



local. organic. fresh

Fresh Paleo Menu for the week of May 06, 2019

Breakfast:

Breakfast 1: Good Morning Monterey Breakfast Bake- Happy Boy butternut, Castroville artichokes, kale, chicken apple sausage, zucchini, spinach and herb casserole with yams and leaf spinach (340 cal- Regular, 430 cal- Large, Allergens: Egg)

Breakfast 2: Spice Road Breakfast Hash- Exotic spiced Diestel Sonoma turkey, green chilies, tomatoes, spinach, apricots and raisins, roasted yams, scrambled egg/egg white blend, and exotic spice aioli (360 cal- Regular, 440 cal- Large, Allergens: Eggs)

Breakfast 3: Breakfast Chilies Rellenos- Spinach, mushroom, spring onion, asparagus, Diestel turkey chorizo, fresh herbs and egg/egg white blend baked in sweet peppers with leaf spinach and roasted yams (325 cal- Regular, 395 cal- Large, Allergens: Eggs)

Breakfast 4- Katz's Deli Breakfast Plate- Delicious flaky gluten and grain free griddle flatbread, house smoked whitefish with capers and pickled onions, scrambled egg/egg white blend, spinach, tomato, and dairy free zhoug labneh (340 cal- Regular, 420 cal- Large) Allergens: Eggs, Seafood, Tree Nuts

Breakfast 5- Creamy Avo-Chia Scrambler- Creamy dairy free chia seed egg/egg white, cherry tomato and avocado scramble with spinach, kale, asparagus, and chimichurri aioli (330 cal- Regular, 410 cal- Large) Allergens: Eggs

Breakfast 6- Keto Spring Berry "Coffee Cake"- Paleo and Keto dairy, sugar and grain free high protein "coffee cake" with Meyer lemon, and Madagascar vanilla bean over spring berry medley (340 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Lunch:

Lunch 1- Grilled Chicken Banh Mi Salad- Mary's chicken breast, marinated in lime. ginger and chilies and grilled, served over a crunchy salad of mixed greens and cabbage, pickled carrots and daikon, sliced cucumbers, tomatoes, and sriracha aioli with cilantro and mint (350 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch 2- Lebanese Shawerma Mezze Platter- Roasted shawermeh spiced turkey with Paleo cauliflower tabouleh, shredded romaine, roasted tomatoes and zucchini-sweet onion hummus, olives, cucumbers and Paleo cashew-coconut tzatziki (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

Lunch 3- Chicken Dan Dan Donburri- Stir fried ginger garlic spaghetti squash and zucchini "noodles" with ginger-garlic chicken, slivered cabbage, carrots, celery, onions, broccoli, and cilantro with Paleo creamy Donburri sauce, scallion, cilantro and sliced almonds (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts, Cilantro, Raw Onion)

Lunch 4- Cambodian Laarb Salad- Chilled salad of ground chicken cooked with ginger, hot chili peppers, green onions, lime juice, cilantro and mint over shredded cabbage and Romaine, cucumbers, sweet peppers, shredded carrots, snap peas and red onions with carrot ginger lime vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Raw Onion)

Lunch 5- Turkey Tapenade Club Salad- Smoked Diestel range turkey breast, mixed olive, tomato and pepper salad, Foodsmith mixed greens and spinach, cucumbers, hard boiled egg, basil olive dressing (350 cal- Regular, 470 cal- Large, Allergens: Eggs)

Lunch 6- Rao's Famous Meatball "Sub Sandwich"- Inspired by the famous Rao's meatball recipe, beef and turkey meatballs with grated mushrooms and herbs, roasted and served open face on sweet potato "sub" with fresh spinach, basil marinara and creamy dairy free roasted garlic "mozzarella" (360 cal- Regular, 450 Cal- Large, Allergens- Beef)

Dinner:

Dinner 1- Easy Peasy Chicken Bruschetta Bake- Herb roasted spring chicken over roasted butternut, zucchini, spinach, onions, peppers, artichokes and olives, topped with garlic tomato bruschetta sauce and fresh basil- Yum! (330 cal- Regular, 420 cal- Large, Allergens- None)

Dinner 2- Mom's Paleo Chicken Pot Pie- Roasted herbed chicken, local green beans and asparagus, carrots, onions and celery in a dairy free cauliflower "cream" sauce, topped with a gluten free cauliflower herb crust (360 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Dinner 3- Sicilian Zucchini Pizza Bake- Italian style Diestel turkey with ground zucchini, herbs and spices stuffed into zucchini and baked with creamy roasted garlic tomato sauce and braised local garlicky greens (340 cal- Regular, 440 cal- Large, Allergens: None)

Dinner 4- Aloha Chicken "Katsu"- Natural free range chicken breast baked with a 5-spice cashew almond flax crust, over chili-garlic wok veggies, ginger cauliflower rice and topped with Paleo Tonkatsu sauce (360 cal- Regular, 450 Cal- Large, Allergens: Tree Nuts)

Dinner 5- King Salmon and Seafood Primavera- Roasted Mt. Cook King salmon, dorado and white shrimp with Farmers Market spring veggies, zucchini fettuccini, basil, and dairy free pesto cauliflower "Alfredo" sauce (340 cal- Regular, 420 Cal- Large, Allergens: Seafood, Shellfish)

Dinner 6- Chili-Sage Grilled Pork Tenderloin- Smoked ancho and sage rubbed pastured pork tenderloin, grilled and sliced, with chipotle cauliflower scalloped sweet potatoes, Coke Farms Swiss Chard, and Allison's fennel garlic Soubise sauce (350 cal- Reg, 450 cal- Large, Allergens: Pork)