



local · organic · fresh

Fresh Paleo Plus Menu for the week of December 31, 2018 (and the first week of 2019!!)

Breakfast:

Breakfast 1: Game Day Turkey Chili and Eggs- Paleo Diestel turkey chili with hatch green chilies, onions and peppers, zucchini, winter squash and leaf spinach, scrambled 50/50 egg-egg white blend and scallion (360 cal- Regular, 470 cal- Large, Allergens: Eggs, Raw Onion)

Breakfast 2: Korean Chicken Kim Chee Breakfast Bowl- House made kale and cabbage Kim Chee, with Lundberg brown rice, roasted sweet potatoes, shredded Kalbi spiced chicken, peppers and onions and Sriracha scrambled egg/ egg white blend (370 cal- Regular, 470 cal- Large, Allergens: Eggs)

Breakfast 3: Grass Fed Beef 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 (360 cal- Regular, 470 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, yam home fries and a side of fresh fruit (360 cal- Regular, 455 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 (360 cal- Regular, 450 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- Smoked 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, kidney beans, almonds and Foodsmith balsamic (380 cal- Regular, 480 cal- Large, Allergens: Tree Nuts)

Lunch 2- Montego Bay Shrimp Salad- Jamaican jerk roasted white shrimp in mango-pineapple chutney aioli, black beans, sweet bell peppers, grated carrots, cukes, cherry tomatoes, Foodsmith organic lettuce blend, and pineapple mint dressing (350 cal- Regular, 440 cal- Large, Allergens: Seafood, Shellfish)

Lunch 3- Chipotle Chicken Enchilada Bowl- Slow cooked pulled Mary's chicken and grated zucchini with black beans in chipotle enchilada sauce with Coke Farm's cabbage slaw, winter squash, kale, grated carrot "cheese" and cilantro (370 cal- Regular, 460 cal- Large, Allergens: Cilantro)

Lunch 4- Foodsmith Winter Salad- Happy Boy mixed greens, roasted red beets, fennel, radishes, spiced winter squash, smoked Diestel turkey breast, quinoa, almonds and lemon-parsley vinaigrette (370 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Lunch 5- 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, garbanzos and Foodsmith creamy dijon vinaigrette (360 cal- Regular, 460 cal- Large Allergens: Eggs, Pork, Raw Onion)

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

Dinner:

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

Dinner 2- Kaki's Paleo Turkey Tetrazzini- Roasted Diestel turkey breast, with braised greens, zucchini "noodles", winter squash and dairy free creamy Southern style mushroom and garlic cauliflower "gravy" (380 cal- Regular, 480 cal- Large, Allergens: None)

Dinner 3- Lemon-Herb Roasted Chicken Cutlet Tapenade Romesco- Lemon and herb baked chicken breast cutlet, with herb roasted zucchini and tomatoes, winter squash and Hannah sweet potatoes, spinach and Spanish roasted pepper almond and olive sauce (370 cal- Regular, 460 Cal- Large, Allergens: Tree Nuts)

Dinner 4- Hawaiian Style Stuffed Peppers- sweet peppers stuffed with minced vegetables, brown rice, and smoky luau Deistel turkey, organic Peruvian ginger, scallions, and pineapple sweet and sour sauce, with cumin stir fried Coke Farms Savoy cabbage and Hannah Sweet potatoes (380 cal- Regular, 480 cal- Large Allergens: None)

Dinner 5- Cuban Style Ropa Vieja- Slow simmered grass fed beef sirloin in a sweet spiced tomato sauce, with Spanish brown rice, spinach, and thyme roasted Happy Boy broccoli and carrots (360 cal- Regular, 470 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, yams, and Paleo Alabama style dairy free creamy Sloppy Joe sauce (420 cal- Regular, 510 cal- Large, Allergens: Tree Nuts)