

# Ready for Pick Up or Delivery 01.13.19

## Breakfasts

<b>Cuban Benny</b>	<b>\$6.50</b>
Cuban Sandwich meets Eggs Benedict. A few long walks on the beach later, Cuban Benny is born. - Eggs, Pork Patty (pork, ham, red wine vinegar, parsley, salt, pepper, cumin, thyme, crushed red pepper), Spinach, Onion, Garlic. Hollandaise (ghee, egg yolks, whole grain mustard, water, lemon juice, salt, cayenne pepper) - 540K 43F 5C 1DF 29P - P, K, W30, 21DS	
<b>Smoked Pork and Sweet Potato Hash</b>	<b>\$5.50</b>
Little sweet, little spicy, little smokey and a LOT delicious. - Pork, Sweet Potato, Onion, Chipotle, Honey, Cilantro, Salt, Pepper. Salsa Verde (tomatillos, jalapeno, cilantro, lime juice, onion, cumin, garlic, salt, olive oil) - 320K 14F 28C 4DF 19P - P	
<b>Sausage Patties with Scrambled Eggs</b>	<b>\$5.99</b>
House made pork sausage patties with a little bit of spice and a lot of satisfaction. - Sausage (pork, maple syrup, sage, parsley, salt, pepper, crushed red pepper), Eggs, Salt, Pepper. Franks Hot Sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder) - 500K 37F 5C 0DF 36P - P **W30,21DS,K - Mod: sub cuban patties for sausage*	

## Salads

<b>Thai Chicken Salad</b>	<b>\$5.99</b>
Chicken on top of a cool, crunchy slaw with an insanely delicious Thai vinaigrette. - Chicken, Cabbage, Peppers, Cucumber, Bean Sprouts, Spinach, Onion, Carrot, Cilantro, Lime. Vinaigrette (olive oil, vinegar, coconut aminos, lime juice, honey, sesame oil, mustard, garlic, ginger, sambal (chilis, vinegar, salt), cilantro, salt) - 320K 20F 14C 3DF 22P - P **W30,21DS,K - Modification is SF Vinaigrette.	
<b>Old Fashioned Chicken Salad</b>	<b>\$5.50</b>
This classic salad has been on the menu so long, even the dinosaurs loved it. - Chicken Breast, Grapes, Celery, Onion, Mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), Brown Mustard, Cabbage, Mixed Greens, Salt, Pepper, Carrots - 340K 23F 9C 2DF 25P - P, W30	

## Soups

<b>Hot &amp; Sour Soup</b>	<b>\$6.35</b>
An awesome Paleo version of this take-out classic soup with rich pork, mild heat and a tangy finish. - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Pork, Onion, Garlic, Ginger, Water Chestnut, Cabbage, Crushed Red Pepper, Mushroom, Carrots, Rice Wine Vinegar, Coconut Amino, Sambal (chilis, vinegar, salt), Scallions, Salt, Pepper - 190K 3.5F 29C 2DF 10P - P, W30, 21DS	
<b>Chicken Noodle Soup</b>	<b>\$5.99</b>
Rice noodles make this a primal version of Grandma's favorite. - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Chicken, Carrot, Yellow Onion, Celery, Rice Pasta, Garlic, Olive Oil, Salt, Pepper, Thyme, Parsley - 270K 8F 25C 2DF 24P - Primal	

## Desserts

<b>German Chocolate Cake</b>	<b>\$5.99</b>
Chocolate cake with coconut frosting. Decadence in a little box. - Cake (coconut flour, chocolate (cacao beans, evaporated cane sugar, cocoa butter, sunflower lecithin), egg, dates, coconut oil, ghee, cocoa powder, honey, vanilla, baking powder, baking soda), Frosting (dates, coconut milk, vanilla, coconut, salt) - 550K 39F 47C 9DF 8P - P	
<b>Apple Cobbler</b>	<b>\$6.50</b>
This one never goes out of style. - Apples, Almond Flour, Tapioca Flour, Pecans, Almonds, Honey, Salt, Cinnamon, Coconut Sugar, Vanilla, Ghee, Nutmeg - 450K 23F 59C 8DF 6P - P	
<b>Snickerdoodle</b>	<b>\$4.65</b>
These will snicker your doodles with their sweet cinnamon goodness. - Almond Flour, Ghee, Almonds, Coconut Flakes, Molasses, Eggs, Honey, Salt, Baking Soda, Cinnamon Cream of Tartar, Coconut Sugar - 460K 35F 32C 6DF 11P - P	

## Entrees

<b>Taco Salad</b>	<b>\$10.50</b>
Ground beef, crunchy slaw, spicy jalapenos, salsa ranch. We're hitting all the stops on your taste buds with this one. - Beef, Peppers, Onions, Tomato, Garlic, Taco Seasoning (chili powder, garlic, onion, dried oregano, paprika, cumin). Cabbage, Romaine Lettuce, Pepper, Onion, Radish, Cilantro, Jalapenos. Salsa Ranch ((salsa (tomato, tomatillo, jalapeno, onion, lime juice, cilantro, cumin, salt, pepper), ranch (mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), water, dill, onion powder, chives, parsley, black pepper, salt, lactic acid)) - 400K 30F 15C 5DF 21P - P, W30, K, 21DS	
<b>Pineapple Adobo Pork Burger</b>	<b>\$10.65</b>
A rich and spicy pork burger with a sweet pineapple salsa on top. - Pork Burger (ground pork, pulled pork, white onion, brown mustard, honey, chipotle puree, salt, cumin, chili powder, pepper, garlic), Side Veg (zucchini, red peppers, olive oil, salt, pepper), Pineapple Salsa (pineapple, red onion, red bell pepper, jalapeno, cilantro, lime juice, salt), Cilantro - 580K 38F 24C 3DF 34P - P	
<b>BBQ Brisket Loaded Sweet Potato</b>	<b>\$11.50</b>
Making mouths water since 2014. - Beef, Sweet Potatoes (sweet potato, olive oil, salt, pepper), Jalapeno, BBQ Sauce (tomato paste, vinegar, coconut sugar, salt, onion). Spicy Sunflower Seeds (sunflower seeds, sunflower oil, chili powder, spices) - 530K 18F 47C 6DF 45P - P	
<b>Grilled Chicken Parmesan</b>	<b>\$10.74</b>
Grilled chicken breast with marinara and a side of garlicky greens. It's actually more like chicken parm's sophisticated older sister. - Chicken (chicken breast, olive oil, garlic, Italian seasoning, salt, pepper), Garlicky Greens (kale, spinach, olive oil, garlic, salt, pepper) Marinara (onion, garlic, red wine, tomato, chicken stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), basil, oregano, salt, pepper), Parsley - 440K 24F 14C 5DF 41P - P, K, W30, 21DS	
<b>Buffalo Chicken with Spaghetti Squash</b>	<b>\$10.65</b>
A lower calorie and hands-free way to get your next buffalo chicken fix. - Chicken Breast, Frank's Hot Sauce (cayenne, vinegar, salt, garlic powder), Buffalo Chicken Rub (onion powder, salt, black pepper, garlic powder, chili powder), Spaghetti Squash, Olive Oil, Salt, Pepper, Parsley, Ghee - 400K 23F 15C 4DF 31P - P, K, W30, 21DS	
<b>Beef Enchiladas with Cauliflower Cilantro Rice</b>	<b>\$10.50</b>
It IS possible to make fabulous enchiladas without tortillas or cheese. Taste the proof for yourself. - Beef, Olive Oil, Fajita Rub (cumin, chili powder, garlic, onion, salt, black pepper), Enchilada Sauce (ancho peppers, guajillo peppers, onion, garlic, chicken stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), tomato, cumin, chili powder, garlic), Cauli Rice (cauliflower, olive oil, cilantro, lime, salt, pepper), Jalapeno, Lime - 380K 25F 13C 5DF 27P - P, W30, K, 21DS	
<b>Mediterranean Chicken Pilaf</b>	<b>\$10.50</b>
Chicken with Mediterranean veggies over rice with a sundried tomato vinaigrette for some extra POW! - Chicken (chicken, olive oil, dijon mustard, garlic, thyme, salt, pepper, oregano), Rice, Relish (artichoke hearts, roma tomato, mushroom, olive oil, basil, garlic, salt, pepper, oregano), Sundried Tomato Vinaigrette (olive oil, lemon juice, red wine vinegar, sundried tomato, parsley, dijon mustard, garlic, salt, pepper, thyme) - 720K 39F 52C 3DF 39P - Primal	
<b>Lemon Salmon, Cabbage Hash</b>	<b>\$10.50</b>
Our cabbage hash is like eating a delilcously naked egg roll (minus the pork). - Salmon (salmon, olive oil, salt, pepper), Cabbage Hash (cabbage, snow peas, carrot, red bell pepper, red onion, green onion, olive oil, sesame oil, fish sauce, salt, pepper, garlic, ginger, sambal (chilis, vinegar, salt), sesame seeds), Roma Tomato, Lemon - 300K 17F 10C 3DF 25P - P, W30, K, 21DS	
<b>Grilled Coconut Curry Meatballs with Green Beans</b>	<b>\$10.25</b>
Mango makes these pork meatballs a little sweet and totally irresistible. Paired with a rich coconut curry sauce and green beans. - Meatballs (pork, scallions, coconut, mango, curry, coriander, fish sauce, ginger, salt, sambal (chilis, vinegar, salt)), Green Beans, Sauce (coconut milk, mango, sambal, salt), Sesame Seeds - 700K 53F 26C 6DF 34P - P, W30, K	
<b>Smoked Chicken Nachos</b>	<b>\$10.75</b>
(Did we just say nachos?) NACHOS! Smoked chicken in a jalapeno "cheese" sauce with chicharones (pork rinds) for dipping! This has been a favorite on our keto challenge, but we really wanted to share the love. - Chicken (chicken breast, chicken thigh, olive oil, salt, pepper), Chicharones, Jalapeno Cheddar Cheese Sauce (cashew butter, water, tahini paste, olive oil, nutritional yeast, lemon juice, salt, xanthan gum, garlic powder, jalapeno, black pepper, onion powder, basil, oregano, parsley), Pico De Gallo (tomato, red onion, jalapeno, lime juice, cilantro, salt, pepper), Fajita Veg (zucchini, onion, red bell pepper, poblano pepper, olive oil, salt, pepper) - 600K 32F 8C 3DF 69P - P, 30, K, 21	

Questions? Give us a call at 913 747-5559 or Chat with us online [www.evolvepaleochef.com](http://www.evolvepaleochef.com)