



local. organic. fresh

Fresh Paleo Menu for the week of January 28, 2019

Breakfast:

Breakfast 1: Tico Style Gallo Pinto- Paleo Costa Rican breakfast with crockpot chicken and cauliflower rice with roasted peppers, onions, zucchini and Latin spices, with scrambled eggs and pico de gallo (340 cal- Reg, 430 cal- Large, Allergens: Cilantro, Eggs, Raw Onion)

Breakfast 2: Paleo Stuffed Breakfast Peppers- Sweet and spicy Foodsmith style turkey sausage stuffed bell peppers with grated zucchini, and herbs, Bloomsdale spinach, scrambled egg/egg white blend, roasted yams and creamy dairy-free green chili sauce (340 cal- Regular, 430 cal- Large, Allergens: Eggs)

Breakfast 3: Syrian Beef Breakfast Hash- Sweet spiced grass fed beef, simmered with sweet onions and tomatoes, over roasted cauliflower and butternut hash, with scrambled 50/50 eggs, parsley, and almonds (360 cal- Regular, 440 cal- Large, Allergens: Beef, Eggs, Tree Nuts)

Breakfast 4: Vrinda's Breakfast Arepas- Paleo grain-free coconut and cassava flour arepas with Diestel turkey sausage, spinach, roasted peppers and onions, scrambled egg/egg white blend and salsa roja (360 cal- Reg, 450 cal- Lg, Allergens: Eggs)

Breakfast 5: Paleo Winter Spiced Pancakes- Paleo grain free protein rich baked spiced pancakes, with almond butter, cinnamon and ginger roasted apples, and chicken apple sausage (350 cal- Regular, 440 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 6: Mini Breakfast Meatloaves- Fresh house made Diestel turkey sausage and veggie breakfast loaf with spinach, cauliflower grits and paleo green chili gravy (340 cal- Regular, 430 cal- Large, Allergens: None)

Lunch:

Lunch 1- Chicken and Avocado Caprese Salad- Roasted chicken breast with sliced tomatoes, shaved fennel, sweet peppers, radishes, sweet basil, Coke farms romaine, spinach, arugula, and Happy Boy mixed greens, avocado aioli and balsamic vinaigrette (340 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 2- Paleo Turkey Souvlaki Salad- Grilled chili cumin and lemon marinated Diestel turkey breast, over a salad of Coke Farm's romaine, Happy Boy baby greens, roasted yams, tomatoes, cucumbers, fennel, sweet peppers, sesame seeds and chimichurri tahini dressing (370 cal- Regular, 450 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 3- Paleo Pesto Shrimp and King Salmon "Alfredo"- Spice roasted Mt. Cook glacier fed King Salmon and white shrimp over zucchini Fettucine, spinach, fennel, winter squash, cherry tomatoes,

dairy free cauliflower pesto “Alfredo” and sweet basil (330 cal-Regular, 420 cal- Large, Allergens: Seafood, Shellfish)

Lunch 4- Carne Asada Barbacoa Salad Bowl- Grass fed carne Asada with fajita peppers and onions, tomatoes, candy cane radishes, grated carrots, Coke Farms romaine, cabbage and mixed greens, roasted butternut and creamy cumin and avocado lime dressing (360 cal- Regular, 440 cal- Large, Allergens: Beef)

Lunch 5- Korean BBQ Turkey Burger Bowl- Crazy delicious Sonora range fed Diestel turkey and mushroom burger with ginger and Korean Gojuchuang, with ginger cauliflower rice, garlic steamed broccoli, house Kim Chee and sesame ginger sriracha aioli (340 cal- Regular, 440 cal- Large, Allergens: Beef)

Lunch 6- Chef Jamie’s Seasonal Special- Culinary creativity from our farmers to your table!

Dinner:

Dinner 1- Paleo Turkey Molé- Slow simmered Diestel turkey in a Paleo cashew and raw cacao mole sauce, with island spiced roasted Happy Boy zucchini, garlicky Dino kale, cinnamon yam mash and yerba buena (350 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Dinner 2- Foodsmith Egg Roll Bowl- Ginger garlic wok fried grass fed Sun Ranch ground beef with local cabbage, carrots, zucchini, and peppers, with Paleo egg roll sauce, leaf spinach, ginger cauliflower rice, scallions and cilantro (330 cal- Regular, 420 cal- Large, Allergens: Beef)

Dinner 3- Chicken Cacciatore- Classic hunter style seared chicken breast, braised with mushrooms, peppers, onions, balsamic tomatoes, vegetable broth and herbs, with Swiss Chard and zucchini noodles (350 cal- Regular, 430 cal- Large, Allergens: None)

Dinner 4- Vij’s Creamy Lamb Keema Curry- Tender ground lamb stewed in turmeric and exotic spice flavored dairy free creamy tomato and ginger curry with sweet onions, winter squash, and Savoy spinach over turmeric cauliflower rice with mint (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Dinner 5- Commander’s Palace Bayou Gumbo- Creole style chicken and smoked chicken sausage gumbo with celery, zucchini, tomatoes, herbs and creole spices over Southern style collard greens and cauliflower and mushroom “dirty rice” (360 cal- Regular, 450 cal- Large, Allergens: None)

Dinner 6- Sweet Spiced Crockpot Carnitas- Sweet spiced pastured pork sirloin, with caramelized onions and apples, braised cabbage, and cauliflower mash (360 cal- Regular, 440 cal- Large, Allergens: Pork)