



local. organic. fresh

Fresh Paleo Menu for the week of June 10, 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 chimmichurri aioli (330 cal- Regular, 410 cal- Large) Allergens: Eggs

Breakfast 6- Chef Jamie's Seasonal Omelet- Paleo seasonal egg/egg white omelet with yam home fries, spinach and herbs (340 cal- Regular, 440 cal- Large, Allergens: Eggs)

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- 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 3- Paleo Bison Egg Roll Bowl- Stir fried ginger garlic range fed bison, shaved Nappa cabbage, onions, celery, zucchini noodles, carrots, spinach, and Paleo stir fry sauce with raw almonds, scallions and cilantro (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts, Cilantro, Raw Onion)

Lunch 4- Syrian 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 5- Turkey Sloppy Joe Bowl- Paleo Sonora raised Diestel turkey Sloppy Joe bowl, with cauliflower Mac, kale, spinach, and Paleo dairy free creamy Sloppy Joe sauce (410 cal- Regular, 490 cal- Large, Allergens: None)

Lunch 6- Farm Fresh Seasonal Salad Special!- Inspired by the freshest local ingredients, from our chef's to you!

Dinner:

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

Dinner 2- Paleo Tamale Pie- Crockpot simmered fajita chicken, hatch green chilies, fire roasted tomatoes, spinach, collards, and cauliflower coconut "tamale" 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)