



local. organic. fresh

Fresh Paleo Menu Week of June 03 , 2019

Breakfast:

Breakfast 1: Southern “Cast Iron” 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: Santa Cruz Power Breakfast 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: Laredo Bison Breakfast 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- Billy’s 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

Breakfast 5- Paleo Bacon Zucchini Flapjacks- Grain free zucchini, cauliflower, bacon, and herb grid-dled protein flapjacks, with leaf spinach, salsa fresca, and avocado mousse (360 cal- Regular, 450 cal- Large) Allergens: Eggs, Tree Nuts, Raw Onion, Cilantro

Breakfast 6- Vrinda’s Crazy Arepas Con Huevos- Grain free cauliflower and almond meal arepas, stuffed with smoky pulled chicken, cabbage, tomatoes, scrambled 50/50 eggs, and creamy avocado cilantro sauce (340 ca- Regular, 430 cal- Large) Allergens: Cilantro, Eggs, Tree Nuts

Lunch:

Lunch 1- Taj Mahal Curry Chicken Salad- Tandoori roasted Mary’s chicken breast, tossed with celery, Spring 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- 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 3- Swanton Farm Chicken Berry Salad- Roasted chicken breast, Coke Farm’s snap peas, radishes, asparagus, fennel, Savoy spinach, Happy Boy mixed greens, Swanton strawberries, almonds and Meyer Lemon Green Goddess dressing (350 cal- Regular, 430 cal- Large) Allergens: Tree Nuts

Lunch 4- Buffalo Wild Wing Texas Chili- spicy Texas style high protein range fed Buffalo and veggie chili, with zucchini, spinach and dairy free lime-avocado crema (340 cal- Regular, 430 cal- Large) Allergens: Raw Onions

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- Blackened Salmon Caesar Salad- Cajun spiced blackened Mt. Cook salmon fillet, 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, Seafood

Dinner:

Dinner 1- Pollo A la 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

Dinner 2- Moroccan Spiced 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- Sri Lankan Style Snapper Vindaloo- Tandoori spiced line caught local snapper, sweet spiced zucchini, cauliflower Biryani “rice”, creamy cauliflower coconut Vindaloo sauce and fresh mint (340 cal- Regular, 430 Cal- Large) Allergens: Seafood, Tree Nuts

Dinner 4- Tom Kah Gai- 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- Puerto Rico Pastelon Pie- 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 (360 cal- Reg, 440 cal- Large) Allergens: Beef, Eggs, Tree Nuts, Cilantro

Dinner 6- Hong Kong Hot Pot- Ginger garlic stir fried pork tenderloin with organic broccoli, carrots, peppers, onions, celery and snap peas over ginger cauliflower rice, with spicy Paleo stir fry sauce, cashews, scallions and cilantro (330 cal- Regular, 420 cal- Large) Allergens: Raw Onions, Cilantro, Pork, Tree Nuts