



local · organic · fresh

Fresh Paleo Plus Menu for the week of May 20, 2019

Breakfast:

Breakfast 1: Santa Fe Chicken Scrambler- Slow cooked chicken breast and black beans with sweet and spicy chilies, onions and spices simmered in bone broth over spinach and roasted sweet potatoes with scrambled egg egg white blend (370 cal- Regular, 460 cal- Large) Allergens: Eggs

Breakfast 2: Cody Cowboy Bison Breakfast Bowl- Spiced ground range fed bison and chickpeas with asparagus, peppers, onion, kale and roasted sweet potatoes with scrambled egg/egg white blend and salsa fresca (360 cal- Regular, 450 cal- Large) Allergens: Beef, Cilantro, Eggs, Raw Onion

Breakfast 3: Sonora Turkey Colorado- Slow cooked Diestel turkey breast in Ancho red chile sauce, with Coke Farm's Dino kale, roasted yams, leaf spinach, topped with scrambled egg/egg white blend and cilantro (370 cal- Regular, 450 cal- Large) Allergens: Cilantro, Eggs, Tree Nuts

Breakfast 4: Green Turkey Chili Verde and Eggs- Paleo green turkey chili with hatch green chilies, black beans, kale, spinach, onions and peppers, zucchini and leaf spinach, scrambled 50/50 egg egg white blend and scallion (360 cal- Regular, 460 cal- Large) Allergens: Eggs, Raw Onion

Breakfast 5: Foodsmith Gluten Free Protein Pancakes- Gluten free pancakes made with banana, sweet potato, coconut flour, egg whites flax, and whey protein, with fresh berry compote on the side, roasted yams, and Aidell's chicken apple sausage links (380 cal- Regular, 470 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6: Chef's Special- Let us "spring" something seasonal and crazy delicious on you!

Lunch:

Lunch 1-Memphis BBQ Smoked Turkey Salad- Memphis style smoked BBQ Diestel turkey breast tossed in hot sauce and Paleo "ranch" dressing on a bed of mixed greens with carrots, radishes, cucumbers, sweet peppers, tomatoes, black beans and spring onions with buffalo ranch on the side (370 cal- Regular, 480 cal- Large) Allergens: Raw Onion

Lunch 2- Mimi's Chicken Club Salad- Chopped Romaine, mixed greens, cabbage and Bloomsdale spinach, sliced tomatoes, shaved fennel, carrots, cucumbers, bacon, kidney beans, hard cooked egg and Foodsmith Balsamic dressing (370 cal- Regular, 480 cal- Large) Allergens: Eggs, Pork

Lunch 3- Syrian Chicken Kebab Salad- Sweet spiced grilled chicken breast with romaine and spinach, roasted Spring onions, tomatoes, cucumbers, garbanzos, radishes, olives, and Meyer lemon garlic dressing (360 cal- Regular, 470 cal- Large) Allergens: None

Lunch 4- Nat's Chicken and Broccoli Salad- Southern style chicken and broccoli slaw with basil mayo, over shredded cabbage slaw, tomatoes, sweet peppers, kidney beans, cashews, and lemon basil aioli on the side (370 cal- Regular, 460 cal-Large, Allergens: Tree Nuts)

Lunch 5- Spring “Fettucini” Ragu- Garlic roasted zucchini and asparagus “fettucini” with sugar snaps, spring onions, arugula, spinach, butternut, slow cooked dairy free creamy Diestel turkey bolognese, and tomato basil salad (350 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 6- Shrimp Aguachile Salad Bowl- White shrimp gently steamed in chile broth in a cool and crunchy salad of cucumber, jicama, fennel, red cabbage, radish, tomatoes, black beans, mixed greens, and avocado-lime Louie dressing and fresh mint (340 cal- Regular, 450 cal- Large, Allergens: Shellfish, Seafood)

Dinner:

Dinner 1- Spring Chicken Paillard “En Pappillote”- lemon and herb baked chicken breast filets, with local asparagus, leeks, zucchini, turnips, sweet potatoes, spinach and parsley, topped with arugula pesto (350 cal- Regular, 460 cal- Large) Allergens: None

Dinner 2- Irish Spring Lamb Stew- Pastured lamb and lentils in a dairy free cauliflower “cream” gravy with onions, carrots, Spring peas, asparagus, spinach and herbs and topped with cauliflower sweet potato purée and baked (360 cal- Regular, 480 cal- Large) Allergens: Lamb

Dinner 3- Peruvian Lomo Saltado- Peruvian cumin garlic and parsley beef stir fry with spring onion, asparagus, sweet pepper fricassee, yam “fries”, cauliflower rice and Aji Amarillo Sauce (370 cal- Regular, 460 Cal- Large) Allergens: Beef, Cilantro

Dinner 4- Yotam’s Harissa Marinated Turkey Roast- Diestel Turkey breast cutlets, marinated in harissa paste, roasted and sliced with lemon cauliflower and brown rice pilaf, sweet and sour roasted zucchini, fennel and yams, and Za’atar (350 cal- Regular, 450 cal- Large, Allergens: None)

Dinner 5- Sicilian Chicken Scarpariello- Roasted chicken and chicken sausage stew with pickled peppers, artichokes, fennel, Dino Kale, snap peas, white beans, and a light roasted garlic tomato broth, with fresh oregano and parsley (350 cal- Regular, 430 cal- Large, Allergens: None)

Dinner 6- Chinese 5 Spice Grilled Pork Tenderloin- with spaghetti squash “chow mein”, edamame, ginger garlic broccoli and sweet peppers, and pineapple sweet and sour sauce (370 cal- Regular, 480 Cal- Large) Allergens: Cilantro, Raw Onion, Pork, Soy