



local · organic · fresh

## Fresh Paleo Plus Menu for the week of May 13, 2019

### Breakfast:

**Breakfast 1: Jake's Steak and Eggs-** Grilled Gaucho style steak, scrambled 50/50 eggs, spinach salad, yams, and spicy herb chimichurri sauce (360 cal- Regular, 450 cal- Large, Allergens: Beef, Eggs)

**Breakfast 2: Norcal Breakfast Bake-** Protein and energy packed breakfast casserole with turkey sausage, mushrooms, spinach, broccoli, kale and sweet potato hash (375 cal- Regular, 460 cal- Large, Allergens: Eggs)

**Breakfast 3: Farmer's Breakfast Bowl-** Nutrient dense breakfast of scrambled eggs, roasted tomatoes, spinach, fennel onion piperade, yams, quinoa and kale - the best way to start the day! (365 cal- Regular, 435 cal- Large, Allergens: Eggs)

**Breakfast 4- Riley's Breakfast Meatball Sliders-** Paleo breakfast meatball sliders with chopped eggs, grated zucchini and mushroom duxelles, turkey sausage, spinach, yam "slider buns" and dairy-free roasted tomato red eye gravy (340 cal- Regular, 420 cal- Large) Allergens: Eggs

**Breakfast 5- Paleo Quiche Florentine-** Paleo grain free egg and egg white quiche baked with a coconut and almond pastry crust filled with leaf spinach, roasted tomatoes, caramelized onions, Foodsmith Sonora turkey sausage, fresh herbs, roasted winter squash and a side of local berries (350 cal- Regular, 440 cal- Large) Allergens: Eggs, Tree Nuts

**Breakfast 6- Corned Chicken Hash-** Corned spiced chicken and zucchini hash, seared and served with yams, spinach, scrambled egg-egg white blend and fresh parsley (365 cal- Regular, 455 cal- Large, Allergens: None)

### Lunch:

**Lunch 1- Chicken Salad Puttanesca-** Herb roasted chicken breast, Foodsmith mixed greens and herbs, cherry tomatoes, sweet bells, cucumbers, radishes, basil, garbanzos and olive and caper balsamic vinaigrette (350 cal- Regular, 440 cal- Large, Allergens: None)

**Lunch 2- Tuesday Night Blue Plate Special-** Classic Foodsmith turkey meatloaf, sweet potato mash, dairy free creamed collard greens, and garlicky tomato passata sauce (360 cal- Regular, 470 cal- Large, Allergens: None)

**Lunch 3- Tuna Salad Genovese-** Line caught albacore tuna, slivered celery, tomato concasse, in a balsamic pesto aioli, with Ligurian green olives, Foodsmith salad mix, roasted red bells, wedged tomatoes, hard boiled egg, kidney beans and basil balsamic vinaigrette (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Seafood)

**Lunch 4- Turkey Pad Krapow-** Diestel Sonora raised ground turkey, stir fried with shallots, ginger, garlic, asparagus, green beans, red sweet peppers, hot chilies, Thai basil, with spinach, and coconut brown rice (340 cal-Reg, 430 cal- Large, Allergens: Tree Nuts)

**Lunch 5- Chicken Salpicon Taco Salad Bowl-** Taco spice grilled chicken, sliced over a Salpicon salad of cucumber, radishes, red onions, tomatoes, jalepeño, black beans, cilantro, orange and lime, mixed greens, and Paleo avocado-poblano ranch dressing- great cold, but heat the chicken and place back on salad to kick the flavor in gear!(360 cal- Regular, 450 cal- Large Allergens: Cilantro, Raw Onion)

**Lunch 6- Ragtime Shrimp-O-Cado Salad—** Southern steamed white shrimp salad with avocado aioli, celery, parsley, with Foodsmith greens, shaved fennel, cherry tomatoes, cool cukes, sweet bells, kidney beans, and lemon parsley vinaigrette (360 cal- Regular, 460 cal- Large, Allergens: Seafood, Shellfish)

#### **Dinner:**

**Dinner 1- Creole Roasted Local Snapper -** Creole roasted rockfish, line caught on the Miss Moriah out of Half Moon Bay, topped with Paleo Etouffée sauce with Cajun “dirty” rice, roasted zucchini and tomatoes, and chopped green onions and parsley (370 cal- Regular, 470 Cal- Large, Allergens: Raw Onions, Seafood)

**Dinner 2- Grilled Steak Diane-** Grilled garlic and herb grass fed tri tip with Paleo dairy free creamy tarragon mustard sauce, sweet potatoes colcannon, and garlic and chili sautéed Coke Farms Kale (360 cal- Regular, 460 cal- Large, Allergens: Beef)

**Dinner 3- Phrik King Sambal Pork Tenderloin-** Indonesian spicy stir fry with pastured pork tenderloin, local sesame green beans, snap peas, sweet peppers, and ginger cauliflower brown rice (360 cal- Regular, 470 Cal- Large, Allergens: Pork)

**Dinner 4- Caipiriña Brazilian Chicken Curry-** Brazilian style coconut and lime curry with chicken, yams, broccoli, green beans, kale, spinach, butternut, and fresh mint (360 cal- Regular, 450 Cal- Large, Allergens: Tree Nuts)

**Dinner 5- Seared Diestel Turkey Picatta-** Herb and garlic seared Diestel Sonora raised turkey breast cutlets, braised Coke Farms kale, local asparagus spears, quinoa pilaf, lemon-herb picatta sauce, fresh tomato (360 cal- Regular, 470 cal- Large, Allergens: Tree Nuts)

**Dinner 6- Calypso Grilled Caribbean Chicken-** Island style spiced grilled chicken thighs, plantain and yam mofongo, callaloo collards, Bahamian mango salsa (360 cal- Regular, 440 Cal- Large, Allergens: Cilantro, Seafood)