



local · organic · fresh

Fresh Paleo Plus Menu for the week of December 03, 2018

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- Jake’s Paleo Winter Tabouleh- Cauliflower “tabouleh” with shaved apple, fennel, celery, red cabbage, cranberries, smoked Deistel turkey breast, lentils, parsley, mint, and dill over mixed greens with creamy garlic dressing (370 cal- Regular, 465 cal- Large)

Lunch 3- Paleo Chicken Winter Chowder- Crockpot Smart chicken and garbanzos, Happy Boy butternut, kale, sweet peppers, celery, in a Paleo dairy free cauliflower cream sauce with fresh parsley, basil and thyme (370 cal- Regular, 460 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- 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 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- Chef's Special- Start the New Year off right with Chef Jamie's seasonal farm fresh stealth health dinner special!

Dinner 6- Swedish Meatballs- Paleo Diestel turkey meatballs, with zucchini "noodles", Happy Boy collard greens, roasted butternut, and a dairy free creamy caramelized onion cauliflower mushroom gravy with parsley (370 cal- Regular, 460 cal- Large)