



local · organic · fresh

Fresh Paleo Plus 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 (350 cal- Regular, 440 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, roasted yams and leaf spinach (370 cal-Regular, 460 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 (360 cal- Regular, 450 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 (360 cal- Regular, 450 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, Lundberg brown rice, leaf spinach and Paleo onion “gravy” (380 cal- Reg, 460 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, edamame and aromatic ginger dressing (360 cal- Regular, 470 cal- Large)

Lunch 2- Maddy’s Curried Turkey and Tabouleh Salad - Cauliflower and quinoa “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, black beans, scallions and cilantro (380 cal- Regular, 470 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, edamame and mango carrot ginger dressing (350 cal- Regular, 440 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, edamame 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 and black beans with Ancho and Chipotle chilies, 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 avocado salad on the side (370 cal- Regular, 480 cal- Large)

Dinner 2- Moqueca Capixaba- Brazilian style fish stew with Pacific red snapper, Mexican white shrimp, lime juice, sweet and spicy peppers, roasted yams, 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, roasted Happy Boy butternut and Coke Farm's Savoy spinach and zucchini wide noodles (380 cal- Regular, 490 cal- Large)

Dinner 4- Chicken and Mushroom Picatta- Roasted Smart 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 (360 cal- Regular, 470 cal- Large)

Dinner 5- Grilled Greek Style Turkey Souvlaki- Lemon-herb grilled Diestel turkey filets, with spinach and mock cauliflower and brown rice "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, winter squash and local broccoli, with creamy dairy-free lemon caper sauce (360 cal- Regular, 450 cal- Large)