



local · organic · fresh

## Fresh Paleo Plus 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, yams and grated cauliflower grits, with scrambled egg/egg white blend and mild enchilada sauce (360 cal- Regular, 450 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 (375 cal- Regular, 460 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, sweet potatoes, and 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 butternut hash browns, leaf spinach, salsa fresca, and avocado mousse (370 cal- Regular, 460 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, yams, and creamy avocado cilantro sauce (360 ca- Regular, 450 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, garbanzos, slivered almonds, scallions and cilantro (370 cal- Regular, 460 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 Lundberg brown rice with scallion and cilantro (360 cal- Regular, 450 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, strawberries, quinoa, almonds and Meyer Lemon Green Goddess dressing (360 cal- Regular, 450 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, butternut, spinach and dairy free lime-avocado crema (360 cal- Regular, 450 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, lentils, and Foodsmith lemon Dijon dressing (370 cal- Regular, 475 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 kidney beans, radishes and spicy Paleo creole caesar dressing (360 cal- Regular, 450 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, Lundberg brown rice, spinach, pepitas and mint (380 cal- Reg, 470 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 brown 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 and brown Biryani “rice”, creamy cauliflower coconut Vindaloo sauce and fresh mint (360 cal- Regular, 450 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, black beans and asparagus, with butternut and tomato, and topped with cilantro and lime (380 cal- Reg, 460 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 brown rice, with spicy Paleo stir fry sauce, cashews, scalions and cilantro (370 cal- Regular, 460 cal- Large) Allergens: Raw Onions, Cilantro, Pork, Tree Nuts