



local · organic · fresh

Fresh Paleo Plus Menu for the week of November 12, 2018

Breakfast:

Breakfast 1: Tunisian Chicken Breakfast Hash- Lemon oregano baked chicken, yams, artichokes, kale, and tomatoes, scrambled 50/50 egg-egg white blend, parsley and harissa aioli (360 cal- Reg, 450 cal- Large, Allergens: Eggs)

Breakfast 2: Turkey Chorizo Scramble- Scrambled egg/egg white blend with Alberto's house made Diestel turkey chorizo, black beans, Coke Farms kale, roasted yams, heirloom peppers and scallions (360 cal- Regular, 470 cal- Large, Allergens: Eggs, Raw Onion)

Breakfast 3: Breakfast Burrito Bowl- Paleo breakfast bowl with spiced open range Bison , fajita peppers and onions, shredded cabbage, cauliflower Spanish rice, pinto beans, summer squash, scrambled egg/egg white blend and salsa roja (360 cal- Reg, 450 cal- Large, Allergens: Eggs, Beef)

Breakfast 4: Mushroom Steakburger Breakfast Bowl- Diestel turkey and mushroom breakfast "burger" with scrambled egg/egg white blend, kale, mushroom and zucchini hash, roasted sweet potatoes, paleo red eye gravy (380 cal- Regular, 480 cal- Large, Allergens: Eggs)

Breakfast 5: Filipino Pancit Canton- Spaghetti squash "noodles" with grass fed beef Chinese sausage, sweet peppers, onions, spinach, scrambled egg/egg white blend, edamame and scallions (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Raw Onion, Soy)

Breakfast 6: Chef's Jamie's Special Lunch Surprise!- Something awesome from our farm partners to our kitchen to your table!

Lunch:

Lunch 1- Moroccan Chicken Salad- Sweet spiced chicken salad with paprika, celery, spiced garlic aioli, cranberries, apricots and fennel on a bed of Foodsmith mixed greens, cherry tomatoes, cucumbers, yams, fennel-carrot relish and green olive vinaigrette (360 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 2- Carne Asada Barbacoa Salad Bowl- Grass fed beef carne asada with roasted corno de toro peppers and onions, tomatoes, romaine, cabbage and mixed greens, roasted butternut and avocado lime dressing (370 cal- Regular, 450 cal- Large, Allergens: Beef)

Lunch 3- Chinese Chicken Salad- Organic Romaine, shredded cabbage, grated carrots, spinach, cilantro, cucumbers, sweet peppers, edamame, water chestnuts and mandarins with ginger sesame roasted chicken and pineapple sesame dressing (370 cal- Regular, 470 cal- Large, Allergens: Cilantro, Soy)

Lunch 4- Coastal Kale Power Bowl- Curly green and Dino kale, cabbage, Romaine, shredded carrots, roasted butternut, quinoa, fennel, sweet peppers, sliced roasted chicken breast, pepitas, creamy Thai almond dressing (370 cal- Regular, 460 cal- Large, Allergens: Tree Nuts)

Lunch 5- Aegean Turkey Club Salad- Organic romaine and mixed greens, smoked Diestel turkey breast, artichokes, cherry tomatoes, cucumbers, sweet peppers, garbanzos, Kalamata olives and roasted tomato-red onion balsamic vinaigrette (360 cal- Regular, 470 cal- Large, Allergens: None)

Lunch 6- Chef's Jamie's Special Lunch Surprise!- Something awesome from our farm partners to our kitchen to your table!

Dinner:

Dinner 1- Grilled Turkey Piccata- Garlic and herb marinated grilled turkey tenderloins, zucchini "fettuccini", Happy Boy tomatoes, roasted garlic cauliflower-sweet potato mash and creamy lemon caper tomato sauce with fresh parsley (370 cal- Regular, 480 Cal- Large, Allergens: None)

Dinner 2- Paleo French Cassoulet- Classic French casserole of roasted chicken breast, garlic chicken sausage, celery, onions, carrots, tomatoes, veggie broth, Great Northern beans, Coke Farms green beans, cauliflower florets, parsley-cauliflower "breadcrumbs" (380 cal- Regular, 470 Cal- Large, Allergens: None)

Dinner 3- Korean Sticky Chicken Bowl- Paleo Korean Gojuchuang, sesame and pineapple glazed chicken thighs, sesame kale salad, broccoli fried Lundberg brown rice (350 cal- Regular, 440 Cal- Large, Allergens: Cilantro, Raw Onion)

Dinner 4- Sicilian Polpette- Sicilian style grass fed beef and Diestel turkey polpette with basil, lemon, and olive marinara, spinach, garlic Coke Farm's spaghetti squash, butternut, and fresh Genovese basil (380 cal- Regular, 490 cal- Large, Allergens: Beef)

Dinner 5- Paleo "Miso" Glazed Salmon- Paleo mock soy free "Miso" glazed Mt. Cook Salmon filet, sweet Coke farms purple and gold turnips, ginger-garlic baby bok choy, Lundberg brown rice, scallions (380 cal Regular, 470 cal Large, Allergens: Seafood, Raw Onion)

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