

Ready for Pick Up or Delivery 5/21/17

Breakfast



Sausage, Sweet Potato and Apple Hash

\$5.25

This dish has been a part of Evolve since the beginning. We always have it available for our holiday dinners. Ground pork sausage, sweet potatoes, apples and onions seasoned with nutmeg and cinnamon. This is an oldy but a goody!! - Sausage: Ground Pork, Maple Syrup, Ground Sage, Parsley, Crushed Red Pepper, Salt, Pepper, Sweet Potato, Apple, Pecan, Maple Syrup, Olive Oil, Cinnamon, Nutmeg, Salt, Pepper - 610K 44F 33C 23P

Paleo Yogurt with Peaches and Blueberries

\$5.25

Paleo yogurt! Yes, you heard right. We have been serving this on our Paleo Challenge and it is so good! So good we are bringing it to the masses. Paleo yogurt made with coconut milk, lime juice and yes it does contain a small amount of probiotic just like regular yogurt. We are topping it with peaches and blueberries and serving with a side of granola. You are going to love it, we do!! - Coconut Milk, Honey, Lime Juice, Vanilla Extract, Gelatin Powder, Probiotics, Peaches, Blueberries, Granola: Almonds, Walnuts, Pecans, Honey, Vanilla, Cinnamon, Salt - 680K 57F 43C 12P

Braised Pork with Chipotle Egg Bake

\$5.50

Southern flair is what this egg bake is all about. Pork braised with chipotle and added to eggs, baked and there you have it. I am going to order one for each day of the week. Yum!! We have added a chipotle BBQ sauce to this dish. Served with a side of grapes. - Pork, Chipotle, Salt, Eggs, Chipotle BBQ: Chipotle, Tomato Paste, Vinegar, Coconut Sugar, Salt, Onion Powder, Pepper, Grapes - 360K, 20F, 16C, 28P, Sauce: 50K OF 14C 0P - Whole 30, 21 Day Sugar, Ketosis - Modification is no BBQ Sauce or Fruit

Questions?

Give us a call at
913 747-5559 or

Chat with us online

www.evolvepaleochef.com

Salads

Italian Tuna Salad

\$5.65

Tuna is high in good Omega-3 fatty acids. It is also perfect for Paleo, Whole 30, 21 Day Sugar and Ketosis diets. This tuna salad is different than traditional tuna salad with mayo. This one has olive oil, lemon juice, capers, red onion, cucumber and tomato with some oregano and parsley for the Italian flavor. - Tuna, Celery, Red Onion, Cucumber, Grape Tomato, Parsley, Oregano, Capers, Lemon Juice, Olive Oil, Salt, Pepper, Lettuce - 240K 12F 4C 31P - Whole 30, 21 Day Sugar, Ketosis

Broccoli Salad with Bacon

\$6.85

There are so many types of salads. We like our broccoli salad but then we thought what about a sprinkle of fairy bacon dust. (That is what we like to call it around here). Just imagine our sweet broccoli salad with the salty, smoky flavor of bacon, it will be amazing!! Give it a shot and order extra. - Broccoli, Jicama, Golden Raisins, Parsley, Celery, Bacon, Red Onion, Mayo (Olive Oil, Egg Yolk, Dijon Mustard), Honey, White Wine Vinegar, Pepper, Salt - 470K 30F 31C 20P

Soups

Smoked Brisket Chili

\$6.85

We use our smoker a lot. Every so often we like to make something you don't get everyday. You are in luck this is going to be awesome! If you have had our ground beef chili this is essentially the same thing but loaded with chunks of our rich smoky brisket. Amazing!! - BBQ Brisket, Grass Fed Ground Beef, Onion, Poblano, Garlic, Tomatoes, Tomato Paste, Chili Powder, Red Pepper Flakes, Onion Powder, Garlic Powder, Cumin, Salt, Pepper, Coconut Sugar - 310K, 8F, 30C, 31P

Desserts

French Silk Pie

\$5.50

The pie's answer to getting chocolate in a pie crust! The French silk part is actually just a chocolate mousse. The pie is typically topped with whipped cream so we will use our Paleo cream. You wouldn't think this could possibly be paleo, but it is! - Coconut Milk, Egg, Vanilla, Coconut Sugar, Chocolate (Organic Cane Sugar, Organic Cocoa Powder), Pecans, Cashews, Lemon Juice, Honey, Maple, Cider Vinegar, Almond Milk, Coconut Oil, Salt - 640K 56F 37C 9P

Key Lime Bar

\$5.65

Time to get out the sunglasses and the suntan lotion summer is here! Time for a key lime bar. A citrusy sweet white cake with a coconut cream frosting. - Almond Flour, Tapioca Flour, Coconut Oil, Maple Syrup, Vanilla Extract, Lime Zest, Baking Soda, Salt, Key Lime Juice, Honey - 660K 43F 64C 12P

Coconut Bliss Cookie

\$4.25

This is the paleo almond joy cookie. Very coconutty, super moist and drizzled with chocolate. So we are giving it a special name..The Coconut Bliss Cookie. That is what you will think after you eat it! - Almond, Coconut, Coconut Sugar, Eggs, Ghee, Baking Powder, Vanilla, Salt, Chocolate (Cocoa Powder, Organic Cane Sugar) - 420K, 32F, 27C, 9P

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Entrees



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Totally Beefy Meatloaf

\$10.75

Grass Fed, Grass Finished Beef. This meatloaf isn't just beefy, it's totally beefy. Totally. We're taking your basic meatloaf made with grass fed beef and kicking it up a few notches. It will be topped with our very own paleo ketchup glaze and served up alongside some roasted carrots, green beans and onions. - Grass Fed Ground Beef, Worcestershire (Olive Oil, Onion, Jalapeno, Ginger, Garlic, Tomato Paste, White Vinegar, Balsamic Vinegar, Raisins, Fish Sauce, Water, Salt, Pepper), Tomato Paste, White Vinegar, Coconut Sugar, Onion, Salt, Eggs, Yellow Onion, Garlic, Pepper, Coconut Sugar, Carrots, Green Bean, Onion, Olive Oil, Salt, Pepper - 520K 34F 24C 30P

Smoked Mustard BBQ Chicken

\$10.25

Boneless chicken thighs are being rubbed with our house BBQ that's been infused with mustard. We are adding a mustard bbq vinaigrette and pickles. The side for this dish is German potato salad. -Boneless Chicken Thighs, Chili Powder, Paprika, Cumin, Cayenne, Coconut Sugar, Salt, Pepper, Mustard Powder, Olive Oil, Salt, Mustard BBQ Sauce: Yellow Mustard, Cider Vinegar, Coconut Sugar, Mustard Powder, Worcestershire Sauce (Water, Onion, Balsamic Vinegar, White Vinegar, Olive Oil, Raisins, Tomato Paste, Ginger, Garlic, Fish Sauce, Salt, Pepper), Frank's Hot Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Salt, Garlic Powder), Sweet Potatoes, Grain Mustard, Olive Oil, Green Onion, Bacon, Parsley, Red Onion, Cider Vinegar, Pickles (Cucumber, Vinegar, Salt, Pickling Spice, Dill, Garlic) - 560K 24F 33C 49P Sauce: 35K 5F 8C 0P

Supreme Pizza

\$10.85

Supreme pizza is the classic pizza with Italian sausage, spinach, onion, green and black olive, red bell pepper and topped with our paleo cheddar cheese sauce. A tip to note about our pizzas...Paleo pizza dough can get soft being in the container due to moisture. It is best taken out of the foil pan and reheated on a skillet on the stove top, this will crisp the crust so that you can actually eat like a slice. Trust us we got this figured out. - Pizza Crust (Almond Flour, Coconut Flour, Water, Honey, Yeast, Arrowroot, Italian Seasoning, Eggs, Olive Oil, Cider Vinegar), Italian Sausage (Ground Pork, Red Wine Vinegar, Italian Seasoning, Ground Fennel, Parsley, Salt, Pepper, Crushed Red Pepper), Spinach, Onion, Green Olive, Red Bell Pepper, Cheddar Sauce (Cashew Butter, Nutritional Yeast, Garlic Powder, Onion Powder, Salt, Pepper, Oregano, Basil, Parsley, Lemon Juice, Tahini (Sesame Seeds, Olive Oil, Almond Milk), Tomatoes, Yellow Onion, Garlic, Oregano, Coconut Sugar, Basil, Salt, Pepper - 650K 41F 50C 26P

Chipotle Chicken Breast Loaded Sweet Potato

\$10.15

Jumbo sweet potato cut into coins, roasted and topped with natural chopped chicken breast and kale, lemon juice, and pepitas. Sweet, spicy, salty, umami. If this is wrong then I don't want to be right! - Chicken Breast, Chipotle Marinade: Chipotle Peppers, Garlic, Lemon Juice, Salt, Olive Oil, Kale Mix: Kale, Poblano Peppers, Garlic, Olive Oil, Lemon Juice, Pepitas, Sweet Potato Coins: Sweet Potato, Olive Oil, Salt, Pepper - 500K 21F 42C 36P - Whole 30, 21 Day Sugar

Beef Stroganoff

\$10.75

Stroganoff is traditionally sautéed strips of beef with smetana (sour cream) and originates from the colder parts of the world like Russia. Paleo sour cream will do the same thing, made with braised beef on top of spaghetti squash. This dish is sure to take you back to your hamburger helper days and then you will suddenly realize why you don't eat that stuff anymore. Served on roasted spaghetti squash. - Beef, Onion, Mushroom, Red Wine, Ground Mustard, Beef Stock (Beef Bones, Onions, Celery, Carrots, Thyme, Tomato Paste, Black Peppercorn, Bay Leaf, Salt, Pepper), Sour Cream (Cashews, Cider Vinegar, Lemon Juice, Salt), Olive Oil, Salt, Pepper, Parsley, Arrowroot, Spaghetti Squash, Olive Oil, Salt, Pepper - 400K, 18F, 19C, 41P - Whole 30, 21 Day Sugar - A small amount of red wine is used.

Artichoke and Sundried Tomato Stuffed

\$10.50

This is kind of like an Italian chicken dish that we usually serve but the artichoke, sundried tomato along with some dijon mustard are going inside the boneless chicken breast. Served with a side of tri color carrots. - Chicken Breast, Sundried Tomato, Artichoke Hearts, Olive Oil, Garlic, Oregano, Basil, Salt, Pepper, Dijon Mustard, Olive Oil, Garlic, Thyme, Salt, Pepper, Carrot, Olive Oil, Salt, Pepper - 390K 15F 26C 41P - Whole 30, 21 Day Sugar

Spicy Garlic Shrimp and Sesame Bok Choy

\$10.65

There is always a little guy...a shrimp if you will. Well today, right here, right now, the shrimp kicks back. This shrimp is a firecracker! Spicy and Garlicky. Co-habiting with these little guys is bok choy. Now, do not be afraid of bok choy. If you have never had it, it is pretty tasty. Kinda a combo veg of celery and spinach that is sweet and crunchy. - Shrimp, Garlic, Olive Oil, Honey, Sambal (Chili's, Vinegar, Salt), Lemon Juice, Salt, Cilantro, Bok Choy, Red Bell Pepper, Sesame Oil, Garlic, Olive Oil, Salt, Pepper, Sesame Seeds - 270K 13F 19C 22P

Crab and Cod Cake with Asparagus

\$10.75

Crab and Cod Cakes! Our crab and cod cakes are cooked to perfection, browned on both sides. We are serving this dish with asparagus and remoulade sauce, of course! - Crab, Cod, Poblano Peppers, Red Peppers, Red Onion, Celery, Chives, Lemon Juice, Mustard, Old Bay, Cayenne, Eggs, Mayo (Olive Oil, Egg Yolk, Dijon Mustard, Salt), Salt, Pepper, Remoulade Sauce: Mayo (Olive Oil, Egg Yolk, Dijon Mustard, Salt), Hot Sauce (Cholula), Brown Mustard, Lemon Juice, Worcestershire (Olive Oil, Yellow Onion, Jalapeno, Ginger, Garlic, Tomato Paste, White Vinegar, Balsamic Vinegar, Raisins, Fish Sauce, Salt, Pepper), Capers, Parsley, Celery, Garlic, Chili Powder, Salt, Pepper, Asparagus, Olive Oil, Salt, Pepper - 190K 7F 8C 25P Remoulade: 180K 19F 2C 1P - Whole 30, 21 Day Sugar, Ketosis

Jambalaya with White Rice

\$10.35

This dish is Primal. Served with white rice. Jambalaya is one of our oldest dishes. Back in the day, we found a way to replace the traditional flour-based roux with a blend of deeply caramelized vegetables and we're super proud of how it turned out. We then build upon the sauce by adding chicken stock, peppers, onions, celery, hand-stuffed andouille sausage, braised chicken, and shrimp. Then we serve all that magic over our white rice. This is definitely one of our favorites. - Chicken Thighs, Shrimp, Andouille (Pork, Hog Casings, Salt, Paprika, Cayenne, Onion Powder, Black Pepper, Garlic Powder, White Pepper), Cajun Seasoning (Cajun Spice, Thyme, Oregano, Basil, Pepper, Salt), Poblano Peppers, Red Pepper, Onions, Celery, Tomatoes, Garlic, Parsley, Thyme, Green Onions, Chicken Stock (Chicken, Celery, Carrot, Onion, Parsley, Thyme, Bay Leaves, Black Peppercorn, Salt), Old Bay Seasoning (Mustard, Paprika, Celery Salt, Bay Leaf, Black Pepper, Crushed Red Pepper Flakes, Mace, Cloves, Allspice, Nutmeg, Cardamom, Ginger), Salt, Pepper, Cauliflower, Cilantro, Lime Juice, Olive Oil, Salt, Pepper - With White Rice: 490K 15F 57C 31P With Cauliflower Rice: 380K 21F 22C 29P - Primal