

Ready for Pick Up or Delivery 10.14.18

Breakfast

Benny Hash	\$6.99
Eggs benedict + sweet potato, ham and kale hash. Also, a good stage name. - Sweet Potato, Eggs, Ham, Kale, Tomato, Olive Oil, Salt, Pepper. Hollandaise (ghee, egg yolk, lemon juice, cayenne pepper, salt) - 380K 18F 23C 4DF 30P Hollandaise: 180K 20F 0C 0DF 1P - P, W30, *K, 21DS mod: sub extra kale for sweet potatoes*	
Machaca & Eggs	\$7.45
Machaca = spicy shredded beef. Machaca + eggs = delish. - Scrambled Eggs (egg, salt, pepper), Machaca Beef (beef, poblano, onion, garlic, cumin, chili powder, salt, pepper, olive oil, oregano), Pico (tomato, jalapeno, onion, cilantro, lime, salt, pepper) - 410K 28F 2C 0DF 33P Pico: 10K 0F 2C 1DF 0P - P, W30, 21D, K	
Spicy Sausage and Scrambled Eggs	\$5.99
Protein squared. - Sausage (pork, maple syrup, sage, parsley, salt, pepper, crushed red pepper), Scrambled Eggs (eggs, salt, pepper). Franks Hot Sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder) - 500K 37F 5C 1DF 36P - P	

Salads

Curried Chicken Salad	\$5.50
Curry in a hurry. - Chicken, Mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), Celery, Almonds, Onion, Parsley, Mustard, Curry, Sambal (chilis, vinegar, salt), Salt, Pepper, Cumin, Slaw (red cabbage, red onion, zucchini, cilantro), Paprika - 290K 20F 7C 3DF 21P - P, W30, 21D, K	
Garden Salad & Zesty Creamy Italian	\$5.99
Mr. McGregor style. - Mixed Greens, Broccoli, Tomatoes, Cucumber, Carrot, Red Onion. Creamy Italian (olive oil, vinegar, lemon juice, garlic, mustard, parsley, basil, oregano, peppers, salt, pepper), mayo (olive oil, egg yolks, vinegar, lemon juice, mustard, salt) - 60K .5F 13C 4DF 3P Dressing: 290K 31F 1C 0DF 1P - P, K, W30, 21DS	

Soup

KC Steak Soup	\$5.75
Mmmm, steak. - Beef Stock (water, beef bones, tomato paste, carrots, onions, celery, garlic, parsley, thyme, bay leaves, black peppercorn, salt), Beef, Carrot, Sweet Potato, Onion, Green Pea, Celery, Red Wine, Garlic, Olive Oil, Salt, Pepper, Arrowroot, Parsley, Thyme - 190K 6F 14C 3DF 18P - P, K	
Italian Sausage and Tomato Soup	\$5.50
Liquid love. - Tomato, Italian Sausage (pork, red wine vinegar, Italian seasoning, fennel, parsley, crushed red pepper), Chicken Stock (water, chicken, celery, onion, carrot, parsley, thyme, bay leaves, black peppercorn, salt), Onion, Tomato, Celery, Spinach, Kale, Garlic, Parsley, Salt, Pepper, Oregano, Basil, Crushed Red Pepper, Thyme - 250K 13F 18C 4DF 15P - P, W30, 21D, K	

Dessert

Blueberry Pound Cake with Lemon Frosting	\$5.95
You'll want to pound this one down. - Pound Cake (egg, blueberries, almond flour, honey, coconut flour, vanilla, arrowroot, baking powder), Frosting (cashews, lemon juice, honey, maple syrup, coconut milk, apple cider vinegar, almond milk, coconut oil, lemon extract, salt, lemon zest) - 490K 25F 57C 8DF 14P - P	
Marble Fudge Bars	\$5.75
Chocolate? Vanilla? Both. - Brownie (chocolate (cacao bean, cane sugar, cocoa butter, sunflower lecithin), dates, egg, coconut flour, coconut oil, honey, ghee, cocoa powder, vanilla extract, baking powder, salt), Vanilla Cake Filling (cashews, coconut oil, honey, orange juice, lime juice, vanilla extract) - 910K 67F 78C 6DF 13P - P	
Chocolate Chip Pecan	\$4.65
You'd be NUTS to miss out on these. - Almond Flour, Eggs, Almond Butter, Honey, Ghee, Chocolate Chips (cacao bean, evaporated cane sugar, cocoa butter, sunflower lecithin), Pecans, Coconut Flakes, Baking Soda, Salt, Vanilla Extract - 420K 31F 29C 5DF 10P - P	

Entrees

Chicken and Mushroom Alfredo with Rice Pasta	\$11.85
Mac attack! - Chicken, Rice Noodle, 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), Mushrooms, Olive Oil, Garlic, Parsley, Salt, Pepper - 570K 26F 51C 4DF 37P - Primal	
Cilantro Lime Chicken Burger	\$10.50
Zesty little bird burger. - Burger (chicken, egg, onion, lime, cilantro, garlic, chipotle, coconut flour, salt, paprika, cumin, onion powder), Pico de Gallo (tomato, jalapeno, onion, lime juice, cilantro, salt, pepper), Greens (kale, spinach, garlic, olive oil, salt, pepper). Avocado Lime Sauce (avocado, lime juice, olive oil, water, jalapenos, green onion, cilantro, garlic, salt) - 350K 18F 12C 5DF 36P Avo Lime: 90K 10F 3C 1DF 1P - P, W30, 21D, K	
Bacon & Spinach Meatloaf	\$10.99
How could we make meatloaf taste better? Put bacon in it! - Meatloaf (pork, bacon, eggs, spinach, celery, mustard, Worcestershire (jalapeno, ginger, garlic, onion, tomato paste, white vinegar, balsamic, raisin, fish sauce), parsley, garlic, salt, pepper), Sweet Potato Mash (sweet potato, ghee, almond milk, olive oil, salt, pepper), Jalapeno Ketchup (tomato paste, water, vinegar, coconut sugar, salt, onion powder, jalapeno), Parsley - 840K 55F 50C 7DF 34P - P	
Cajun Fried Pork Chop with Country Style Gre	\$10.50
Golden brown in all the right places. - Pork, Almond Flour, Cajun Seasoning, Paprika, Garlic Powder, Onion Powder, Salt, Pepper. Green Beans (green beans, onion, olive oil, salt, pepper) - 510K 34F 14C 6DF 40P - P, 21DS, W30, K	
Smoked Meat Plate	\$10.99
All you need is love... or smoked meat. Pulled Pork, Brisket and Hot Link. - Brisket, Pulled Pork, Hot Link (pork, mustard, garlic powder, onion powder, paprika, cayenne pepper, salt), Salt, Pepper, BBQ Sauce (tomato paste, white vinegar, coconut sugar, onion, salt). Pickles (cucumbers, vinegar, pickling spice (bay, peppercorn, garlic), salt, pepper) Potato Salad (sweet potatoes, green onion, red onion, dill, mayo (grapeseed oil, egg yolk, red wine vinegar, lemon juice, mustard, salt), garlic powder, olive oil, salt, pepper) - 410K 26F 3C 1DF 40P Sauce: 50K 0F 14C 1DF 1P Salad: 230K 8F 36C 6DF 3P - P, *W30, 21DS, K subs: no sauce, sub broccoli for potato salad	
Meatlovers Pizza	\$10.50
Meats on meats on meats - Pizza Crust (almond flour, coconut flour, arrowroot, yeast, salt, olive oil, Italian seasoning), Marinara (tomato, chicken stock (chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), basil, oregano, salt, pepper, onion, garlic, red wine), Italian Sausage, Pepperoni, Ham, Bacon, Basil Oil (basil, olive oil) - 870K 67F 37C 5DF 30P - P, 21DS	
Balsamic Braised Beef with Mushroom and Zucchini Saute	\$11.25
Super savory with a hint of sweetness. - Beef Tips (sirloin, onion, carrots, celery, garlic, balsamic vinegar, tomato paste, olive oil, salt, pepper, thyme), Balsamic Vinegar, Mushroom Saute (zucchini, crimini mushroom, tomatoes, portobello mushroom, fennel, onion, garlic, olive oil, salt, pepper, parsley) - 480K 22F 23C 4DF 49P	
Orange Teriyaki Chicken Bowl	\$10.90
Panda who? - Chicken (chicken breast, orange juice, coconut amino, honey, sesame oil, rice wine vinegar, sambal (chilis, salt, vinegar), garlic, ginger, arrowroot, salt), Broccoli, Red Bell Pepper, Snow Peas, Olive Oil, Sesame Seeds, Salt, Pepper, Sesame Seeds - 370K 17F 27C 6DF 29P Sauce: 70K 3.5F 10C 0DF 0P - P, 21DS W30 K mods: no sauce	
Crab Cakes with Celeriac	\$11.99
Celeriac tastes like if celery, parsnips and potatoes had a baby together. - Crab Cakes (cod, crab, mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), eggs, peppers, onion, celery, coconut flour, mustard, salt, pepper, lemon juice, old bay, cayenne), Side Veg (parsnips, celery root, ghee, salt, peppe), Cajun Remoulade (mayo, capers, lemon juice, celery, brown mustard, worcestershire (tomato paste, balsamic vinegar, distilled vinegar, coconut sugar, garlic, salt, pepper), hot sauce, parsley, garlic, cajun seasoning, salt, pepper) - 370K 16F 31C 5DF 25P Sauce: 180K 19F 2C 0DF 1P - P, Modifications: WH30, 21 DS, K: sub broccoli for puree	
Taco Stuffed Peppers with Spanish Cauliflower Rice	\$10.50
It's a cross between chile rellenos, taco bake and enchiladas, but three times as delicious. - Red Bell Pepper, Beef, Onion, Peppers, Tomatoes, Olive Oil, Cumin, Garlic, Chili Powder, Salt, Pepper. Spanish Cauliflower Rice (cauliflower, tomatoes, olive oil, peppers, onion, cilantro, paprika, chili powder, salt, pepper). Pico (tomatoes, onion, jalapeno, lime juice, cilantro, salt, pepper) - 490K 37F 22C 8DF 19P - P, W30, 21DS, K	

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