



local. organic. fresh

Fresh Paleo Menu for the week of April 22, 2019

Breakfast:

Breakfast 1: Barcelona Tortilla Espagnola- traditional Catalanian frittata with cage free egg/egg white blend, smoked Diestel turkey, roasted sweet potatoes, local asparagus, roasted peppers, spinach, parsley, and green Romesco Verde (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 2: Classic American Breakfast- House made Diestel Sonora turkey and zucchini sausage patty, scrambled 50/50 eggs, leaf spinach, spaghetti squash “hash browns”, grilled tomato (340 cal- Regular, 440 cal- Large, Allergens: Eggs)

Breakfast 3: Foodsmith Chorizo Scramble- Scrambled egg/egg white blend with Alberto's house made Diestel turkey chorizo, Coke Farms kale, Bloomsdale spinach, roasted yams, fajita peppers and scallions (340 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 4: Salmon and Local Asparagus Omelette- Delightful spring omelette with Mt. Cook King salmon, fresh local asparagus, spinach, tomatoes, basil, and roasted sweet potatoes (330 cal- Regular, 420 cal- Large, Allergens: Eggs, Seafood)

Breakfast 5: Low Carb Croques Madame- Grain free coconut, psyllium husk and flax biscuits, topped with dairy-free creamy cauliflower and turkey sausage “gravy”, spinach, sliced tomato, and a poached egg (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 6- Elvis' Chocolate Zucchini Paleo Waffle- Grain free high protein zucchini cocoa and banana waffle with almond butter, and fresh fruit (320 cal- Reg, 430 cal- Large, Allergens: Eggs, Tree Nuts)

Lunch:

Lunch 1- Saigon Chicken Cabbage Salad- Shredded ginger lime grilled chicken breast, three-cabbage Vietnamese slaw, grated carrots, daikon, sweet pepper julienne, cilantro, basil and mint with ginger lime dressing, and raw cashews (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 2- Creamy Buffalo Chicken “Wing” Bake- Paleo dairy free chicken casserole with buffalo hot “wing” sauce, spinach, mushrooms, asparagus, broccoli and cauliflower rice smothered in rich cauliflower ranch cream sauce and baked (340 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 3- You Can't Beet Our Fennel Chicken Salad- Roasted Happy Boy beets, fennel apple chicken salad, Foodsmith organic mixed greens and Romaine, grated carrots, cucumbers, cherry tomatoes, and creamy red wine vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: None)

Lunch 4- St. Augustine Empanada Bowl- Sweet spiced grass fed beef, sultanas, roasted organic sweet potatoes, green kale, peppers, zucchini, butternut squash, and chimmichurri aioli (350 cal- Regular, 460 cal- Large, Allergens: Beef)

Lunch 5- Athena Style Spinach Salad- Organic spinach, herb roasted Mary's chicken, cherry tomatoes, cucumbers, Kalamata olives, sweet peppers, shaved fennel, artichokes, and basil-or balsamic dressing (340 cal- Regular, 420 cal- Large, Allergens: None)

Lunch 6- Southern Belle Egg Salad- Cage free egg salad with spicy mustard, celery, chopped bacon, parsley and Sonoma Brinery pickles, with chopped Romaine, pickled Bermuda onions and fennel, cherry tomatoes, and Foodsmith creamy dijon vinaigrette (340 cal- Regular, 460 cal- Large, Allergens: Eggs, Pork)

Dinner:

Dinner 1- Paleo Chicken Biryani- Dairy free creamy Kerala style sweet spiced chicken and veggie stew with turmeric roasted cauliflower and zucchini, braised Coke Farm's greens, and mint (330 cal - Reg, 420 cal- Large, Allergens: Tree Nuts)

Dinner 2- Turkey Polpettone Fiorentina- Diestel turkey and sweet potato meatloaf stuffed with carrots, celery, onions, spinach and parsley, with Coke Farm's garlic braised Swiss chard and a roasted mushroom, onion tomato ragout with fresh basil (360 cal- Regular, 470 Cal- Large, Allergens: None)

Dinner 3- Beef Kalbi Djinn- Korean Kalbi marinated grass fed grilled tri tip, quick kale and cabbage kim chee, sesame spinach, and ginger cauliflower rice (350 cal- Regular, 450 cal- Large, Allergens: Beef, Raw Onion)

Dinner 4- Thai Turkey Meatballs- Thai ginger and lime leaf infused turkey and veggie meatballs, with ginger, garlic and scallions, over zucchini noodles, with pineapple sriracha tomato sauce and garlic peppers and broccoli (350 cal- Regular, 470 cal- Large, Allergens: Cilantro)

Dinner 5- Spring Cleaning!- A clean as can be grilled marinated all natural chicken breast with spring vegetable fricassee, winter squash mash, and lemon caper tomato relish (360 cal- Regular, 450 Cal- Large, Allergens: None)

Dinner 6- Fish Camp Shrimp and "Grits"- Florida cracker style lemon-garlic white shrimp sautéed and served over cauliflower "grits", sautéed asparagus and carrots with fennel onion tomato relish (330 cal- Regular, 450 cal- Large, Allergens: Shellfish, Seafood)