



local. organic. fresh

## Fresh Paleo Menu for the week of January 14, 2019

### Breakfast:

**Breakfast 1: Scotch Chopped Sausage and Egg Hash-** House made grass fed beef and fennel apple sausage, chopped cage free eggs, butternut squash, onions and green chilies, spinach and parsley (330 cal- Regular, 410 cal- Large)

**Breakfast 2: Italian Pizza Breakfast Casserole-** Dairy free breakfast bake with egg/egg white blend, house made garlicky Italian turkey sausage, roasted zucchini "pepperoni", sweet peppers and onions, basil and marinara over leaf spinach (340 cal-Regular, 430 cal- Large)

**Breakfast 3: Paleo Smoked Salmon Quiche-** House smoked New Zealand salmon, Happy Boy broccoli, mushrooms, onions, and dill crustless quiche, with leaf spinach and roasted sweet potato home fries (340 cal- Regular, 430 cal- Large)

**Breakfast 4: Sausage and Brussels Sprout Hash-** House made lean high protein turkey sausage with green chilies, Billy's Brussels sprouts, spiced yams, sweet onions, scrambled egg egg white blend, and salsa verde (350 cal- Regular, 430 cal- Large)

**Breakfast 5: Paleo Loco Moco-** Paleo traditional (except made healthy!) Hawaiian breakfast of grass fed beef breakfast patty, scrambled egg/egg white blend, cauliflower rice, leaf spinach and Paleo onion "gravy" (360 cal- Reg, 440 cal- Large)

**Breakfast 6: Denver Omelet-** Diestel smoked turkey, sweet peppers and onions, spinach, and tomatoes, in a parsley egg/egg white omelet with roasted sweet potato home fries (340 cal- Regular, 430 cal- Large)

### Lunch:

**Lunch 1- Paleo Chicken Ramen Salad-** Zucchini "Noodles" tossed with cabbage, cucumbers, sweet peppers, shredded carrot and daikon, ginger roasted chicken breast, and sweet peppers over mixed greens with hard cooked egg and aromatic ginger dressing (340 cal- Regular, 450 cal- Large)

**Lunch 2- Maddy's Curried Turkey and Tabouleh Salad -** Cauliflower "tabouleh" with shaved apple and fennel, cabbage, cranberries, parsley, mint, and dill with curried Diestel turkey salad over mixed greens with creamy garlic dressing (350 cal- Regular, 445 cal- Large)

**Lunch 3- Paleo Chicken Winter Warrior Bowl-** Shredded Mary's chicken simmered until tender, over roasted Kabocha squash and green chili hash, Coke Farm's kale, roasted yams, shaved cabbage, spicy tomato sauce, scallions and cilantro (360 cal- Regular, 450 cal- Large)

**Lunch 4- Thai Chicken and Mango Salad-** Spicy grilled Mary's chicken over a Thai style salad with shredded cabbage, carrots and Daikon, celery, red bell pepper slices, scallions, cilantro, dill and mint, cashews, and mango carrot ginger dressing (330 cal- Regular, 420 cal- Large)

**Lunch 5- Laotian Laab Salad Cups-** Chilled salad of ground Diestel turkey cooked with ginger, Thai peppers, green onions, lime juice, cilantro and mint over shredded cabbage and Romaine, cucumbers, sweet peppers, shredded carrots, snap peas and scallions with and carrot ginger lime vinaigrette (360 cal- Regular, 450 cal- Large)

**Lunch 6- Chef's special-** our chefs seasonal creation!

#### **Dinner:**

**Dinner 1- Chicken Tinga Taco Bowl-** Semi-traditional Oxacan stewed chicken with Ancho and Chipotle chilies, sweet peppers, tomatoes and spices, over roasted yams and summer squash, shaved cabbage, and topped with roasted garlic avocado dairy free cauliflower "cream" with Happy Boy radishes and cilantro (350 cal- Regular, 470 cal- Large)

**Dinner 2- Moqueca Capixaba-** Brazilian style fish stew with Pacific red snapper, Mexican white shrimp, lime juice, sweet and spicy peppers, and spiced coconut tomato-fennel broth (340 cal- Regular, 450 Cal- Large)

**Dinner 3- Grass Fed Beef Stroganoff-** Slow braised beef sirloin with sweet onions and roasted mushrooms in a rich dairy free "cream" sauce with fresh parsley and thyme and Coke Farm's Savoy spinach and zucchini wide noodles (360 cal- Regular, 450 cal- Large)

**Dinner 4- Chicken and Mushroom Picatta-** Roasted Mary's chicken breast in a creamy Meyer lemon mushroom and caper sauce with roasted Billy's Brussels sprout and sweet potato hash and garlicky green kale (340 cal- Regular, 450 cal- Large)

**Dinner 5- Grilled Greek Style Turkey Souvlaki-** Lemon-herb grilled Diestel turkey filets, with spinach and mock cauliflower "orzo" with roasted tomatoes, sweet peppers, artichokes, zucchini and tomato-olive relish (340 cal- Regular, 440 cal- Large)

**Dinner 6- Carmon's Sicilian Chicken Roulade-** Chicken cutlet filled with roasted garlic, Swiss chard, sun dried tomato-basil "farcis", over melted leeks and local broccoli, with creamy dairy-free lemon caper sauce (360 cal- Regular, 450 cal- Large)