

Ready for Pick Up or Delivery 9.16.18

Breakfast

Turkey Sausage Links and Scrambled Eggs	\$6.50
Sausage and eggs. Classic. - Turkey Sausage (turkey, chicken, sage, maple, ginger, garlic, pepper, salt), Eggs, Franks Hot Sauce (aged cayenne red peppers, distilled vinegar, salt, garlic powder) - 400K 22F 11C 1DF 38P	
Pork Carnitas Hash and Poached Eggs with Salsa Verde	\$6.75
It's kind of like tacos. In a bowl. For breakfast. - Pork (pork, onion, garlic, salt, pepper, cumin, olive oil, water), Eggs, Sweet Potatoes, Peppers, Onions, Salsa Verde (tomatillos, jalapeno, cilantro, lime juice, onion, cumin, garlic, salt, olive oil) - 390K 19F 29C 5DF 25P Salsa: 20K 1F 3C 1DF 0P - P, W30, 21DS	
Italian Egg Bake with Marinara	\$5.99
We love portable breakfast and these little egg cups are just that. - Egg, Ham, Pepperoni, Peppers, Spinach, Scallions, Tomatoes, Olives, Basil, Marinara (tomatoes, onion, garlic, italian spices, salt, pepper) - 330K 24F 5C 1DF 24P Sauce: 20K 0F 4C 1DF 1P - P, W30, K, 21DS	

Salads

Honey BBQ Smoked Chicken Salad	\$6.99
If bbq is feeling a little heavy, try the salad version. - Chicken, Mixed Greens, Tomatoes, Celery, Onion, Bacon, Honey BBQ Dressing (olive oil, vinegar, honey, mustard, garlic powder, garlic, mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), honey, tomato paste, vinegar, coconut sugar, salt, onion powder) - 310K 16F 9C 4DF 31P Dressing: 190K 15F 12C 0DF 1P - P *W30 21DS K mods: sub SF Italian Vinaigrette*	
Pesto Chicken Salad	\$7.25
Like our old fashioned version, add pesto. - Chicken, Celery, Onion, Peppers, Basil Pesto (arugula, basil, garlic, walnuts, olive oil, lemon juice, salt, pepper), Mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), Mixed Greens, Carrot, Cabbage - 240K 17F 5C 1DF 16P - P, W30, 21DS, K	

Soup

Rojo Smoked Chicken Chili	\$5.85
Just like our verde chicken chili but rojo (red)! - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Chicken, Peppers, Onion, Garlic, Tomato, Chili Powder, Olive Oil, Cumin, Salt - 220K 6F 19C 2DF 22P - P, W30, 21DS, K	
Minestrone	\$5.85
Light and fresh, this soup is delicious year-round. - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Zucchini, Squash, Ham, Pepperoni, Onion, Peppers, Carrots, Spinach, Celery, Tomatoes, Basil, Garlic, Oregano, Basil, Salt, Pepper - 210K 10F 16C 2DF 13P - P, W30, 21DS, K	

Dessert

Maple Pecan Brownie	\$6.99
Brownie. Maple schmear. Pecans. Heaven. - Pecan, Chocolate (cacao beans, evaporated cane sugar, cocoa butter, sunflower lecithin), Egg, Coconut Sugar, Maple Syrup, Salt, Vanilla, Ghee, Honey, Dates, Coconut Oil, Coconut Flour, Baking Powder, Coconut Milk - 740K 50F 79C 9DF 8P	
Carrot Cake with Paleo Cream Cheese Icing	\$5.99
All I can say is this is soooooo good. - 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	
Snickerdoodle	\$4.65
These will snicker your doodles. - Almond Flour, Ghee, Almonds, Coconut Flakes, Molasses, Eggs, Honey, Salt, Baking Soda, Cinnamon Cream of Tartar, Coconut Sugar - 460K 35F 32C 6DF 11P	

Entrees

Sambal Braised Pork with Sautéed Cabbage	\$10.55
I see your pork and braise you some cabbage. - Pork Butt, Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Sambal, Garlic, Salt, Pepper, Cabbage, Onions, Bacon, Ghee, Salt, Pepper - 560K 37F 14C 3DF 39P Sauce: 20K 0F 4C 0DF 1P - P, W30, 21DS, K	
Teriyaki Shrimp Stirfry	\$13.99
Save the trip to your fave hibachi place, we've got this. - Shrimp, Carrots, Peppers, Peas, Onion, Olive Oil, Sesame Oil, Garlic, Ginger, Salt, Pepper, Teriyaki (coconut sugar, honey, lemon juice, vinegar, ginger, crushed red pepper, garlic, fish sauce, salt), Sesame Seeds - 240K 13F 11C 3DF 21P Sauce: 50K 1.5F 7C 0DF 0P - P W30, 21DS, K mods: no sauce	
Italian Braised Beef with Greens and Blistered Tomatoes	\$12.99
Giardiniera is a mix of pickled veggies that really sets this dish off. - Braised Beef (beef, onion, celery, carrot, vinegar, garlic, basil, oregano, olive oil), Greens (spinach, kale, olive oil, garlic, salt, pepper), Giardiniera (cauliflower, carrot, onion, vinegar, peppers, herbs, olive oil, salt), Tomatoes - 550K 32F 19C 6DF 47P Giardiniera: 40K 3F 2C 1DF 0P - P, K, W30, 21DS	
Rosemary Lemon Chicken	\$10.99
Complete with creamed spinach and marinated tomatoes and artichokes. - Chicken, Olive Oil, Lemon, Rosemary, Parsley, Salt, Pepper, Spinach, Coconut Milk, Garlic, Kale, Artichoke, Tomato, Olive Oil, Salt, Pepper, Onion, Basil - 400K 21F 18C 5DF 37P - P, W30, 21DS, K	
Sesame Ginger Meatballs	\$10.85
It's like a potsticker and an egg roll living in a nudist colony. - Meatballs (pork, egg, carrots, mushrooms, onion, sesame oil, garlic, ginger, sambal (chili's, salt, vinegar), salt, pepper, vinegar), Cabbage, Carrot, Snow Peas, Pepper, Onion, Garlic, Ginger, Fish Sauce, Olive Oil, Sesame Oil, Salt, Pepper, Sesame Seeds, Sauce (sambal (chilis, vinegar, salt), coconut amino, green onion) - 620K 44F 20C 6DF 34P Sauce: 25K 0F 6C 0DF 0P - P, W30, 21DS, K	
Hot Honey Chicken with Mashed Sweet Potatoes	\$10.25
Hot chicken to make you sweat, sweet potatoes and cornbread to round it out. - Chicken Breast, Honey, Sambal (chilis, vinegar, salt), Salt, Olive Oil, Sweet Potatoes, Ghee, Garlic, Salt, Pepper, Cornbread (Eggs, Almond Flour, Coconut Flour, Coconut Oil, Almond Milk, Honey, Baking Soda, Ghee, Salt) - 470K 11F 50C 5DF 41P Cornbread: 150K 12F 8C 2DF 4P	
Pork Picatta with Green Beans	\$10.55
Picatta basically means lemon and capers. AKA deliciousness. - Pork Loin, Green Beans, Lemon, Garlic, White Wine, Capers, Parsley, Oregano, Ghee, Olive Oil, Salt, Pepper. - 410K 24F 10C 4DF 38P - P, W30, 21DS, K	
Blackened Chicken Alfredo	\$10.55
Served over broccoli. Yum. - Chicken Breast, Cheddar Sauce (cashew butter, water, tahini paste, olive oil, nutritional yeast, lemon juice, salt, xanthan gum, garlic powder, black pepper, onion powder, basil, oregano, parsley), Broccoli, Onion, Pepper, Garlic, Cajun Seasoning, Olive Oil, Salt, Pepper - 280K 13F 15C 6DF 27P - P, W30, K, 21DS	
Roast Beef with Horsey Mustard and Roasted Carrots	\$11.99
Tender, sliced roast beef with a zesty horsey sauce. - Beef, Carrot, Parsley, Salt, Pepper, Olive Oil, Sauce (mayo (olive oil, egg yolk, vinegar, lemon juice, mustard), salt, mustard, horseradish) - 440K 20F 16C 5DF 48P Sauce: 180K 18F 2C 1DF 2P - P, W30, 21DS, K	
Burrito Bowl	\$10.55
Chipotle, who? - Beef, Onion, Peppers, Tomato, Garlic, Cumin, Chili Powder, Salt, Pepper, Cilantro Lime Rice (rice, water, cilantro, olive oil, lime juice, salt, pepper), Avocado Lime (olive oil, lime juice, water, avocado, green onion, jalapeno, cilantro, garlic) - 790K 23F 115C 3DF 27P Sauce: 90K 10F 3C 1DF 1P - PRIMAL P, W30, K, 21DS mods: sub cauli rice	

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