

Ready for Pick Up or Delivery 8.12.18

Breakfast

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| Sausage, Sweet Potato and Apple Hash | \$5.75 |
| Hash it out. - Sausage (pork, sage, parsley, crushed red pepper, maple, salt), Sweet Potato, Apple, Pecan, Maple Syrup, Olive Oil, Cinnamon, Nutmeg, Salt, Pepper - 450K 32F 28C 6DF 15P - P | |
| Ham and Egg Scramble | \$5.50 |
| This is your brain on ham. - Ham, Egg, Olive Oil, Salt, Pepper. Franks Hot Sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder) - 310K 17F 2C 0DF 34P Sauce: 5K 0F 1C 0DF 0P - W30, 21D, K, P | |
| Chipotle Pork Benny | \$6.95 |
| Holler for hollandaise! - Pork, Chipotle, Egg, Brussels Sprouts, Olive Oil, Salt, Pepper, Adobo Hollandaise (ghee, egg yolk, lemon juice, cayenne pepper, chipotle puree, salt) - 570K 37F 8C 3DF 48P Hollandaise: 280K 30F 0C 0DF 1P - W30, 21DS, K, P | |

Salads

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| Chef Salad with Ranch Dressing | \$7.25 |
| The salad version of a potluck. - Mixed Greens, Carrot, Tomato, Broccoli, Ham, Hardboiled Egg, Bacon. Ranch Dressing (mayo (grapeseed oil, egg yolk, vinegar, lemon juice, mustard, salt), water, dill, onion powder, chives, parsley, black pepper, salt, lactic acid) - 300K 15F 9C 3DF 31P Ranch: 140K 14F 2C 1DF 1P - W30, 21D, K, P | |
| BLT Egg Salad | \$6.90 |
| Not like the school cafeteria does it, unless you live in Baconnecticut. - Eggs, Celery, Onion, Mustard, Mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), Salt, Pepper, Lettuce, Tomato, Bacon - 390K 29F 5C 1DF 25P - W30, 21D, K, P | |

Soups

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| Texas Chili | \$5.95 |
| It's bigger. - Beef, Onion, Poblano, Tomato, Tomato Paste, Garlic, Chili Powder, Cumin, Onion Powder, Garlic Powder, Crushed Red Pepper, Salt, Pepper - 350K 18F 16C 4DF 33P - W30, 21DS, K, P | |
| Carrot Coconut Bisque | \$5.25 |
| Bisque, please. - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Carrots, White Onion, Garlic, Thyme, Coconut Milk, Ginger, Olive Oil, Salt, Pepper - 400K 27F 33C 6DF 10P - W30, 21D, P | |

Dessert

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| Double Chocolate Mousse Cake | \$6.99 |
| Double > Single - Coconut Milk, Egg, Vanilla, Coconut Sugar, Honey, Chocolate (cacao bean, evaporated cane sugar, cocoa butter, sunflower lecithin), Almond Flour, Coconut Flour, Baking Powder, Cashew, Lemon Juice, Maple, Cider Vinegar, Almond Milk, Strawberries, Coconut Oil, Salt - 690K 52F 53C 6DF 12P - P | |
| Pineapple Cherry Cake | \$5.99 |
| Sweet pineapple cake, tangy cherry frosting. - Cake (pineapple, egg, almond flour, coconut milk, coconut oil, coconut flour, ghee, coconut sugar, maple syrup, vanilla extract, baking soda, baking powder, salt), Frosting (cherries, cashews, lemon juice, honey, maple syrup, coconut milk, vinegar, coconut oil, vanilla extract, beet extract, salt) - 860K 76F 37C 5DF 16P - P | |
| Maple Bacon Cookie | \$4.65 |
| Bacon in a cookie? I'll take them all. - Almond Flour, Bacon, Maple Syrup, Tapioca Flour, Coconut Sugar, Coconut Oil, Vanilla Extract, Baking Soda, Salt. Icing (coconut oil, tapioca flour, maple syrup, vanilla extract) - 410K 31F 25C 5DF 12P - P | |

Entrees

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| Bacon Cheeseburger Meatloaf with Green Beans | \$10.99 |
| A true beefcake. - Meatloaf (beef, Worcestershire (olive oil, onion, jalapeno, ginger, garlic, tomato paste, white vinegar, balsamic vinegar, raisins, fish sauce, salt, pepper), bacon, ketchup (tomato paste, vinegar, coconut sugar, salt, onion powder), egg, onion, garlic, salt, pepper), Side Veg (carrot, green bean, onion, olive oil, salt, pepper). Cheese Sauce (cashew butter, water, tahini paste, olive oil, nutritional yeast, lemon juice, salt, xanthan gum, garlic powder, black pepper, onion powder, basil, oregano, parsley) - 570K 35F 26C 5DF 40P Sauce: 45K 3.5F 3C 1DF 2P - P | |
| Smoked Mustard BBQ Chicken with German Potato Salad | \$10.45 |
| Served with Sweet Potato Salad. Smoke em if you got em. - Chicken (chicken thigh, olive oil, salt, pepper). 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)). Pickles (cucumber, vinegar, salt, pickling spice, dill, garlic), Potato Salad (sweet potatoes, grain mustard, olive oil, green onion, bacon, parsley, red onion, cider vinegar) - 470K 21F 25C 3DF 47P Sauce: 35K .5F 8C 0DF 0P - P, W30*, K* Sub Broccoli for Sweet Potato | |
| Chorizo Tacos | \$11.25 |
| Taco dirty to me. - Pork, Sweet Potato, Vinegar, Chipotle Powder, Chili Powder, Cumin, Oregano, Onion, Paprika, Garlic, Cinnamon, Cloves, Salt, Pepper. Avocado Lime Sauce (avocados, lime juice, green onion, garlic, cilantro, olive oil, salt, jalapenos). Tortillas (eggs, coconut milk, olive oil, tapioca flour, coconut flour, salt), Cabbage Slaw (cilantro, cabbage, onion, radish). Pico (jalapenos, tomato, onion, cilantro, lime juice, salt, pepper) - Chorizo: 380K 25F 16C 3DF 21P Slaw/Tortillas: 130K 3.5F 22C 4DF 4P Avo Lime: 80K 8F 3C 1DF 0P Pico: 10K 0F 2C 1DF 0P - P *W30, K: no tortillas* | |
| Chipotle Chicken Breast Loaded Sweet Potato | \$10.50 |
| A hot chick and a sweet potato walk into a bar... - Chicken Breast, Kale, Poblano Peppers, Chipotle Peppers, Garlic, Pepitas, Sweet Potato, Vinaigrette (lemon juice, mustard, honey, chipotle, garlic, red wine vinegar, olive oil, salt, pepper) - 500K 21F 42C 8DF 36P Vin: 240K 25F 5C 0DF 0P - P, W30, *21D, K - sub broccoli for sweet potato, no vinaigrette* | |
| Beef Stroganoff on Spaghetti Squash | \$10.99 |
| What rhymes with stroganoff? Nothing. - Beef, Onion, Mushroom, Red Wine, Mustard, Beef Stock (water, beef bones, onions, celery, carrots, thyme, tomato paste, black peppercorn, bay leaf, salt), Sour Cream (cashews, cider vinegar, lemon juice, salt), Parsley, Arrowroot, Spaghetti Squash (spaghetti squash, olive oil, salt, pepper) - 310K 12F 15C 3DF 38P - P, W30, 21D, K - A small amount of red wine is used that can not be omitted | |
| Lemon Artichoke Chicken with Broccoli | \$11.25 |
| All kinds of tangy in all the right places. - Chicken, Artichoke, Tomatoes, Dijon, Olive Oil, Lemon, Capers, Garlic, Oregano, Salt, Pepper). Side Veg (tomatoes, broccoli, olive oil, garlic, salt, pepper). - 410K 21F 16C 5DF 41P - P, W30, 21D, K | |
| Chimichurri Shrimp Salad | \$10.99 |
| Chimi some shrimp for this delicious summer salad! - Chimichurri Shrimp (olive oil, vinegar, lime juice, cilantro, parsley, onions, garlic, cumin, oregano, salt, pepper), Mixed Greens, Arugula, Tomato, Jicama, Peppers. Cilantro Lime Vinaigrette (olive oil, red wine vinegar, lime juice, coconut aminos, brown mustard, sambal, salt, garlic, cilantro) - 130K 3.5F 9C 3DF 15P Dressing: 250K 27F 1C 0DF 0P - P, W30, K, 21DS | |
| Beef Bourguignon | \$10.99 |
| Red wine braised beef stew. S'il vous plaît. - Beef, Onion, Carrot, Mushroom, Veal Stock (water, beef bones, onions, celery, carrots, thyme, parsley, tomato paste, black peppercorn, bay leaf, salt), Red Wine, Green Beans, Parsnips, Tomato Paste, Olive Oil, Thyme Leaves, Salt, Pepper, Parsley - 430K 24F 19C 4DF 25P - P, K **W30, 21DS - a small amount of red wine is used that cannot be omitted** | |
| Gyro Burger with Cucumber Tomato Salad | \$10.80 |
| Did you ever know that you're my gyro? - Burger (beef, onion, egg, garlic, lemon juice, salt, pepper, parsley, lemon, oregano, cumin, nutmeg). Cucumber Tomato Salad (cucumbers, tomatoes, kalmata olives, red onion, vinegar, olive oil, oregano, parsley, salt, pepper). Tzatziki Sauce (mayo (olive oil, vinegar, lemon juice, egg yolk, mustard, salt), cucumbers, lemon juice, oregano, dill, garlic, salt, pepper) - 420K 29F 4C 1DF 36P Salad: 70K 4.5F 6C 2DF 2P Tzatziki: 190K 20F 1C 0DF 1P - P, W30, K, 21DS | |
| Cajun Pork Chop, Rice and Greens | \$10.65 |
| We're busting out the grill! Blackened chops with dirty rice and braised collard greens. - Pork Chop (pork chop, blackened seasoning, salt, pepper, olive oil), Dirty Rice (rice, chicken stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), onion, peppers, peppercorn, salt), Greens (collard greens, ham hock, onion, bacon fat, salt, pepper) - 530K 17F 42C 4DF 51P - primal | |

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