



local. organic. fresh

Fresh Paleo Menu for the week of May 27, 2019

Breakfast:

Breakfast 1: N'awlins Chicken Muffaletta Hash- Creole spiced chicken hash with chopped olives, bacon, cauliflower, onions, celery, roasted peppers, spinach, scrambled egg/egg white blend, and cajun aioli (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Pork)

Breakfast 2: The Captain's Boathouse 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: Cuban Picadillo Scramble- Scrambled egg/egg white blend with Cuban style Bison picadillo, olives, raisins, roasted peppers, spinach, kale, and mint pesto (340 cal- Regular, 430 cal- Large, Allergens: Beef, Eggs)

Breakfast 4: Tortilla Espagnola Catalan- 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 5: S.O.S. Chorizo Gravy and eggs- Grain free coconut, psyllium husk and flax biscuits, topped with dairy-free creamy cauliflower and turkey chorizo sausage "gravy", spinach, sliced tomato, and scrambled egg/egg white blend (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- Thai Trinity Chicken Bang Bang Salad- Shredded ginger lime grilled chicken breast, three-cabbage Asian slaw, grated carrots, daikon, sweet pepper julienne, cilantro, basil and mint with spicy ginger lime dressing, and raw cashews (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 2- Maddy's Mojo Pork Warrior Bowl- Mojo pulled pastured pork sirloin, in a bowl of cauliflower Spanish "rice", roasted butternut, roasted tomato and zucchini confit, leaf spinach, avocado-poblano "crema", fresh oregano (340 cal- Regular, 430 cal- Large, Allergens: Pork)

Lunch 3- Big Sur Fennel Apple Chicken Salad- Roasted Happy Boy beets, fennel apple chicken salad, Foodsmith organic mixed greens and Romaine, grated carrots, cucumbers, sweet peppers, cherry tomatoes, and creamy red wine vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: None)

Lunch 4- Creamy Buffalo Chicken “Wing” Casserole- 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 5- Mykonos Greek Spinach Salad- Organic spinach, herb roasted Mary’s chicken, cherry tomatoes, cucumbers, Kalamata olives, sweet peppers, shaved fennel, artichokes, hard boiled egg, and basil-oregano balsamic dressing (340 cal- Regular, 420 cal- Large, Allergens: Eggs)

Lunch 6- Chipotle Green Deviled Egg Salad- Cage free egg salad with celery, chopped bacon, parsley, Maddy’s house made pickles and avocado chipotle aioli, with chopped Romaine, pickled Bermuda onions and peppers, cucumbers, cherry tomatoes, and Foodsmith creamy avocado dressing (330 cal- Regular, 420 cal- Large, Allergens: Eggs, Pork)

Dinner:

Dinner 1- Paleo Chicken Kerala Curry- Dairy free creamy Kerala style sweet spiced chicken and veggie stew with turmeric roasted cauliflower and zucchini aloo gobi, 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 (350 cal- Regular, 450 Cal- Large, Allergens: None)

Dinner 3- Paleo Sweet and Sour Chicken and Broccoli- Paleo sweet and sour chicken stir fry, with broccoli and red bells, cashews, green onions, and ginger cauliflower rice (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts, Raw Onion)

Dinner 4- Gaucho Style Grilled Beef “Kebabs” - Skewer-free Argentine spiced grilled grass fed beef tri tip and grilled zucchini, oven roasted sweet potato “fries”, garlicky spinach, and roasted tomato mint chimichurri (340 cal- Regular, 450 cal- Large, Allergens: Beef)

Dinner 5- Grilled Chicken Fricassee- 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- North Beach Shrimp and “Polenta”- Lemon-garlic white shrimp sautéed in fennel onion tomato piperade and served over cauliflower “polenta”, sautéed asparagus and spinach with chopped parsley (330 cal- Regular, 420 cal- Large, Allergens: Shellfish, Seafood)