

Ready for Pick Up or Delivery 02.17.19

Breakfast

- Bacon and Egg Scramble** **\$5.50**
Scrambled Eggs with meat sprinkles. - Egg, Bacon, Olive Oil, Salt, Pepper, Franks Hot Sauce (aged cayenne, red peppers, distilled vinegar, water, salt, garlic powder) - 360K 25F 2C 0DF 28P - P, W30 21DS K
- Chicken and Pancakes** **\$6.99**
2 spicy strips + 2 pancake muffins = our awesome Paleo take on chicken and waffles. - Pancakes (eggs, water, almond flour, tapioca flour, coconut sugar, vanilla extract, baking soda, salt), Blackened Chicken (chicken, spices, (Cajun seasoning, chili powder, red chili flakes, thyme, oregano, paprika, salt, pepper), olive oil), Maple Syrup - 660K 37F 42C 6DF 45P - P
- Italian Sausage, Peppers and Eggs** **\$6.50**
Italian sausage for breakfast? That's amore! - Italian Sausage (pork, Italian seasoning, fennel, parsley, crushed red pepper, vinegar, salt, pepper), Peppers, Sweet Potato, Onion, Eggs - 420K 25F 22C 3DF 25P - P, W30 (21DS K: sub greens for sweet potatoes)

Salads

- Spinach Bacon Salad** **\$6.50**
Honey mustard is a loveable dressing, but have you even had it with bacon fat in it? Double delicious. - Spinach, Red Onion, Apples, Golden Raisins, Bacon, Spicy Sunflower Seeds. Dressing (bacon fat, shallots, honey, vinegar, brown mustard, olive oil, salt, pepper) - 520K 38F 42C 6DF 5P - P
- Blackened Chicken Salad** **\$5.99**
Cajun seasoning brings this bound chicken salad to a whole new level. - Chicken, Cajun Mayo (mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt, salt), cajun seasoning), Celery, Jicama, Red Bell Pepper, Red Onion, , Mixed Greens, Red Cabbage - 300K 20F 5C 1DF 25P - P, W30 21DS K

Soup

- Spicy Bacon Chowder** **\$5.70**
Chow down for what? Chowder. Chowder is what, the spicy chicken and bacon variety to be specific. - Coconut Milk, Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Sweet Potatoes, Onion, Bacon, Celery, Green Chiles, Garlic, Water, Arrowroot, Parsley, Thyme, Crushed Red Pepper, Salt, Pepper - 430K 37F 21C 3DF 9P - P, W30
- Verde Shredded Pork Chili** **\$5.70**
It's like carnitas soup! - Pork, Onion, Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Tomatillos, Peppers, Onion, Cilantro, Garlic, Olive Oil, Cumin, Oregano, Salt, Pepper - 420K, 24F, 19C, 4DF, 31P - P, W30 21DS K

Dessert

- Chocolate Espresso Brownies** **\$5.99**
Espresso means you can eat these for breakfast, right? - Brownie (chocolate (cacao bean, evaporated cane sugar, cocoa butter, sunflower lecithin), dates, egg, coconut oil, honey, coconut flour, ghee, cocoa powder, vanilla extract, baking powder, salt), Frosting (cashews, espresso powder, lemon, honey, maple, coconut milk, almond milk, vinegar, coconut oil, vanilla, salt) - 620K 41F 63C 6DF 10P - P
- Cherry Cobbler** **\$6.50**
Tart and sweet, this cherry cobbler is like a hug in a bowl. - Cherry Filling (cherries, honey, arrowroot, lemon juice, salt), Crust (almond flour, pecans, almonds, coconut sugar, ghee, tapioca flour, honey, vanilla, cinnamon, salt) - 540K 28F 74C 7DF 8P - P
- Creamsicle Cookies** **\$4.65**
Remember those delicious vanilla orange popsicles you had as a kid? Yeah, we made those into a cookie. You're welcome. - Cookie (almond flour, maple syrup, tapioca flour, coconut oil, vanilla extract, orange zest, orange extract, baking soda, salt), Icing (coconut oil, tapioca flour, honey, vanilla, orange extract) - 490K 32F 44C 6DF 11P - P

Entrees

- Lemon Garlic Chicken with Italian Veggies** **\$10.50**
Lemon... good. Garlic... good. Chicken... goooooood. - Chicken Breast, Olive Oil, Salt, Lemon Pepper, Garlic, Pepper, Side Veg (zucchini, artichoke, mushrooms, sundried tomato, olive oil, garlic, parsley, salt, pepper), Lemon - 310K 11F 11C 3DF 41P - P, W30 21DS K
- Chicken Fried Chicken with Cauli Mash and Gravy** **\$10.50**
Breaded chicken with mashed cauliflower and gravy. We like to trade inflammation for flavor. - Fried Chicken (chicken breast, almond flour, garlic powder, paprika, olive oil, salt, pepper), Cauli Mash (cauliflower, nutritional yeast, salt, pepper), Gravy (pot roast drippings, water, arrowroot, pepper, garlic, salt), Parsley - 490K 30F 18C 6DF 42P - P, 21DS, K
- Spaghetti Squash with Meat Sauce** **\$10.50**
Self explanatory. - Spaghetti Squash, Olive Oil, Parsley, Salt, Pepper, Meat Sauce (beef, tomatoes, tomato paste, onion, garlic, red wine, chicken stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), basil, oregano, salt pepper), Basil, Olive Oil - 270K 11F 26C 5DF 18P - P, K
- BBQ Braised Beef Burger** **\$10.50**
It's like a hamburger ate some burnt ends and you're on top of the food chain. - Burger (beef, brisket, onion, mustard, honey, salt, pepper, garlic). Jalapeno Ketchup (tomatoes, onion, vinegar, coconut sugar, jalapeno, salt, pepper). Root Veg Fries (carrot, sweet potato, parsnip, olive oil, salt, pepper). - 680K 33F 49C 6DF 44P - P
- Stuffed Philly Steak Fries** **\$10.60**
Delicious beef, peppers, onions and our paleo cheese sauce over sweet potatoes. Seriously. - Beef, Sweet Potatoes, Peppers, Onion, Olive Oil, Salt, Pepper, Cheddar Cheese Sauce (water, cashew butter, tahini paste, olive oil, nutritional yeast, lemon juice, salt, xanthan gum, garlic powder, black pepper, onion powder, basil, oregano, parsley) - 510K 24F 49C 10DF 29P - P
- Chili Lime Salmon with Garlicky Greens** **\$11.99**
It's zesty, it's spicy, what more could you ask for? - Salmon, Olive Oil, Salt, Pepper. Garlicky Greens (kale, spinach, olive oil, salt, pepper). Sambal Aioli (mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), sambal, lemon juice, garlic, salt). Lime - 550K 43F 10C 4DF 33P - P, W30 21DS K
- Smoked Turkey with Green Beans and BBQ Sauce** **\$10.50**
Cracker Barrel can't touch this. - Turkey Breast, Green Bean, Onion, Bacon, Olive Oil, Salt, Pepper, BBQ Sauce (tomato paste, vinegar, coconut sugar, onion powder, salt, pepper) - 270K 7F 17C 3DF 37P - P (W30 K 21DS mods: no sauce)
- Chicken Rockefeller with Broccoli** **\$11.99**
Chicken with broccoli and our "alfredo" sauce. Faaaancy. - Chicken Breast, Broccoli, Spinach, Bacon, Garlic, Olive Oil, Salt, Pepper, Cheese Sauce (water, cashew butter, tahini paste, olive oil, nutritional yeast, lemon juice, salt, xanthan gum, garlic powder, black pepper, onion powder, basil, oregano, parsley) - 390K 17F 14C 6DF 48P - P, W30, K
- Rosemary Citrus Pork with Wild Rice Pila** **\$10.50**
This tasty pilaf has wild rice, cranberries, shredded kale and walnuts. And of course, love. - Pork Loin, Mustard, Olive Oil, Garlic, Salt, Pepper, Rosemary, Parsley. Wild Rice Salad (rice, kale, walnuts, cranberries, olive oil, red wine vinegar, salt, pepper). Orange Vinaigrette (olive oil, vinegar, orange juice, mustard, orange zest, parsley, thyme, garlic, salt, pepper). - 960K 67F 43C 5DF 50P - Primal
- Red Chile Pork Steak with Peach Habanero Salsa** **\$10.50**
Spicy pork, sweet mash, bright salsa with a bit of heat. - Pork Butt, Olive Oil, Sambal, Coconut Aminos, Onion, Garlic, Cumin, Chili Powder, Salt, Pepper. Sweet Potatoes, Asparagus, Habanero Peach Salsa (peaches, bell pepper, onion, lime juice, habanero peppers, cilantro, salt) - 630K 34F 34C 6DF 46P - P, W30 (K, 21DS sub all asparagus for sweet potatoes and no salsa)

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