



local. organic. fresh

Fresh Paleo Menu Week of April 29, 2019

Breakfast:

Breakfast 1: Nashville Breakfast Skillet- House made lean Diestel turkey sausage, sweet onions, bell peppers, spinach, smoked paprika, and grated cauliflower grits, with scrambled egg/egg white blend and mild enchilada sauce (340 cal- Regular, 430 cal- Large) Allergens: Eggs

Breakfast 2: Spring Chicken Zucchini Strata- Fresh zucchini noodles, slow simmered crockpot chicken, in an egg/egg white strata with roasted peppers and spring onions, local asparagus, fresh herbs, and roasted yams (360 cal- Regular, 450 cal- Large) Allergens: Eggs

Breakfast 3: Range Fed Buffalo Burrito Bowl- Grass fed bison with chili taco spice, fajita peppers, sweet potatoes, cabbage, roasted zucchini, scrambled egg/egg white blend and pico de gallo (360 cal- Regular, 440 cal- Large) Allergens: Eggs, Beef, Cilantro, Raw Onion

Breakfast 4- Maddy's L.A.S.T Omelet- Pastured smoked Diestel Sonora turkey, leek, asparagus, spinach and tomato egg/egg white omelet, with a side of fresh local berries (340 cal Regular, 420 cal- Large) Allergens: Eggs

Breakfast 5- Paleo Low Carb Bacon Zucchini Jonnycakes- Grain free zucchini, cauliflower, bacon, and herb griddled jonnycakes, with leaf spinach, salsa fresca, and avocado mousse (360 cal- Regular, 450 cal- Large) Allergens: Eggs, Tree Nuts, Raw Onion, Cilantro

Breakfast 6- Fennel Sausage and Brussels Scramble- Foodsmith house made fennel turkey sausage, Billy's roasted shaved brussels and mushrooms, spinach, scrambled egg egg white blend, roasted garlic aioli (340 cal- Regular, 430 cal- Large) Allergens: Eggs

Lunch:

Lunch 1- Tandoori Chicken Salad- Tandoori roasted Mary's chicken breast, tossed with celery, red onions, Granny Smith apples, apricots, and Paleo curry mayo with baby spinach, grated carrots, sugar snaps, slivered almonds, scallions and cilantro (360 cal- Regular, 450 cal- Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Lunch 2- Texas Firecracker "Chicken Wing" Chili- Not actual wings, but the awesome flavor of spicy Texas style chicken and veggie chili, with zucchini, spinach and dairy free lime-avocado crema (340 cal- Regular, 430 cal- Large) Allergens: Raw Onions

Lunch 3- Slow Coast Chicken Salad- Roasted chicken breast, Coke Farm's snap peas, radishes, asparagus, fennel, Savoy spinach, Happy Boy mixed greens, strawberries, almonds and Meyer Lemon Green Goddess dressing (350 cal- Regular, 430 cal- Large) Allergens: Tree Nuts

Lunch 4- Bali Hai Chicken “Rice” Bowl- Mary’s chicken and turkey sausage stir fried with veggies, cabbage, pineapples, carrots, snow peas, and cauliflower rice with scallion and cilantro (350 cal- Regular, 440 cal- Large) Allergens: Raw Onions, Cilantro

Lunch 5- Chicken Salad “Milanese”- grain free almond and herb crusted Mary’s chicken breast, baby greens and arugula, tomatoes, cucumbers, local asparagus, radishes, and Foodsmith lemon Dijon dressing (360 cal- Regular, 460 cal- Large) Allergens: Tree Nuts, Eggs

Lunch 6- Bayou Shrimp Caesar Salad- Cajun spiced white shrimp, organic salad mix, cucumbers, hard boiled egg, shaved fennel, zucchini and radishes and spicy Paleo creole caesar dressing (350 cal- Regular, 440 cal- Large) Allergens: Eggs, Shellfish, Seafood

Dinner:

Dinner 1- General Jamie’s Chicken- Ginger garlic stir fried chicken thighs with organic broccoli, carrots, peppers, onions, celery and snap peas with spicy Paleo stir fry sauce, cashews, scallions and cilantro (340 cal- Regular, 450 cal- Large) Allergens: Raw Onions, Cilantro, Tree Nuts

Dinner 2- Marrakesh Express Turkey Tagine- Sweet spiced braised Deistel Sonora turkey tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric cauliflower rice (350 cal- Regular, 450 cal- Large) Allergens: None

Dinner 3- Surrinder’s Dorado Vindaloo- Tandoori spiced line caught mahi, sweet spiced zucchini, cauliflower Biryani “rice”, creamy cauliflower vindaloo sauce and fresh mint (340 cal- Regular, 430 Cal- Large) Allergens: Seafood, Tree Nuts

Dinner 4- Chicken Yellow Thai Curry- traditional yellow Spring coconut and cauliflower curry with snap peas, sweet peppers and carrots, zucchini and butternut in a Paleo cinnamon ginger spiced creamy coconut curry sauce (370 cal- Reg, 460 cal-Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Dinner 5- Trés Palmas Pastelon- Boricua style lasagna with layers of plantain and cauliflower “bread”, picadillo style ground grass fed beef and asparagus, with butternut and tomato, and topped with cilantro and lime (370 cal- Reg, 450 cal- Large) Allergens: Beef, Eggs, Tree Nuts, Cilantro

Dinner 6- Chicken Catalan- Smoky paprika braised chicken, roasted tomatoes, artichokes, orange zest, cocoa, Jerez Sherry vinegar, olives, sweet bells, cauliflower rice, spinach, pepitas and mint (340 cal- Reg, 430 cal- Large) Allergens: None