



local. organic. fresh

## Fresh Paleo Menu for the week of February 11, 2019

### Breakfast:

**Breakfast 1: Foodsmith Turkey Chili and Eggs-** Paleo Diestel turkey chili with hatch green chilies, onions and peppers, zucchini and leaf spinach, scrambled 50/50 egg-egg white blend and scallion (340 cal- Regular, 450 cal- Large, Allergens: Eggs, Raw Onion)

**Breakfast 2: Hong Kong Chicken Breakfast Bowl-** House made kale and cabbage Kim Chee, with cauliflower “rice”, roasted sweet potatoes, shredded Kalbi spiced chicken, peppers and onions and Sriracha scrambled egg/ egg white blend (340 cal- Regular, 440 cal- Large, Allergens: Eggs)

**Breakfast 3: Big Al’s Chorizo Cazuela Bake-** Foodsmith egg/egg white blend baked with Alberto’s house made grass fed beef chorizo, Coke Farms kale, roasted yams, spinach, roasted peppers and scallions (340 cal- Regular, 450 cal- Large, Allergens: Beef, Eggs, Raw Onions)

**Breakfast 4: Classic Western Omelet-** 50/50 egg/ egg white omelet filled with Diestel smoked turkey, spinach, roasted peppers and onions and a side of fresh fruit (330 cal- Regular, 425 cal- Large Allergens: Eggs)

**Breakfast 5: Foodsmith Chicken-Before-the-Egg Hash-** Spiced pulled chicken with peppers, mushrooms, sweet onion, kale, zucchini and roasted sweet potatoes with chimmichurri aioli (340 cal- Regular, 430 cal- Large Allergens: Cilantro)

**Breakfast 6: Keto Low Carb “Biscuits and Gravy”-** Classic Southern Diner style Paleo and Keto grain free “biscuits” with leaf spinach, scrambled egg/egg white blend, and cauliflower-coconut creamy turkey sausage gravy (410 cal- Regular, 530 cal- Large, Allergens: Eggs, Tree Nuts)

### Lunch:

**Lunch 1- Sonora Turkey Waldorf Salad-** Smoked Diestel Sonora turkey breast with celery, Granny Smith apples, red grapes, Coke Farms fennel, and basil garlic aioli, over crunchy Foodsmith organic lettuce blend, cucumbers, sweet peppers, almonds and Foodsmith balsamic (360 cal- Regular, 470 cal- Large, Allergens: Tree Nuts)

**Lunch 2- Green Devil(ed) Egg Salad-** a big scoop of cage free egg salad with spicy mustard, horseradish, avocado, celery, chopped bacon, parsley and Sonoma Brinery pickles, with chopped Romaine, pickled Bermuda onions and fennel, cherry tomatoes, cucumbers and Foodsmith creamy dijon vinaigrette (340 cal- Regular, 460 cal- Large, Allergens: Eggs, Pork, Raw Onion)

**Lunch 3- Chipotle Chicken Enchilada Bowl-** Slow cooked pulled Mary's chicken and grated zucchini in chipotle enchilada sauce with Coke Farm's cabbage slaw, winter squash, kale, grated carrot "cheese" and cilantro (350 cal- Regular, 440 cal- Large, Allergens: Cilantro)

**Lunch 4- Foodsmith Winter Salad-** Happy Boy mixed greens, roasted red beets, fennel, radishes, spiced winter squash, BBQ roasted chicken breast, almonds and lemon-parsley vinaigrette (350 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

**Lunch 5- Montego Bay Shrimp Salad-** Jamaican jerk roasted white shrimp in mango-pineapple chutney aioli, sweet bell peppers, grated carrots, cukes, cherry tomatoes, Foodsmith organic lettuce blend, and pineapple mint dressing (330 cal- Regular, 420 cal- Large, Allergens: Seafood, Shellfish)

**Lunch 6- Chef Jamie's Seasonal Special-** Something fresh and tasty from our farmers to your table!

#### **Dinner:**

**Dinner 1- Murgh Makani-** Mary's chicken simmered in a dairy free curry with coconut and cauliflower "cream", tomatoes, sweet peppers, Coke Farm's green chard, and cauliflower biryani "rice" (350 cal- Regular, 470 cal- Large, Allergens: Cilantro, Tree Nuts)

**Dinner 2- My Mom's Classic Turkey Tetrazzini-** Roasted Diestel turkey breast, with braised greens, zucchini "noodles" and dairy free creamy Southern style mushroom and garlic cauliflower "gravy" (360 cal- Regular, 470 cal- Large, Allergens: None)

**Dinner 3- Lemon-Herb Roasted Chicken Cutlet Tapenade-** Lemon and herb baked chicken breast cutlet, with herb roasted zucchini and tomatoes, winter squash and Hannah sweet potatoes, spinach and Spanish roasted pepper and olive sauce (350 cal- Regular, 440 Cal- Large, Allergens: None)

**Dinner 4- Hawaiian Luau Stuffed Peppers-** Sweet peppers stuffed with minced vegetables and smoky luau Diestel turkey, organic Peruvian ginger, scallions, and pineapple sweet and sour sauce, with cumin stir fried Coke Farms Savoy cabbage and spice roasted Hannah Sweet potatoes (370 cal- Regular, 460 cal- Large Allergens: None)

**Dinner 5- Fidel's Havana Style Ropa Vieja-** Slow simmered grass fed beef sirloin in a sweet spiced tomato sauce, with Spanish cauliflower "rice", spinach, and thyme roasted Happy Boy broccoli and carrots (340 cal- Regular, 450 cal- Large Allergens: Beef)

**Dinner 6- KB's Turkey Sloppy Joe Bowl-** Paleo Sonora raised Diestel turkey Sloppy Joe bowl, with cauliflower Mac, kale, spinach, and Paleo dairy free creamy Sloppy Joe sauce (410 cal- Regular, 490 cal- Large, Allergens: Tree Nuts)