Baked Goods

Baked goods may come into contact with nuts

MORNING PASTRIES available 8:30am- 11am

1. Muffins (M-F different) choice of: corn 🍴, blueberry 🍴, morning glory 🍴🍴	3.25
2. Coffee Cake 🍴🍴	3.00
3. Sticky Bun 🍴🍴	single 5.00
4. Croissants	
Plain 🍴	2.00
Chocolate 🍴	3.00
5. Danish	
Cheese 🍴	3.50
Seasonal Fruit 🍴	3.50

COOKIES available 11am-2:30pm

6. Cookie choice of: chocolate chip 🍴🍴, oatmeal raisin 🍴🍴, sour cream sugar 🍴🍴, white chocolate macadamia 🍴🍴, chocolate black out 🍴🍴, peanut butter 🍴🍴	2.50
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