

Breakfast



Turkey Sausage Links, Peaches and Granola \$5.50

Turkey is a great source of protein, it is low in fat, and contains iron, zinc and potassium. Regular turkey consumption can also help lower cholesterol. With all these great things we want you to eat your turkey. Two turkey sausage links served with a side of sauteed peaches and granola. - Turkey Sausage (Ground Turkey, Salt, Sage, Black Pepper, Ground Nutmeg, Ground Allspice, Red Pepper Flakes, Maple Syrup), Peaches: Peaches, Coconut Sugar, Salt, Ghee, Cinnamon, Granola: Sliced Almonds, Walnuts, Pecans, Honey, Vanilla, Cinnamon, Salt - 660K, 42F, 41C 37P

Breakfast Meatballs with Scrambled Eggs \$5.50

Ground chicken, pork, bacon, maple, sweet potatoes, mushrooms, peppers and onions team up to craft the breakfast meatball of champions. We have updated these slightly to make them a bit healthier, but they're still going to pack the same flavor you know and love. This time we are serving three meatballs and adding some scrambled eggs. Please note: We did two meatballs last time. We are serving three meatballs and cutting back the eggs. - Meatballs (Ground Chicken, Ground Pork, Bacon, Sweet Potatoes, Mushrooms, Red Bell Peppers, Yellow Onion, Maple Syrup, Salt, Pepper, Eggs, Red Pepper Flakes), Eggs, Salt, Pepper - 400K 24F 14C 30P

Bacon & Kale Egg Bake \$5.50

Just like our Italian egg bake but with bacon, egg and kale. This will be an easy and portable way to eat breakfast. We have added hot sauce and grapes to round out this dish. - Bacon, Egg, Kale, Salt, Pepper, Grapes, Hot Sauce - 420K 25F 25C 25P, Whole 30, 21 Day Sugar, Ketosis - Modification is no grapes for 21 Day Sugar

Salads

Shrimp Remoulade Salad \$6.85

This is going to be great!! Just like one of our chicken salads but with shrimp. Bound together with a creamy, spicy remoulade sauce and served on a bed of mixed greens with grape tomatoes. - Shrimp, Red Onion, Celery, Mayo (Olive Oil, Egg Yolk, Dijon Mustard, Salt), Cayenne, Brown Mustard, Lemon Juice, Worcestershire (Yellow Onion, Jalapeno, Ginger, Garlic, Tomato Paste, White Vinegar, Balsamic Vinegar, Raisins, Fish Sauce, Salt), Capers, Parsley, Celery, Garlic, Chili Powder, Salt, Pepper, Mixed Green, Tomato, Lemon Wedge - 220K, 12F, 8C 18P- Whole 30, 21 Day Sugar

Taco Salad \$5.85

Taco pizza, stuffed taco burrito, taco stuffed with a hamburger...yadi..yadi..ya! As you all know we have heard it all. Tacos get a bad wrap and we want to pay some respect to the taco and give it some props for being the healthy Mexican food option that it is. Why not! It is grass fed ground beef with taco seasoning on a bed of lettuce, pico de gallo and of course our salsa ranch dressing. What's not to respect? You go taco salad! - Taco Meat (Grass Fed Ground Beef, Yellow Onion, Poblano Pepper, Olive Oil, Cumin, Garlic, Chili Powder, Tomatoes, Jalapenos, Tomato Paste, Tomatillos, Garlic, Yellow Onion, Cilantro, White Vinegar), Salsa Ranch: Ranch (Mayo (Olive Oil, Egg Yolk, Dijon Mustard, Salt), Garlic Powder, Onion Powder, Chives, Green Onions, Parsley, Dill, Lactic Acid, Cashew Milk, Salt, Pepper, Lemon Juice), Salsa (Tomatoes, Jalapenos, Tomato Paste, Tomatillos, Garlic, Yellow Onion, Cilantro, White Vinegar), Pico De Gallo (Roma Tomatoes, Jalapeno, Red Onion, Cilantro, Lime Juice, Salt, Pepper), Mixed Greens - 250K 18F 11C 14P dressing: 80K 7F 4C 1P- Whole 30, 21 Day Sugar, Ketosis

Soups

Chicken and Andouille Gumbo \$5.65

We're spicing up our soup game this week with a batch of gumbo. Gumbo originated in southern Louisiana and traditionally contains shellfish, but our version will only have chicken and andouille sausage. It also contains the 'holy trinity' which is the aromatic combo of celery, onion and bell pepper that a lot of Cajun cuisine is built upon. - Chicken, Andouille (Ground Pork, Yellow Mustard, Honey, Salt, Garlic Powder, Onion Powder, Paprika, Cayenne), Onion, Poblano, Bell Pepper, Celery, Chicken Stock (Chicken, Celery, Carrot, Onion, Parsley, Bay leaf), Garlic, Green Onion, Cajun Seasoning (Paprika, Garlic, Onion, Cayenne, Oregano, Basil, Salt, Pepper), Thyme, Parsley, Salt, Pepper - 250K 10F 18C 22P - Whole 30, 21 Day Sugar, Ketosis

Vegetable Beef \$5.50

Your classic veggie beef soup. Made Paleo. Actually vegetable beef soup was always Paleo. Either way, it's still great. -Beef Sirloin, Yellow Onion, Carrot, Garlic, Celery, Tomatoes, Beef Stock (Beef Bones, Onions, Celery, Carrots, Thyme, Tomato Paste, Black Peppercorn, Bay Leaf, Salt, Pepper), Green Beans, Red Wine, Sweet Potato, Worcestershire (Yellow Onion, Jalapeno, Ginger, Garlic, Tomato Paste, White Vinegar, Balsamic Vinegar, Raisins, Fish Sauce, Salt), Thyme, Parsley, Arrowroot, Olive Oil, Salt, Pepper - 250K 9F 19C 23P - Whole 30, 21 Day Sugar

Dessert

Cinnamon Walnut Blondie Bar \$5.65

It seems like almost any dessert can be made into a Paleo dessert. For example brownies, cheesecake and even pudding. So it only makes sense that we are doing a classic cinnamon walnut blondie bar. This blonde "brownie" has a rich combination of walnut and cinnamon flavors that will make your mouth water! Enjoy dessert! -Almond Butter, Almond Flour, Egg, Walnuts, Coconut Oil, Coconut Sugar, Cinnamon, Vanilla, Baking Soda, Salt - 540K 47F 24C 14P

Chocolate Lava Cake \$5.50

It's back!! This is the most popular dessert in the history of ever (at least here.) Order extra, they freeze well. Paleo chocolate cake filled with dark chocolate when heated up is just pure heaven. - Chocolate, Ghee, Coconut Flour, Cocoa Powder, Eggs, Coconut Sugar, Vanilla, Salt - 500K 40F 33C 7P

Almond Snickerdoodle Cookies \$4.25

Yes, you heard right!! Snickerdoodles just like mom used to make but Paleo. These Snickerdoodles are buttery and melt in your mouth. These are even better because they are gluten free, dairy free and processed sugar free. - Almond, Flour, Ghee, Almond Butter, Honey, Eggs, Cinnamon, Cream of Tartar, Salt, Baking Soda, Toasted Sliced Almonds, Coconut, Molasses, Coconut Sugar, Cinnamon - 430K, 33F, 10C, 13P

Questions?

Give us a call at
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Entrees



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- Moroccan Braised Chicken Thighs (Primal) \$10.50**
Nomadic traders are responsible for all the spices that converge in Morocco. We think this is pretty cool and we love using spices!! Moroccan braised chicken thighs means nothing but tender goodness and Moroccan spices. Of course on top of saffron scented basmati rice. It brings Morocco to you and you are welcome. All the senses filled without the pricey airfare!! - Braised Thighs (Boneless Chicken Thighs, Olive Oil, Tomatoes, Salt, Pepper, Garlic, Ginger, Red Bell Peppers, Fresno Peppers, Yellow Onions, Chicken Stock (Chicken, Celery, Carrot, Onion, Parsley, Thyme, Bay Leaves, Black Pepper Corn, Salt), Cinnamon, Cardamom, Cumin, Paprika), Saffron Basmati Rice (Basmati Rice, Olive Oil, Salt, Saffron, Turmeric, Chicken Stock), Green Onion - 490K 13F 51C 40P - Primal
- Steak with Horseradish Steak Sauce \$10.85**
Sometimes you just need steak. I could not agree more. We have some nice top sirloin and roasted carrots. Oh and did we mention we are including a paleo horseradish steak sauce. Like gum to the underside of your shoe, it just goes together. Take this dish for a spin, you won't regret it. - Top Sirloin Steak, Carrots, Parsley, Olive Oil, Salt, Pepper, Horseradish Steak Sauce (Olive Oil, Yellow Onion, Jalapeno, Ginger, Garlic, Tomato Paste, Brown Mustard, White Vinegar, Balsamic Vinegar, Coconut Sugar, Raisins, Fish Sauce, Salt, Celery Salt, Horseradish Puree, Pepper) - 310K 14F 13C 34P sauce: 15K 0F 3C 0P - Whole 30, 21 Day Sugar
- Broccoli Beef \$10.65**
Broccoli beef is a classic asian dish. We are doing this simple dish paleo style..so minus the gooey sweet sauce. Ours will be even better and guilt free. It is a marinated beef and broccoli, so easy even a caveman can do it! Yes, I just quoted a Geico commercial. - Beef Tenderloin, Garlic, Ginger, Coconut Aminos, Honey, Sesame Oil, Rice Wine Vinegar, Sambal (Chilis, Vinegar, Salt), Arrowroot, Broccoli, Red Bell Pepper, Olive Oil, Salt, Pepper, Sesame Seeds - 440K 20F 38C 27P
- Jamaican Jerk Pork Burger \$10.50**
Jerk is a style of cooking native to Jamaica in which meat is dry-rubbed or wet marinated with a very hot spice mixture called Jamaican jerk spice. We think it is time for some jerk seasoning in a pork burger patty served with pineapple salsa and zucchini fries. Yum! - Burger (Ground Pork, Brown Mustard, Honey, Garlic, White Onion, Salt, Jerk Spice Rub (Salt, Allspice, Coconut Sugar, Chipotle Powder, Ground Cloves, Dried Thyme, Black Pepper, Cayenne Pepper, Ground Cinnamon), Salsa (Pineapple, Red Onion, Red Bell Pepper, Serrano Pepper, Cilantro, Lime Juice, Salt, Zucchini Fries (Zucchini, Salt, Pepper, Coconut Amino, Olive Oil) - 550K 37F 21C 31P
- Carolina BBQ Pork Butt \$10.65**
Check this out for a classic southern dish. Smoked pork butt (which is actually NOT near the rear of the pig – it's actually the shoulder), chopped and ready to be topped with our mayo based coleslaw and served with extra Carolina style BBQ Sauce on the side. This dish is meant to be eaten by topping the hot, sauced pork with the cold, crisp slaw. This dish is southern even by Paula Dean's standards. - Pork Butt, Olive Oil, BBQ Rub (Coconut Sugar, Black Pepper, Salt, Chili Powder, Paprika, Dry Mustard, Onion Powder, Celery Salt, Garlic Powder, Salt, Honey), Slaw: (Green Cabbage, Carrots, Red Onion, Cider Vinegar, Honey, Coconut Sugar, Celery Salt, Honey, Mayo (Olive Oil, Egg Yolk, Dijon Mustard, Red Wine Vinegar, Salt), Salt, Pepper, Caraway, Carolina BBQ Sauce: (Brown Mustard, Coconut Sugar, Cider Vinegar, White Vinegar, Honey, Cayenne, Salt) - 610K 40F 27C 33P sauce: 35K 0F 7C 0P
- Gyro Meatballs with Tabbouleh \$10.25**
Grass-Fed, Grass-Finished Beef. Greek flavors of Greek cuisine typically come from lamb (we are using beef), mint, cucumber and red onions. We are taking all their flavors and molding into the perfect little Greek festival. Meatballs, bibb lettuce wraps, our very own Paleo tzatziki sauce and saffron cauliflower rice. Take that Austerity! **Please note this dish previously was served with a cucumber salad. We thought we would make this a warmer dish by doing a saffron cauli rice. - Meatballs (Grass Fed Ground Beef, Egg, Onion, Garlic, Lemon Zest, Lemon Juice, Parsley, Onion Powder, Nutmeg, Cumin, Oregano, Black Pepper, Salt), Tabbouleh (Cauliflower Rice, Tomatoes, Red Onions, Parsley, Lemon Juice, Mint, Olive Oil, Salt, Pepper), Tzatziki (Mayo (Olive Oil, Egg Yolk, Dijon Mustard, Salt), Lemon Juice, Cucumbers, Fresh Oregano, Fresh Dill, Garlic, Salt, Pepper) - 390K 27F 12C 28P sauce: 110K 12F 1C 1P - Whole 30, 21 Day Sugar, Ketosis
- Roasted Garlic Chicken \$10.25**
Free-Range Chicken Breast. If you've ever tasted roasted garlic vs raw garlic, you know that roasting it creates an amazing sweetness and depth of flavor. Since we are pro-roast around here, we're going to marinate these chicken breasts with roasted garlic and olive oil to give them a little extra love this week. This time we are mashing the sweet potato and adding some jalapeno. Served with roasted garlic ghee for some all around, roasty, toasty deliciousness. - Chicken Breast, Garlic, Olive Oil, Salt, Pepper, Mashed Sweet Potato (Sweet Potato, Jalapeno, Olive Oil, Salt, Pepper), Roasted Garlic Ghee (Ghee, Garlic, Salt, Pepper) - 710K 44F 41C 36P
- Ahi Nicoise with Green Beans \$10.75**
Nicoise - a native or inhabitant of the city of Nice, France. Most anything from the Southern region of France has fish or fresh vegetables. The culture is all about clean eating. Everything is fresh from the water or the land. We are doing a nice filet of ahi crusted with olive tapenade and served with blanched green beans and blistered grape tomatoes. -Ahi Tuna (Ahi Tuna, Salt, Pepper, Olive Oil Olive Tapenade (Olive Oil, Kalamata Olives, Green Olives, Garlic, Basil, Parsley, Crushed Red Pepper, Lemon Juice, Capers, Anchovies), Side: Grape Tomatoes, Green Beans, Olive Oil, Salt, Pepper - 500K 31F 13C 44P
- Italian Sausage and Pepper Pasta(Spaghetti Squash) \$10.50**
My mouth is watering right now because this dish sounds so good. We are taking our special recipe Italian ground sausage and mixing in some bell peppers and onions and serving it over spaghetti squash. Then topping it off with a light drizzle of pesto. -Italian Sausage (Ground Pork, Red Wine Vinegar, Italian Seasoning, Ground Fennel, Parsley, Salt, Pepper, Crushed Red Pepper), Spaghetti Squash, Olive Oil, Salt, Pepper, Red Bell Pepper, Green Bell Pepper, Onion, White Wine, Lemon Juice, Olive Oil, Garlic, Parsley, Basil, Oregano, Salt, Crushed Red Pepper - 470K 27F 32C 22P