

Ready for Pick Up or Delivery 8/20/17

Breakfast

Spring Vegetable Scramble

\$5.65

It is that time of year when there are gardens all over the city growing all kinds of fresh home grown veggies. So we are inspired to create this veggie scramble packed full of fresh summer veggies. It is light, simple and going to be so good. - Eggs, Yellow Squash, Zucchini, Grape Tomatoes, Scallions, Red Pepper, Poblano, Salt, Pepper, Cilantro - 130K 8F 4C 1DF 10P - Whole 30, 21 Day Sugar

Pork Carnitas Hash and Poached Eggs with Salsa Verde

\$6.50

We at Evolve are especially proud of our poached eggs. Poached eggs take a lot of experience to get them just right and our kitchen staff are poached eggs experts. We are putting two of these perfect eggs with the yolky centers on top of pork carnitas and a sweet potato and pepper hash. Served with a side of salsa verde. - Pork Carnitas (Pork Butt, Onion, Garlic, Salt, Pepper), Cumin, Olive Oil, Chicken Stock (Chicken, Celery, Carrot, Onion, Parsley, Thyme, Bay Leaves, Black Peppercorn, Salt), Hash (Sweet Potatoes, Red Bell Pepper, Poblano, Onion, Olive Oil, Salt, Pepper), Egg, Salsa Verde: Tomatillos, Jalapeno, Cilantro, Lime Juice, Yellow Onion, Cumin, Garlic, Salt, Olive Oil - 390K 19F 29C 5DF 25P Salsa: 20K 1F 3C 1DF 0P - Whole 30, 21 Day Sugar

Brussels Sprout, Apple and Bacon Hash

\$5.65

Brussels sprouts for breakfast? We think so! Especially when it is with bacon, apples, and cranberries. Enjoy this fresh dish for breakfast or even lunch. - Brussels Sprouts, Bacon Fat, Yellow Onion, Bacon, Granny Smith Apples, Cranberries, Olive Oil, Salt, Pepper - 430K 27F 34C 8DF 17P - Whole 30

Salads

Honey BBQ Chicken Salad

\$6.50

Smoked chicken on a salad uh yeah!!! Salads can be boring but not this one. Smoked Chicken breast served with bacon, jicama, red onion, tomatoes on mixed greens and honey bbq dressing. Yum!! - Chicken, Mixed Greens, Grape Tomatoes, Bacon, Jicama, Red Onion, Dressing: Olive Oil, Cider Vinegar, Honey, Dijon Mustard, Garlic Powder, Garlic, Paleo Mayo (Olive Oil, Egg Yolk, Dijon Mustard, Salt), Tomato Paste, Vinegar, Coconut Sugar, Salt, Onion Powder - 310K 16F 9C 4DF 31P Dressing: 190K 15F 12C 0DF 1P - **Whole 30, 21 - Day Sugar and Ketosis - Modification is no dressing.

Pesto Chicken Salad

\$5.80

Free-Range Chicken. Do you ever get tired of chicken salad? Of course not! It practically has its own place on the food pyramid. The reason you never get tired of it is because there are so many ways to make it. This one is made with basil pesto, walnuts and roasted red peppers. - Chicken, Celery, Red Onion, Roasted Red Pepper, Basil Pesto (Arugula, Basil, Garlic, Walnuts, Olive Oil, Lemon Juice, Salt, Pepper), Mayo (Olive Oil, Egg Yolk, Red Wine Vinegar, Dijon Mustard, Salt), Arugula, Red Cabbage - 240K 17F 5C 1DF 16P - Whole 30, 21 Day Sugar, Ketosis

Soups

Verde Smoked Chicken Chii

\$5.65

Salsa verde is a green chile sauce made with poblano peppers, garlic, and tomatillos. We are turning it into a chili with shredded smoked chicken thighs. This chili is going to be hearty and so yummy! - Chicken, Chicken Stock (Chicken, Celery, Carrot, Onion, Parsley, Thyme, Bay Leaves, Black Peppercorn, Salt), Poblano Peppers, Tomatillos, Yellow Onion, Green Bell Pepper, Olive Oil, Garlic, Cumin, Oregano, Green Onion, Cilantro, Honey, Salt, Pepper - 250K 10F 22C 5DF 20P

Sweet Potato and Bacon Chowder

\$5.50

This soup was one of our Soup de Jour soups and we liked it so much we are doing it again. We love it with smoked bacon and sweet potatoes in a creamy broth. Paleo soup at its finest!! - Sweet Potatoes, Onion, Bacon, Carrots, Celery, Chicken Stock (Chicken, Celery, Carrot, Onion, Parsley, Thyme, Bay Leaves, Black Peppercorn, Salt), Coconut Milk, Garlic, Thyme, Parsley, Arrowroot, Salt, Pepper - 410K 30F 26C 3DF 12P - Whole 30, 21 Day Sugar

Dessert

Maple Chocolate Pecan Pie

\$6.50

Remembering the name of this dessert can be hard, but remembering the way it tastes is unforgettable! This particular dessert was one of the three on our Thanksgiving menu, and it's back again. Words cannot describe how delicious it is! Imagine a brownie pie with a layer of wonderful pecans that have been coated in maple syrup. Order this now, and you can thank me later! - Egg, Chocolate (Cocoa Powder, Organic Cane Sugar), Pecans, Coconut Sugar, Molasses, Maple Syrup, Salt, Vanilla, Ghee, Crust (Pecans, Honey, Egg) - 510K 37F 46C 5DF 7P

Carrot Cake with Paleo Cream Cheese Icing

\$5.75

Chef Calebs absolute favorite dessert is Carrot Cake. He is always disappointed when he gets carrot cake and it does not have pineapple in it. Original recipes do have pineapple. So this week we are kicking it old school with the classic carrot cake, pineapple included. Topped with our paleo cream cheese icing. Around here we like a happy Chef Caleb! - Carrots, Pineapple, Raisins, Pecans, Eggs, Honey, Almond Flour, Baking Soda, Baking Powder, Coconut Oil, Vanilla, Cinnamon, Nutmeg, Ginger, Salt, Cream Cheese Icing: Cashews, Lemon Juice, Honey, Maple Syrup, Coconut Milk, Cider Vinegar, Almond Milk, Coconut Oil, Vanilla, Salt - 1060K 76F 87C 7DF 23P

Creamsicle Cookie

\$4.25

If you have ever had a creamsicle you can only imagine what this cookie will be like. Our sugar cookie will be transformed into the creamsicle cookie with orange zest and orange and vanilla extracts and a drizzle of frosting to top it off. I can hear the ice cream truck now! - Almond Flour, Tapioca Flour, Coconut Oil, Maple Syrup, Orange Zest, Orange Extract, Vanilla Extract, Baking Soda, Salt, Icing: Coconut Oil, Tapioca Flour, Honey, Orange Extract, Vanilla - 490K 32F 44C 6DF 11P



Questions?

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Entrees



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Pork Burger with Chipotle Mayo and Sweet Potato Fries

\$10.70

We are crazy about braised meat burgers. A burger with just ground meat is good sometimes. A burger with ground pork and braised pork (think like pulled pork.) Now that's just crazy!! Served with chipotle mayo and pickled onions with a side of sweet potato fries. - Ground Pork, Pork Butt, White Onion, Brown Mustard, Honey, Chili Powder, Cumin Garlic, Chipotle Mayo: Mayo (Olive Oil, Egg Yolk, Red Wine Vinegar, Dijon Mustard, Salt), Chipotles, Garlic, Lemon Juice), Sweet Potato, Olive Oil, Salt, Pepper - 700K 40F 43C 6DF 39P Mayo: 100K 11F 1C 0DF 1P

Blackened Salmon Burger

\$10.95

Salmon is nice as a filet but we think it is even better when you turn it into a burger by adding ingredients like eggs, garlic, blackened seasoning, cilantro and some kale. Then add some remoulade sauce on the side and zucchini fries and there you have it an amazing meal. - Salmon, Cilantro, Cayenne, Mayo (Olive Oil, Egg Yolk, Red Wine Vinegar, Dijon Mustard, Salt), Garlic, Eggs, Salt, Pepper, Lemon Juice, Kale, Olive Oil, Blackening Spice. Remoulade: Mayo (Olive Oil, Egg Yolk, Red Wine Vinegar, Dijon Mustard, Salt), Hot Sauce, Brown Mustard, Lemon Juice, Worcestershire Sauce (Jalapeno, Ginger, Garlic, Onion, Tomato Paste, White Vinegar, Balsamic, Raisin, Fish Sauce), Capers, Parsley, Celery, Garlic, Chili powder, Salt, Pepper. Zucchini, Olive Oil, Salt, Pepper - 480K 36F 6C 2DF 30P Remoulade: 180K 19F 2C 0DF 1P - Whole 30, 21 Day Sugar, Ketosis

Chili Mac

\$10.75

Chili mac is something that not even the Army can screw up. In my stint in the Army, it was the one meal that I could always count on to be a pretty good. For Paleo people it presents a bit of an issue, for how do you get the cheese and pasta part? For us, we are using rice pasta (which makes this a Primal dish) and mixing in our Paleo Cheese. This is going to be EPIC! - Grass Fed Ground beef, Onion, Poblano, Garlic, Tomatoes, Tomato Paste, Chili Powder, Red Pepper Flakes, Onion Powder, Garlic Powder, Cumin, Salt, Black Pepper, Cashew Butter, Nutritional Yeast, Garlic Powder, Onion Powder, Oregano, Basil, Parsley, Lemon Juice, Tahini (Sesame Seed, Olive Oil), Almond Milk, Rice Pasta, Jalapenos - 590K 64C 7DF 30P

Rosemary Lemon Chicken

\$10.50

Rosemary and lemon combine to make this chicken breast something great. We are serving it with a creamed spinach side. - Chicken Breast, Garlic, Lemon Juice, Lemon Zest, Olive Oil, Rosemary, Spinach, Coconut Milk, Onion, Garlic, Salt, Pepper - 360K 18F 7C 3DF 43P - Whole 30, 21 Day Sugar, Ketosis

Chicken Fajita

\$10.85

From Wikipedia: A fajita (/fəˈhi:tə/; Spanish: [faˈxita] is a term found in Tex-Mex cuisine, commonly referring to any grilled meat usually served as a taco on a flour or corn tortilla. The term originally referred to the cut of beef used in the dish, which is known as the skirt. Popular meats today also include chicken, pork, shrimp, and all cuts of beef. In most restaurants, the meat is often cooked with onions and bell peppers. Yup, that sounds pretty good to me, isn't Wikipedia great? Slaw, salsa, guacamole, peppers, onions, and fajita chicken. Served with paleo tortillas. - Fajitas: Chicken, Green Cabbage, Cilantro, Poblano, Red Bell Pepper, Yellow Onion, Olive Oil, Fajita Seasoning (Chili Powder, Garlic Powder, Onion Powder, Salt, Pepper, Crushed Red Pepper, Oregano, Paprika, Cumin), Tortilla (Eggs, Coconut Milk, Olive Oil, Tapioca Flour, Coconut Flour, Salt. Salsa: Tomatoes, Tomato Paste, Tomatillo, Garlic, Olive Oil, Onion, Jalapeno, Salt, Pepper, Vinegar, Cilantro, Cumin. Avocado Lime Sauce: Avocado, Lime, Cilantro, Garlic, Green Onion, Olive Oil, Salt, Lime Wedge - 370K 11F 32C 7DF 36P Avo Lime Sauce: 110K, 11F, 3C, 1P, Salsa: 25K, 1.5F, 4C, 1P - Whole 30, 21 Day Sugar - Whole 30 Modification is no tortillas.

Stuffed Pork Loin

\$10.90

Pork steak is a pretty great meal, but cut it open and stuff it full of mushrooms, roasted red peppers, spinach and garlic and it becomes a magnificent meal. This magnificence is perched on top of garlic cauliflower mashed potatoes and a red wine demi sauce. - Pork Loin, Olive Oil, Garlic, Thyme, Oregano, Shallot, Red Bell Pepper, Mushrooms, Spinach, Veal Stock (Beef Bones, Onions, Celery, Carrots, Thyme, Tomato Paste, Black Peppercorn, Bay Leaf, Salt, Pepper), Garlic, Red Wine, Cauliflower, Garlic, Ghee, Almond Milk, Salt, Pepper - 620K 36F 13C 4DF 58P - Whole 30, 21 Day Sugar, Ketosis

Sesame Ginger Meatballs

\$10.50

We are always wanting to bring you the dishes you love but in our special paleo way. Egg rolls are usually stuffed with pork, shrimp, or chicken, adding cabbage, carrots, bean sprouts and other vegetables, and then deep fried. We are bringing the paleo version to life. Three pork meatballs served on a bed of sauteed egg roll veggies like cabbage, carrot, onion, ginger and garlic. - Meatballs (Ground Pork, Egg, Carrots, Mushrooms, Green Onion, Sesame Oil, Garlic, Ginger, Sambal(Chili's, Salt, Vinegar), Salt, Pepper, White Vinegar), Cabbage, Carrot, Snow Peas, Red Bell Pepper, Red Onion, Green Onion, Garlic, Ginger, Fish Sauce, Olive Oil, Sesame Oil, Salt, Pepper, Sesame Seeds - 620K 44F 20C 6DF 34P - Whole 30, 21 Day Sugar

Braised Ranch Chicken Thigh

\$10.15

Plain chicken is just so boring! We get tired of plain chicken and sometimes feel like shaking things up. On our ranch chicken dish we are braising some chicken thighs to fork tender and keeping the ranch seasoning. Served with sauteed mushrooms, spinach and onions. - Chicken Thighs, Olive Oil, Ghee, Peppercorn, Onion, Garlic, Dill, Parsley, Mushroom, Yellow Onion, Spinach, Red Peppers, Chives, Garlic, Olive Oil, Parsley, Salt, Pepper - 280K 14F 10C 2DF 30P - Whole 30, 21 Day Sugar, Ketosis

Paleo Joes with Roasted Carrots & Fennel

\$10.35

Grass Fed Beef. Grass Finished Beef. Sloppy Joes are a childhood memory for a lot of people. We have ditched the can in lieu of homemade tomato sauce. This is a saucy mess. Think American taco bake with the tomato based sauce that is sweet and slightly acidic. Plenty of sauce to cover roasted carrots and fennel. - Grass Fed Ground Beef, Poblano, Onion, Balsamic, Mustard, Tomato Paste, Vinegar, Coconut Sugar, Onion Powder, Salt, Worcestershire (Jalapeno, Ginger, Garlic, Onion, Tomato Paste, White Vinegar, Balsamic, Raisin, Fish Sauce). Carrots, Fennel, Olive Oil, Salt, Pepper - 370K 21F 28C 18P