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Fresh Paleo Plus Menu for the week of January 07, 2019

Breakfast:

Breakfast 1: Winter Breakfast Hash- Roasted Smart chicken, winter squash, kale, caramelized onions, mushrooms, eggs, and basil pesto (360 cal- Regular, 480 cal- Large, Allergens: Eggs)

Breakfast 2: Chipotle Chicken Burrito Bowl- Chipotle shredded chicken with fajita peppers, sweet potatoes, cabbage, roasted zucchini, spinach, spiced black beans, scrambled egg/egg white blend and pico de gallo (380 cal- Regular, 460 cal- Large, Allergens: Cilantro, Eggs, Raw Onions)

Breakfast 3: Welsh Steak and Eggs- Chipped grass fed beef, leaf spinach, yam home fries, scrambled egg/egg white blend, and paleo horseradish “cream” sauce (370 cal- Regular, 450 cal- Large, Allergens: Beef, Eggs)

Breakfast 4: Paleo Quiche Florentine- Foodsmith eggs and egg whites blended with spinach and baked with Diestel smoked turkey, roasted tomatoes and red onions, butternut, leaf spinach, yams and scallions (360 cal- Regular, 470 cal- Large, Allergens: Eggs)

Breakfast 5: Paleo Low Carb Breakfast Sandwich- Grain free cauliflower and coconut biscuit, with Deistel Sonora turkey patty, creamy scrambled eggs, spinach and tomato (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 6: Paleo Giant Cauliflower Blini- Grain free cauliflower and egg white pancake with smoked Mt. Cook salmon, creamy scrambled eggs, leaf spinach and dairy-free dill “creme fraiche” (350 cal- Regular, 430 cal- Large, Allergens: Eggs, Seafood)

Lunch:

Lunch 1- Blackened Chicken Spinach Salad- Cajun seasoned blackened chicken breast, Happy Boy spinach, cranberries, tomatoes, green apples, roasted butternut, black beans, creamy cajun tomato dressing (350 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch 2- Tuna-Cado Egg Salad- Line caught Albacore with celery, hard cooked egg, fresh dill, celery and fennel, spicy mustard and avocado lemon aioli with romaine and Happy Boy Farms mixed greens, tomatoes, cucumbers, shredded carrot, garbanzos, and balsamic vinaigrette (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Seafood)

Lunch 3- Paleo Smoky White Chicken Chili- Smoked Smart chicken, kale, yams, green chilies, sweet onions, bell peppers, kidney beans, and spices in a Paleo cauliflower chili “cream” (360 cal- Regular, 450 cal- Large, Allergens: Cilantro, Raw Onion)

Lunch 4- Steamer Lane Winter Salad- Happy Boy mixed greens, cabbage and kale, smoked Deistel turkey breast, roasted red beets, fennel, radishes, oranges, hard cooked egg, lentils, almonds and lemon-herb green goddess vinaigrette (330 cal- Regular, 420 cal- Large, Allergens: Eggs, Tree Nuts)

Lunch 5- Sesame Chicken Salad- Sesame crusted roasted chicken breast, hard cooked egg, Happy Boy baby spinach and winter greens, pickled cucumber and red onion, rainbow tomatoes, shredded carrot, radish, scallions, edamame, and sesame ginger dressing (340 cal- Regular, 440 cal- Large, Allergens: Raw Onion)

Dinner 6- Cajun Shrimp Remoulade- Creole spiced roasted white shrimp, with fennel, celery, scallions and creole grain mustard remoulade, cucumbers, sweet peppers, carrot, cherry tomatoes, black beans, mixed greens and creamy red wine dijon vinaigrette (350 cal- Regular, 440 cal- Large, Allergens: Seafood, Shellfish)

Dinner:

Dinner 1- Roasted Chicken Breast “Grand Mère”- Pan roasted Mary’s chicken breast with dairy free “creamed” kale, mashed sweet potatoes and mushroom and herb pan jus (370 cal- Regular, 480 cal- Large, Allergens: None)

Dinner 2- Swedish Bison Kalpudding- Sweet spice and herb range fed Bison meatloaf, stuffed with caramelized cabbage, cranberries and veggies, with pan roasted Savoy cabbage, winter squash, and vinegar spiked sweet tomato glaze (370 cal- Regular, 460 Cal- Large, Allergens: Beef)

Dinner 3- Twice Baked Sweet Potato- Roasted organic sweet potatoes filled with kale, chard, chili spiced Diestel turkey, black beans, Paleo cauliflower carrot “cheese” sauce, and green onions (390 cal- Reg, 480 cal- Large, Allergens: Raw Onion)

Dinner 4- Turkey Meatballs With Zoodles- Deistel Sonora turkey meatballs with ground veggies and fresh herbs, over leaf spinach and zucchini “zoodles”, butternut and Paleo dairy free creamy caper-basil-tomato sauce (370 cal- Reg, 460 cal- Large, Allergens: None)

Dinner 5- Nat’s Pork Chop Casserole- Seared cider marinated pork chops, braised cabbage, sweet onions, green bells, bacon, Lundberg brown rice, and Dijon parsley cauliflower cream sauce (380 cal- Regular, 470 cal- Large, Allergens: Pork)

Dinner 6- Coconut Beef Satay- Ginger lime and coconut marinated beef satay over Lundberg ginger brown rice, and broccoli slaw, with almonds radishes and mint (340 cal- Reg, 430 cal- Large, Allergens: Beef, Tree Nuts)