

Ready for Pick Up or Delivery 12.09.18

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) - 560K 38F 23C 4DF 31P - P, W30, *K, 21DS mod: sub extra kale for sweet potatoes*	
Machaca & Eggs	\$6.99
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) - 330K 23F 3C 1DF 27P - 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	
Cranberry Orange Chicken Salad	\$6.75
You'll fall in love with this one. - Orange Chicken (chicken breast, orange juice, olive oil, orange zest, oregano, salt, pepper), Mixed Greens, Almonds, Cranberries, Red Onion. Dijon Vinaigrette (olive oil, red wine vinegar, dijon mustard, lemon juice, parsley, garlic, parsley, salt, pepper) - 540K 42F 19C 4DF 23P - P, K, W30, 21DS	

Soup

KC Veggie Beef Soup	\$5.75
Ground beef and veggies make this a warm bowl of yum. - 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 - 290K 14F 16C 3DF 22P - 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, Oregano, Basil, Crushed Red Pepper, Thyme, Salt, Pepper - 250K 13F 18C 4DF 15P - P, W30, 21D, K	

Dessert

Frosted Pumpkin Cake	\$5.95
Fist pump(kin)! - Cake (almond flour, pumpkin puree, coconut oil, eggs, honey, maple syrup, pecans, coconut sugar, baking soda, baking powder, cinnamon, vanilla, ginger, nutmeg, salt), Icing (cashews, lemon juice, honey, maple, coconut milk, cider vinegar, almond milk, coconut oil, vanilla, salt) - 690K 51F 53C 6DF 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	
Mint Chocolate Chip Cookies	\$4.40
Tis the season. - Almond Flour, Chocolate Chips (cacao bean, evaporated cane sugar, cocoa butter, sunflower lecithin), Tapioca Flour, Coconut Sugar, Mint Extract, Baking Soda, Salt, Vanilla Caviar - 410K 30F 31C 5DF 9P - 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) - 430K 27F 16C 6DF 37P - P, W30, 21D, K	
Bacon & Spinach Meatloaf	\$11.25
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, Onions, Olive Oil, Salt, Pepper - 510K 34F 14C 6DF 40P - P, 21DS, W30, K	
Smoked Meat Plate	\$11.50
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) - 640K 35F 37C 5DF 42P - 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 (chuck, 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 - 480K 22F 40C 6DF 30P - P, 21DS W30 K mods: no sauce	
Crab Cakes with Caulifl	\$11.99
Celery 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) - 380K 28F 12C 4DF 22P - P, Modifications: WH30 - no sauce, 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. - 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	

Always find the lowest prices online! Questions? Give us a call at 913 747-5559 or Chat with us online www.evolvepaleochef.com