

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-On: 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. Cheese Omelette with potatoes & toast	11.00
11. Two Eggs Any Style* with choice of meat, breakfast potato & sourdough toast	12.00
Choice of: bacon (3 slices); breakfast sausage (2 links)	
12. Seasonal Fruit Cup 🍷🍷🍷 freshly diced pineapple ,seasonal mixed berries and fresh slices of cantaloupe	7.00
13. Overnight Oats 🍷 Well&'s overnights oats soaked overnight in oat milk, topped with dried fruit, milled flax, and coconut shavings	9.00
14. Pancakes 🍷 (3) fluffy buttermilk pancakes with fresh maple syrup	7.00
Add-On: blueberreis + 1.00, chocolate chips + 1.00, bananas + 1.00	

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: English Breakfast, Earl Grey Supreme, Tropical Green, Mint Verbena, Egyptian Chamomile		
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, Latte, Matcha Latte are all available iced.

Beverages

Bottled Water	2.00
Boxed Water	2.50
Saratoga Sparkling Water	3.00
Freshly Squeezed Juice choice of: orange or grapefruit	6.00
Harney & Sons Lemonade & Tea	3.50
Harney & Sons Energizing Black Iced Tea	3.50
Health-Ade Kombucha choice of: original, pomegranate	5.75
Soda choice of: coke, diet coke, ginger ale, sprite	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

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

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
4. Quinoa Lentil  	5.00	7.25
5. Sausage, Kale & Kidney Bean 	5.00	7.25
6. Beef & Barley 	5.00	7.25

SANDWICHES

Includes side of potato chips

1. The Parisian madrangle ham, comté cheese, french butter, dijon mustard & cornichons on baguette	11.00
2. The Italian ham, salami, capicola, provolone, lettuce, tomato, shaved red onion, salt, pepper, red wine vinaigrette on Italian sub roll	14.50
3. The Caprese  fresh mozzarella, tomato, basil, pesto on Italian sub roll	11.00
4. The Rochester Well& roast beef with cheddar and horseradish on a sub roll	12.50
5. The South Jersey Special Well& turkey on seeded sourdough with sprouts, russian dressing and coleslaw	12.50
6. The Saigon Paté and grilled chicken with pickled daikon, cilantro, spicy mayonnaise on baguette	12.50
7. The Pastrami Hot Pastrami with melted swiss & coleslaw on rye bread	13.00

BUILD YOUR OWN SANDWICH

Includes side of potato chips

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

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, 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

SOUP & SANDWICH SPECIAL \$12

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

Monday Grilled Cheese & Quinoa Lentil

Tuesday Turkey + Swiss & Cream of Mushroom

Wednesday Roast Beef & Black Bean

Thursday Ham + Cheese & Chicken Noodle

Friday Caprese & Sausage, Kale + Bean








Add on: Redbull \$3.00, Fruit Punch Gatorade \$2.00, Lemon Tea Snapple \$1.00, Soda \$1.00

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: additional toppings +0.25 each for slice or + \$1 each for whole pie Toppings: extra cheese, ricotta, bell peppers, eggplant, mushrooms, olives, garlic, jalapeño pepper, pineapple, anchovies, chicken, pepperoni, italian sausage, ham		
5. Italian Parm Sub		13.00
choice of: meatball, chicken or eggplant		

THE GRILL

Includes side of french fries

1. CP Steak Sandwich  grilled sirloin, caramelized onion, cheddar cheese, on baguette	18.00
2. Crispy Chicken Sandwich  white meat, lettuce, tomato, herb mayonnaise, on sesame roll	12.00
3. Grilled Cheese Sandwich  cheddar, on sourdough Add-On: tomato +\$1; bacon +\$2; ham +\$3	9.00
4. Grilled Chicken Sandwich   lettuce, tomato, onion, barbecue sauce, on sesame roll Add-On: cheese +\$1; bacon +\$1	12.00
5. Hamburger   lettuce, tomato, onion, special sauce, on sesame roll Add-On: 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

BUILD YOUR OWN SALAD Starting at 8.00

Choose your own lettuce, three toppings, and a dressing

Base: choose up to three

Romaine
Arugula
Local Greens
Kale

Protein:

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

Dressing: choose one
additional dressing is + \$2

Blue Cheese  
Tahini Dressing   
Russian   
Lemon Vinaigrette  
Italian  
Balsamic Vinaigrette  
Caesar Dressing 
Ranch Dressing  

Cheese: + \$2 each







Oregon Blue Cheese
Jarlsberg Cheese
Fresh Mozzarella Cheese
Parmesan Cheese
Comté Cheese
Cabot Cheddar Cheese
Fresh Goat Cheese
Manchego Cheese

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

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

SIGNATURE SALADS













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

1. The Well &   assortment of greens, tomato, cucumber, radish, lemon vinaigrette	9.00
2. Caesar Salad romaine, parmesan, sourdough crouton, caesar dressing	9.00
3. Quinoa Killer     quinoa, japanese sweet potato, celery root, lentils, avocado, red onion, tomato, tahini dressing	11.00
4. RJ's Special romaine, tomato, avocado, croutons, parmigiano reggiano, grilled chicken, balsamic vinaigrette	14.00









Baked Goods

Baked goods may come into contact with nuts

MORNING PASTRIES available 8:30am- 11am

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

COOKIES

6. Cookie choice of: chocolate chip   , oatmeal raisin   , white chocolate macadamia   , chocolate black out  	2.50
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