



local · organic · fresh

## Fresh Paleo Plus Menu for the week of June 10, 2019

### Breakfast:

**Breakfast 1: Good Morning Monterey Breakfast Bake-** Happy Boy butternut, Castroville artichokes, kale, chicken apple sausage, zucchini, spinach and herb casserole with yams and leaf spinach (360 cal- Regular, 450 cal- Large, Allergens: Egg)

**Breakfast 2: Spice Road Breakfast Hash-** Exotic spiced Diestel Sonoma turkey, green chilies, tomatoes, spinach, apricots and raisins, roasted yams, scrambled egg/egg white blend, and exotic spice aioli (370 cal- Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 3: Breakfast Chilies Rellenos-** Spinach, mushroom, spring onion, asparagus, Diestel turkey chorizo, fresh herbs and egg/egg white blend baked in sweet peppers with leaf spinach and roasted yams (345 cal- Regular, 425 cal- Large, Allergens: Eggs)

**Breakfast 4- Katz's Deli Breakfast Plate-** Delicious flaky gluten and grain free griddle flatbread, house smoked whitefish with capers and pickled onions, scrambled egg/egg white blend, spinach, tomato, and dairy free zhoug labneh (340 cal- Regular, 420 cal- Large) Allergens: Eggs, Seafood, Tree Nuts

**Breakfast 5- Creamy Avo-Chia Scrambler-** Creamy dairy free chia seed egg/egg white, cherry tomato and avocado scramble with spinach, kale, asparagus, quinoa, and chimmichurri aioli (350 cal- Regular, 440 cal- Large) Allergens: Eggs

**Breakfast 6- Chef Jamie's Seasonal Omelet-** Paleo seasonal egg/egg white omelet with yam home fries, spinach and herbs (340 cal- Regular, 440 cal- Large, Allergens: Eggs)

### Lunch:

**Lunch 1- Grilled Chicken Banh Mi Salad-** Mary's chicken breast, marinated in lime. ginger and chilies and grilled, served over a crunchy salad of mixed greens and cabbage, pickled carrots and daikon, sliced cucumbers, tomatoes, edamame, and sriracha aioli with cilantro and mint (350 cal- Regular, 440 cal- Large, Allergens: Cilantro, Soy)

**Lunch 2- Turkey Tapenade Club Salad-** Smoked Diestel range turkey breast, mixed olive, tomato and pepper salad, Foodsmith mixed greens and spinach, cucumbers, hard boiled egg, kidney beans, basil olive dressing (360 cal- Regular, 480 cal- Large, Allergens: Eggs)

**Lunch 3- Paleo Bison Egg Roll Bowl-** Stir fried ginger garlic range fed bison, shaved Nappa cabbage, onions, celery, zucchini noodles, carrots, spinach, brown rice and Paleo stir fry sauce with raw almonds, scallions and cilantro (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts, Cilantro, Raw Onion)

**Lunch 4- Syrian Shawerma Mezze Platter-** Roasted shawermeh spiced turkey with Paleo cauliflower tabouleh, shredded romaine, roasted tomatoes and zucchini-sweet onion hummus, olives, cucumbers, garbanzos and Paleo cashew-coconut tzatziki (360 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

**Lunch 5- Turkey Sloppy Joe Bowl-** Paleo Sonora raised Diestel turkey Sloppy Joe bowl, with cauliflower Mac, butternut, kale, spinach, and Paleo dairy free creamy Sloppy Joe sauce (410 cal- Regular, 490 cal- Large, Allergens: None)

**Lunch 6- Farm Fresh Seasonal Salad Special!-** Inspired by the freshest local ingredients, from our chef's to you!

**Dinner:**

**Dinner 1- Garlic and Basil Chicken Bruschetta Bake-** Herb roasted spring chicken over roasted butternut, zucchini, spinach, onions, peppers, artichokes and olives, topped with garlic tomato bruschetta sauce and fresh basil- Yum! (340 cal- Regular, 440 cal- Large, Allergens- None)

**Dinner 2- Paleo Tamale Pie-** Crockpot simmered fajita chicken, hatch green chilies, fire roasted tomatoes, spinach, collards, black beans and cauliflower coconut "tamale" crust (360 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

**Dinner 3- Sicilian Zucchini Pizza Bake-** Italian style Diestel turkey with ground zucchini, herbs and spices stuffed into zucchini and baked with creamy roasted garlic tomato sauce, quinoa and braised local garlicky greens (360 cal- Regular, 480 cal- Large, Allergens: None)

**Dinner 4- Kona Style Chicken "Katsu"-** Natural free range chicken breast baked with a 5-spice cashew almond flax crust, over chili-garlic wok veggies, ginger brown rice and topped with Paleo Tonkatsu sauce (380 cal- Regular, 470 Cal- Large, Allergens: Tree Nuts)

**Dinner 5- King Salmon and Seafood Primavera-** Roasted Mt. Cook King salmon, dorado and white shrimp with Farmers Market spring veggies, zucchini fettuccini, roasted winter squash, basil, and dairy free pesto cauliflower "Alfredo" sauce (350 cal- Regular, 440 Cal- Large, Allergens: Seafood, Shellfish)

**Dinner 6- Chili-Sage Grilled Pork Tenderloin-** Smoked ancho and sage rubbed pastured pork tenderloin, grilled and sliced, with chipotle cauliflower scalloped sweet potatoes, Coke Farms Swiss Chard, and Allison's fennel garlic Soubise sauce (350 cal- Reg, 450 cal- Large, Allergens: Pork)