

Ready for Pick Up or Delivery 5/20/18

Breakfast

Lemon Blueberry Muffins	\$5.50
Portable breakfasts are the best. - Almond Flour, Egg, Blueberries, Coconut Milk, Coconut Oil, Honey, Ghee, Coconut Sugar, Lemon Juice, Coconut Flour, Maple Syrup, Lemon Zest, Vanilla Extract, Baking Soda, Baking Powder, Salt - 510K 39F 37C 5DF 9P - P - Reheating Instruction: Enjoy cold, room temp or reheated until warm.	
Breakfast Meatballs with Scrambled Eggs	\$5.50
Meatballs for breakfast = winning. - Meatballs (pork, bacon, sweet potato, mushroom, peppers, onion, maple syrup, egg, salt, pepper), Eggs (egg, salt, pepper), Franks Hot Sauce (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder) - 390K 26F 14C 1DF 26P - Reheating Instruction: Reheat until warm.	
Chorizo Huevos Rancheros	\$6.25
Spicy sausage, eggs and salsa are sure to get you going. - Chorizo (pork, vinegar, chipotle powder, chili peppers, cumin, oregano, onion, paprika, garlic, salt, pepper), Egg, Pico (tomato, jalapenos, onion, cilantro, lime juice, salt, pepper) - 270K 17F 6C 2DF 22P Pico: 10K 0F 2C 1DF 0P - W30, 21, K - Reheating Instruction: Reheat until warm.	

Salads

Buffalo Chicken Salad	\$6.75
We can buffalo that. - Chicken, Mixed Greens, Ranch, Franks hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder), Celery, Carrot, Onion, Dressing (mayo (olive oil, egg yolk, vinegar, brown mustard (vinegar, mustard seed, water, salt, spices, turmeric), salt), dill, onion powder, garlic powder, onion, lactic acid, lemon juice, chives, parsley, black pepper, salt, franks hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder) - 150K 3.5F 9C 3DF 20P Dressing: 140K 14F 2C 1DF 1P - W30, 21, K - Reheating Instruction: Enjoy cold.	
Italian Tuna Salad	\$7.25
A light and refreshing twist on a classic tuna salad. - Tuna (tuna, olive oil, lemon juice, capers, salt, pepper, parsley, oregano), Mixed Greens, Cucumber, Celery, Tomato, Onion, Olive Oil, Parsley, Lemon Juice, Capers, Salt, Pepper. Italian Vinaigrette (olive oil, vinegar, lemon juice, Italian seasonings, salt, pepper) - 160K 5F 10C 4DF 21P Dressing: 250K 26F 4C 0DF 0P - P *W30, K, 21DS mod: SF Italian Vin* - Reheating Instruction: Enjoy cold.	

Soup

Chicken and Andouille Gumbo	\$6.99
A spicy cajun soup loaded with our hot links and chicken. - Chicken, Andouille (pork, mustard, salt, garlic powder, onion powder, paprika, cayenne), Onion, Peppers, Celery, Okra, Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Garlic, Onion, Cajun Seasoning (paprika, garlic, onion, cayenne, oregano, basil, salt, pepper), Thyme, Parsley, Salt, Pepper - 250K 10F 18C 3DF 22P - W30, 21, K - Reheating Instruction: Enjoy cold.	
Tomato Basil Bisque	\$5.50
Bisque = fancy word for creamy soup. - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Tomato, Onion, Carrots, Celery, Coconut Milk, Basil, Thyme, Oregano, Salt, Pepper - 260K 13F 30C 6DF 10P - W30 K - Reheating Instruction: Reheat until warm.	

Dessert

Cinnamon Walnut Blondie Bar	\$5.99
The perfect brownie for those no-chocolate folks. - Almond, Egg, Walnuts, Coconut Oil, Coconut Sugar, Cinnamon, Vanilla, Baking Soda, Salt - 570K 49F 25C 7DF 15P - Reheating Instruction: Enjoy cold, room temp or reheated until warm.	
Tiramisu	\$7.50
An Italian dessert with decadent layers of cake and creamy frosting. - Almond Flour, Coconut Flour, Espresso Powder, Salt, Baking Soda, Baking Powder, Vanilla, Eggs, Honey, Strong Coffee, Cashews, Lemon Juice, Honey, Maple, Coconut Milk, Cider Vinegar, Almond Milk, Coconut Oil, Vanilla, Salt - 520K 25F 67C 8DF 15P - Reheating Instruction: Enjoy cold.	
Chocolate Chip Cookie	\$4.65
Classic. - Almond Flour, Ghee, Almond Butter, Honey, Egg, Coconut Small Flake, Chocolate Chip (cacao bean, evaporated cane sugar, cocoa butter, sunflower lecithin), Vanilla Extract, Salt, Baking Soda - 410K 30F 31C 5DF 9P - Reheating Instruction:	

Entrees

Smoked Chicken and Jalapeno Mac and Cheese	\$10.60
Always order double. - Chicken, Rice Noodles, Cheddar Cheese Sauce (cashew butter, nutritional yeast, garlic powder, onion powder, salt, pepper, oregano, basil, parsley, xanthan gum, lemon juice, tahini (sesame seed, olive oil), almond milk), Jalapeno - 620K 27F 59C 6DF 39P - Primal - Reheating Instruction: Reheat until warm.	
Carolina BBQ Pork Butt	\$10.65
Spicy pork, cool crunchy slaw. BFFs. - Pork Butt, Olive Oil, BBQ Rub (chili powder, coconut sugar, garlic powder, onion powder, dry mustard, celery salt, black pepper), Slaw (cabbage, carrots, onion, vinegar, celery seed, honey, mayo (grapeseed oil, egg yolk, vinegar, brown mustard (vinegar, mustard seed, water, salt, spices, turmeric), salt), salt, pepper, caraway), Carolina BBQ Sauce (brown mustard, coconut sugar, cider vinegar, vinegar, cayenne, honey, salt) - 370K 25F 3C 0DF 31P Slaw: 350K 22F 35C 5DF 4P Sauce: 35K 0F 7C 0DF 0P - - Reheating Instruction: Reheat until warm.	
BBQ Meatballs with Country Style Green Beans	\$10.55
We love meatballs! - Meatballs (beef, onion, garlic, chili powder, coconut sugar, brown mustard (vinegar, mustard seed, water, salt, spices, turmeric), celery salt, salt, pepper), BBQ Sauce (tomato paste, vinegar, coconut sugar, onion powder, salt, pepper), Green Beans, Bacon, Onion, Salt, Pepper - 510K 33F 13C 3DF 39 - - Reheating Instruction: Reheat until warm.	
Spicy Italian Sausage and Pepper Pasta (Spaghetti Squash)	\$10.50
Mangia! - Italian Sausage (pork, vinegar, Italian seasoning, fennel, parsley, salt, pepper, crushed red pepper), Peppers, Onion, Spaghetti Squash, Parsley, Olive Oil, Diablo Sauce (tomato, red bell pepper, onion, red wine, balsamic vinegar, olive oil, coconut sugar, crushed red pepper, garlic, salt, pepper) - 430K 27F 26C 5DF 21P - *Whole 30, 21 Day Sugar, Ketosis mod: no sauce - Reheating Instruction: Reheat until warm.	
Roasted Garlic Chicken	\$10.50
This one's a classic. - Chicken (chicken breast, garlic, olive oil, salt, pepper), Mashed Sweet Potato (sweet potato, jalapeno, olive oil, salt, pepper), Roasted Garlic Ghee (ghee, garlic, salt, pepper) - 740K 45F 46C 7DF 37P - Whole 30 *21DS and K: sub broccoli for sweet potato* - Reheating Instruction: Reheat until warm.	
Smoked Salmon Hash	\$10.99
House smoked salmon with sweet potato hash and a tangy lemon dill vinaigrette. - Salmon, Sweet Potato, Kale, Onion, Lemon Juice, Salt, Pepper, Dill, Capers. Dill Vinaigrette (olive oil, red wine vinegar, lemon juice, honey, dill, garlic, salt, pepper) - 340K 10F 31C 5DF 31P Dressing: 270K 28F 4C 0DF 0P - P W30 mod: SF vin - Reheating Instruction: Reheat until warm.	
New York Strip with Loaded Cauli Mash	\$15.99
Paleo Steakhouse special. - New York Strip, Salt, Pepper, Cauli Mash (cauliflower, bacon fat, garlic, nutritional yeast, salt, pepper, green onion), Herb Butter (ghee, parsley, oregano, lemon juice, salt, pepper), Green onion, Bacon - 610K 45F 8C 3DF 41P - W30, 21D, K - Reheating Instruction: Reheat until warm.	
Maple Mustard Braised Beef Burger with Z	\$11.99
Long name, serious flavor. - Burger (pot roast (chuck roast, carrot, celery, onion, garlic, thyme, beef stock, red wine, olive oil, salt, pepper), ground beef, onion, mustard, maple syrup, garlic, salt, pepper), Zucchini, Olive Oil, Salt, Pepper, Paprika, Garlic. Tomato Relish (tomato, onion, red wine vinegar, garlic, olive oil, salt, pepper, thyme, parsley) - 520K 34F 14C 2DF 37P Relish: 15K 1F 2C 1DF 0P - P	
Kung Pao Pork	\$10.65
Spicy! - Pork, Coconut Aminos, Sesame Oil, Rice Wine Vinegar, Onion, Olive Oil, Sambal (chilis, vinegar, salt), Garlic, Ginger, Salt, Pepper. Stir Fry (carrots, red pepper, snow peas, celery, sesame oil, olive oil). Sauce (rice wine vinegar, coconut aminos, sambal, onion). Almonds - 530K 32F 15C 5DF 43P Sauce: 25K 0F 6C 0DF 0P - W30, 21DS, K mods* No sauce/marinade on pork	
Pineapple Adobo Chicken Tacos	\$10.99

Smoky + sweet = party in your mouth. - Chicken (chipotle, olive oil, salt, chili powder, cumin, garlic powder, onion powder). Slaw (cabbage, onion, cilantro, cilantro lime vinaigrette (red wine vinegar, olive oil, lime juice, coconut aminos, honey, mustard, sambal (chilis, vinegar, salt), cilantro, garlic, salt). Tortillas (eggs, coconut milk, tapioca flour, coconut flour, olive oil, salt). Pineapple Salsa (pineapple, red bell pepper, onion, chipotle peppers, lime juice, cilantro, salt). - Chicken: 190K 6F 1C 0DF 30P, Tortillas: 90K 3F 13C 1DF 2P Slaw: 150K 13F 8C 2DF 1P Salsa: 50K 2F 8C 2DF 0P - P

Questions? Give us a call at 913 747-5559 or Chat with us online www.evolvepaleochef.com