



local · organic · fresh

Fresh Paleo Plus Menu for the week of January 21, 2019

Breakfast:

Breakfast 1: Buffalo Chicken Egg Muffins- Buffalo chicken, scallion, winter squash, tomato and parsley egg “muffins” with spinach roasted yams, and avocado lime “aioli” (370 cal- Regular, 480 cal- Large)

Breakfast 2: Moroccan Breakfast Skillet- Exotic harissa spiced beef with yams, chickpeas, Swiss chard, raisins, tomatoes, grated carrots, scrambled 50/50 eggs, and mint (380 cal- regular, 480 cal- Large)

Breakfast 3: Turkey Sausage Fried Fried Rice- Lundberg fried brown rice, with Diestel turkey sausage, cabbage, ginger, sweet peppers, scallions, sesame and sriracha with scrambled egg-egg white blend (360 cal- Regular, 450 cal- Large)

Breakfast 4: Caribbean Breakfast Hash- Island spiced plantains, island style yams, black beans, calaloo coconut greens, onions, and mushrooms and scrambled egg-egg white blend (350 cal- Regular, 460 cal- Large)

Breakfast 5: Alberto’s Chorizo Machaca- Diestel Sonora turkey chorizo and black beans with scrambled 50/50 eggs, green chilies, spinach, kale, butternut, scallions, cilantro and salsa roja (365 cal Regular, 450 cal- Large, Allergens: Eggs, Raw Onion, Cilantro)

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

Lunch:

Lunch 1- Korean Beef “Seoul Bowl”- Chili ginger sesame stir fried grass fed beef, over ginger brown rice, zucchini noodles, house made Kimchi, sesame spinach, scallions and sesame seeds (340 cal- Regular, 430 cal- Large, Allergens: Beef, Raw Onion)

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, and garbanzos, with pesto aioli on the side (380 cal- Regular, 460 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 red onion, hard boiled egg, kidney beans and Paleo Louie dressing (370 cal-Regular, 460 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, roasted yams and mint over romaine and mixed greens and creamy ginger coconut dressing (360 cal- Regular, 470 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 Ceviche Salad Bowl- Lemon lime marinated shrimp and vegetable salad, with carrots, celery, fennel, sweet potatoes, radishes, cucumbers, lentils and onions, with parsley and mint (350 cal- Regular, 440 cal- Large)

Dinner:

Dinner 1- Chicken Fiorentina- Garlic and herb roasted chicken breast, dairy free “creamed” kale, garlic broccoli and winter squash, tomato concasse (360 cal- Regular, 470 Cal- Large, Allergens: None)

Dinner 2- Hungarian Style Goulash- Diestel ground turkey simmered with Hungarian paprika, sweet onions, tomatoes, cabbage, peppers, winter squash and parsley (360 cal- Regular, 470 Cal- Large)

Dinner 3- 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 4- Ponzu Salmon Bowl- Ponzu glazed New Zealand salmon with ginger garlic baby bok choy, braised Tokyo turnips, Coke Farm’s spaghetti squash, brown rice, scallions and cilantro (360 cal- Regular, 460 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 (350 cal- Regular, 450 cal- Large)