



local. organic. fresh

Fresh Paleo Menu for the week of February 04, 2019

Breakfast:

Breakfast 1: Rams Breakaway Breakfast Bake- West Coast style breakfast fritatta with chicken, bacon, butternut, spinach, tomato and basil with caramelized onions and pesto aioli (340 cal- Reg, 410 cal- Large, Allergens: Eggs, Pork)

Breakfast 2: Patriots Potato “Skins”- Sweet potato “skins” stuffed with Sonora range fed Diestel turkey chili, scrambled egg/egg white blend, leaf spinach, and scallions (350 cal- Regular, 430 cal- Large, Allergens: Eggs, Raw Onion)

Breakfast 3: Maddy’s “Green Eggs and Ham”- Foodsmith egg/egg white blend infused with kale and spinach and scrambled, with roasted yams, and house smoked Diestel turkey “ham” (340 cal- Regular, 430 cal- Large, Allergens: Eggs)

Breakfast 4: Keto Breakfast Sandwich- Foodsmith Diestel turkey sausage pattie and egg sandwich with Keto (and Paleo) Grain free coconut almond biscuit, grilled avocado, spinach, kale and tomato (390 cal- Regular, 480 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 5: Swirly Zucchini Strata Muffins- Paleo pesto egg and zucchini muffins with crockpot chicken, winter squash, roasted peppers, and Bloomsdale spinach (320 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 6: Greek Omelet- Foodsmith hand folded egg/egg white omelet, stuffed with smoked turkey breast, artichokes, roasted tomatoes, spinach, sweet potato hash, olive and almond relish (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Tree Nuts)

Lunch:

Lunch 1- Jerusalem Sabih Street Salad- Street food style chopped salad of cucumber, fennel, tomato, sweet peppers, spice roasted zucchini and winter squash, hard boiled eggs, chopped greens and Zhoug vinaigrette (320 cal- Regular, 400 cal- Large, Allergens: Eggs)

Lunch 2- Buffalo Chicken Salad- Roasted chicken breast tossed in Texas Pete hot sauce and Paleo “ranch” dressing, with celery and fennel on a bed of mixed greens with grated carrots, sliced cucumbers, sweet peppers, tomatoes and buffalo ranch on the side (350 cal- Regular, 460 cal- Large, Allergens: None)

Lunch 3- Foodsmith Spaghetti Bolognese- Pinnacle Ranch garlic roasted spaghetti squash with grass fed beef "Sunday Gravy", fresh tomatoes and basil, Bloomsdale spinach and roasted zucchini (340 cal- Regular, 450 cal- Large, Allergens: Beef)

Lunch 4- Marakesh Turkey Burger Bowl- Diestel turkey and zucchini burger with exotic spices, cranberries and mint, on a bowl of cauliflower turmeric “rice”, zucchini, tomatoes, cabbage, spinach, and paprika-almond aioli (370 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Lunch 5- Beef and Lamb Dolmas Salad Plate- Grass fed beef and pasture raised lamb “dolmas” on a bed of cauliflower “taboulleh”, with Foodsmith salad mix, roasted tomatoes and Bermuda onions, and Paleo creamy sesame tahini dressing (345 cal- Regular, 430 Cal- Large, Allergens: Beef, Lamb)

Lunch 6- Eli’s Blackened Salmon Salad- Blackened Mt. Cook salmon filets, over a crunch salad of Foodsmith salad mix, crunchy cucumbers, rainbow cherry tomatoes, sweet peppers, artichokes, olives, and tomato basil creole dressing (340 cal- Regular, 430 cal- Large, Allergens: Seafood)

Dinner:

Dinner 1- Roland’s Chicken and Mushroom Fricassée- Garlic and herb seared chicken breast, sliced over zucchini “fettucini”, spinach, asparagus, and creamy dairy free mushroom fricasee (330 cal- Regular, 420 cal- Large, Allergens: None)

Dinner 2- Gridiron Sausage and Peppers- Grilled chicken andouille sausage with garlicky kale, caramelized peppers and onions, roasted yams, and smoked paprika aioli (330 cal- Regular, 420 cal- Large, Allergens: None)

Dinner 3- Smoky Espresso Rubbed Steak- Smoky grilled espresso spice rubbed grass fed tri tip steaks, Coke Farms Romanesco broccoli, cauliflower and sweet potato colcannon, and avocado oregano aioli (350 cal- Regular, 430 cal- Large, Allergens: Beef)

Dinner 4- Catalan Spiced Turkey Tenders- Smoky Spanish spice rubbed Diestel turkey breast filets, sliced over sweet and sour braised Coke Farms’ Swiss chard, smashed Coke Farms rutabagas, and dairy free creamy mustard herb glaze (360 cal- Regular, 450 cal- Large, Allergens: None)

Dinner 5- Yucatan Mojo Snapper- Locally caught snapper cooked with tomato onion mojo, with ginger garlic bok choy, Island spiced cauliflower rice, and pineapple vinegar hot relish (340 cal- Regular, 420 cal- Large, Allergens: Seafood)

Dinner 6- Paleo Pork Chops Milanese- Flax and almond crusted pastured pork chops, with fennel onion piperade, arugula sweet potato salad, horseradish parsley gremolata, and a fresh lemon squeeze (360 cal- Regular, 450 cal- Large, Allergens: Pork, Tree Nuts)