



local. organic. fresh

Fresh Paleo Menu for the week of April 10, 2023

Breakfast:

Breakfast 1: Jake's Steak and Eggs- Grilled Gaucho style steak, scrambled 50/50 eggs, spinach salad, yams, and spicy herb chimichurri sauce (340 cal- Regular, 430 cal- Large, Allergens: Beef, Eggs)

Breakfast 2: South Shore Breakfast Casserole- Protein and energy packed breakfast bake with turkey sausage, mushrooms, spinach, broccoli, kale and sweet potato hash (360 cal- Regular, 440 cal- Large, Allergens: Eggs)

Breakfast 3: Alsatian Country Breakfast- French countryside breakfast of scrambled eggs, roasted tomatoes, spinach, fennel onion piperade, yams, and kale- Très Bon! (325 cal- Regular, 395 cal- Large, Allergens: Eggs)

Breakfast 4- Riley's Breakfast Sliders- Paleo breakfast meatball sliders with chopped eggs, grated zucchini and mushroom duxelles, pastured pork sausage, spinach, yam "slider buns" and dairy-free roasted tomato red eye gravy (340 cal- Regular, 420 cal- Large) Allergens: Eggs, Pork

Breakfast 5- Paleo Quiche Florentine- Paleo grain free egg and egg white quiche baked with a coconut and almond pastry crust filled with leaf spinach, roasted tomatoes, caramelized onions, Foodsmith Sonora turkey sausage, fresh herbs, and a side of local berries (330 cal- Regular, 410 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6- Cornwall Chicken Hash- Corned spiced chicken and zucchini hash, seared and served with yams, spinach, scrambled egg-egg white blend and fresh parsley (365 cal- Regular, 455 cal- Large, Allergens: None)

Lunch:

Lunch 1- Ciao Bella Chicken Puttanesca- Herb and garlic roasted chicken breast, simmered in a classic sauce of olives, capers, red peppers, tomatoes, onions and oregano, with butternut squash "spaghetti" and chili garlic broccoli, leaf spinach and parsley (330 cal- Reg, 420 Cal- Large, Allergens: None)

Lunch 2- Mom's Blue Plate Special- Classic Foodsmith turkey and veggie meatloaf, sweet potato mash, dairy free creamed collard greens, and garlicky tomato passata sauce (340 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 3- Ligurian Tuna Niçoise Salad- Organic romaine and mixed greens, albacore tuna apple dill salad, sweet red peppers, rainbow cherry tomatoes, shaved fennel, hard cooked egg, Kalamata olives, basil, with basil green olive Balsamic vinaigrette (350 cal- Regular, 450 cal- Large, Allergens: Eggs, Seafood)

Lunch 4- Syrian Turkey Pattie Plate- Diestel turkey and zucchini burger with exotic spices, cranberries and mint, on cauliflower turmeric “rice”, turmeric roasted zucchini and tomatoes, cabbage, spinach, and creamy paprika-almond “tahini” (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Lunch 5- Bobby’s Smoky Paprika Grilled Flank Steak- Paprika and sage rubbed grass fed steaks, with Paleo zucchini and cauliflower succotash, braised collard greens and warm adobo vinaigrette (340 cal- Regular, 430 Cal- Large, Allergens: Beef)

Lunch 6- Paleo Salmon Poke Bowl- Slow cooked marinated King Salmon, with sesame, scallion, lime and cilantro, with a salad of shredded cabbage, mixed greens, grated radish, mango, sunomono vegetables, and cold cauliflower “sticky rice” (350 cal- Regular, 460 cal- Large, Allergens: Cilantro, Raw Onion, Seafood)

Dinner:

Dinner 1- Creole Chicken and Shrimp Etouffée- Creole crockpot chicken and cajun shrimp in a Paleo Etouffée sauce with cauliflower Cajun “dirty” rice, roasted zucchini and tomatoes, and chopped green onions and parsley (360 cal- Regular, 470 Cal- Large, Allergens: Raw Onions)

Dinner 2- Grilled Pork Tenderloin Chez Floyd- Grilled pastured pork tenderloin with Paleo dairy free creamy tarragon mustard sauce, sweet potatoes colcannon, and garlic and chili sautéed Coke Farms Kale (350 cal- Regular, 450 cal- Large, Allergens: Pork)

Dinner 3- Phat Phrik King- Indonesian spicy stir fry with ginger garlic chicken, local sesame green beans, snap peas, sweet peppers, and ginger cauliflower rice (350 cal- Regular, 460 Cal- Large, Allergens: None)

Dinner 4- Caipiriña Brazilian Chicken Curry- Brazilian style coconut and lime curry with chicken, yams, broccoli, green beans, kale, spinach, and fresh mint (340 cal- Regular, 440 Cal- Large, Allergens: Tree Nuts)

Dinner 5- Grilled Diestel Turkey Picatta- Garlic and sage grilled Sonora raised turkey breast cutlets, braised Coke Farms kale, local asparagus spears, lemon-herb gremolata, fresh tomato (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Dinner 6- Jerusalem Chicken Sofrito- Sephardic style slow braised chicken thighs, with olive oil braised garlic and onion sofrito, boiled sweet potato confit, za’atar roasted cauliflower and green beans (340 cal- Reg, 430 cal- Large, Allergens: None)