



local. organic. fresh

Fresh Paleo Menu for the week of December 10, 2018

Breakfast:

Breakfast 1: Chicken Fried “Rice”- Cauliflower mock fried rice, with shredded chicken, cabbage, ginger, sweet peppers, scallions, turkey sausage, sesame and sriracha with scrambled egg-egg white blend (340 cal- Regular, 420 cal- Large, Allergens: Eggs, Raw Onion)

Breakfast 2: Moroccan Breakfast Skillet- Exotic harissa spiced grass fed beef with yams, Swiss chard, raisins, tomatoes, grated carrots, scrambled 50/50 eggs, and mint (360 cal-regular, 430 cal- Large)

Breakfast 3: Buffalo Chicken Egg Muffins- Buffalo chicken, scallion, winter squash, tomato and parsley egg “muffins” with spinach, yams and avocado lime “aioli” (350 cal- Regular, 460 cal- Large)

Breakfast 4: Jamaican Jerk Breakfast Hash- Jerk spiced plantains, island style yams, calaloo coconut greens, onions, and mushrooms and scrambled egg-egg white blend (340 cal- Regular, 430 cal- Large)

Breakfast 5: Hot and Sour Chicken Pho- Not just for dinner, our version of the Vietnamese classic with spaghetti squash Vermicelli, shredded veggies, ginger garlic chicken, coconut aminos, hot and sour broth, hard boiled egg, with scallion and cilantro (350 cal Regular, 420 cal- Large)

Breakfast 6: Chef’s special- our chefs seasonal creation!

Lunch:

Lunch 1- Pok Pok Salad- Foodsmith version of the Thai staple salad, Shredded green papaya, carrots, radishes, green beans, tomatoes, ginger sesame chicken breast, cabbage, romaine and spicy lime sriracha dressing (340 cal- Regular, 430 cal- Large)

Lunch 2- Cashew Chicken Basil Salad- Roasted Mary’s chicken breast, raw cashews, basil pesto aioli, celery, scallions, Happy Boy mixed greens and baby spinach, grated carrots, crunchy cucumbers, and sweet bells, with pesto aioli on the side (370 cal- Regular, 450 cal- Large)

Lunch 3- Avocado-Lime Tuna Salad Louie- Avocado lime tuna salad over Happy Boy greens and romaine, fresh beets, cherry tomatoes, green olives, cucumbers, shaved fennel and grated carrot, hard boiled egg and Paleo Louie dressing (350 cal-Regular, 430 cal- Large)

Lunch 4- Coconut-Almond Chicken Satay Salad- Coconut-almond grilled Smart chicken, sweet peppers, scallions, celery, mangoes, cranberries,, local cucumbers, rainbow tomatoes,

red onions, and mint over romaine and mixed greens and creamy ginger coconut dressing (345 cal- Regular, 440 cal- Large)

Lunch 5- Paleo “Cuban Sandwich” Bowl- Smoked pulled Mojo marinated pork sirloin, with Sonoma Brinery pickles, Coke Farms cabbage, sweet potato hash, and grain mustard sauce (370 cal- Regular, 460 cal- Large)

Lunch 6- Shrimp Escabeche Bowl- Lemon lime marinated shrimp and vegetable salad, with carrots, celery, fennel, sweet potatoes, radishes, cucumbers, and onions, with parsley and mint (330 cal- Regular, 420 cal- Large)

Dinner:

Dinner 1- Szechuan Chicken Stir Fry- Szechuan spiced chicken stir fried with green beans, broccoli, carrots, water chestnuts, and coconut aminos over cauliflower fried rice with scallions and almonds (340 cal- Regular, 450 Cal- Large)

Dinner 2- Hungarian Style Goulash- Diestel ground turkey simmered with Hungarian paprika, sweet onions, tomatoes, cabbage, peppers, and parsley (340 cal- Regular, 450 Cal- Large)

Dinner 3- Korean Salmon Bowl- Korean glazed New Zealand salmon with ginger garlic baby bok choy, braised Tokyo turnips, Coke Farm’s spaghetti squash, scallions and cilantro (340 cal- Regular, 450 cal- Large)

Dinner 4- Steakhouse Steak and “Potatoes”- Argentine style marinated grass fed beef, grilled and sliced with roasted garlic cauliflower and white sweet potato mash, Paleo dairy free creamed kale, and Paleo horseradish “sour cream” sauce (370 cal- Regular, 480 cal- Large)

Dinner 5- Flax Almond and Herb Crusted Chicken Schnitzel- Mary’s non-GMO chicken breasts, crusted with flax, almonds and herbs, and oven roasted, with braised greens, sliced tomato, German sweet potato salad, and Meyer lemon (370 cal- Regular, 460 cal- Large)

Dinner 6- Creole Pork Tenderloin and Collard Skillet- Cajun spiced pork tenderloin sliced over a skillet roast of Happy Boy collards, cauliflower and mushroom “blackeyed peas”, sweet southern onions, spiced sweet potato hash (340 cal- Regular, 440 cal- Large)