

Ready for Pick Up or Delivery 03.04.19

Breakfast

- Blueberry Pancakes, Maple Syrup** **\$6.95**
I don't know about you, but blueberry pancakes always make me feel like a kid again. Reminisce with us! - Almond Flour, Eggs, Water, Blueberries, Coconut Sugar, Tapioca Flour, Arrowroot, Baking Soda, Salt, Vanilla Extract, Maple Syrup - 540K 33F 55C 7DF 17P - P
- Bacon and Spinach Scramble** **\$5.75**
Simple. Delicious. - Egg, Bacon, Spinach, Olive Oil, Salt, Pepper. Franks Hot Sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder) - 480K 36F 4C 1DF 33P - W30, 21D, K, P
- Chipotle Pork Benny** **\$6.75**
Holler for hollandaise! Spicy pork, crunchy brussels sprouts and the mother of all sauces. - Pork, Chipotle, Egg, Brussels Sprouts, Olive Oil, Salt, Pepper, Adobo Hollandaise (ghee, egg yolk, lemon juice, cayenne pepper, chipotle puree, salt) - 510K 40F 9C 3DF 28P - W30, 21DS, K, P

Salads

- Chopped Kale Salad** **\$6.24**
This hearty salad will be packed with dried fruit, toasted nuts and topped with a tangy lemon vinaigrette. - Kale, Cranberries, Almonds, Red Onion, Lemon Vinaigrette (olive oil, lemon juice, red wine vinegar, honey, parsley, dijon mustard, garlic, salt, pepper, thyme) - 540K 40F 42C 8DF 9P - P
- Classic Egg Salad** **\$6.50**
Good 'ol egg salad, just like Grandma used to make. - Eggs, Celery, Onion, Mustard, Mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), Salt, Pepper, Lettuce - 270K 21F 5C 1DF 16P - W30, 21D, K, P

Soups

- Texas Chili** **\$6.20**
Like regular chili, but bigger. - Beef, Onion, Poblano, Tomato, Tomato Paste, Garlic, Chili Powder, Cumin, Onion Powder, Garlic Powder, Crushed Red Pepper, Salt, Pepper - 350K 18F 16C 4DF 33P - W30, 21DS, K, P
- Creamy Chicken and Wild Rice Soup** **\$5.50**
This primal soup should bring back some warm childhood memories. - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Chicken Thigh, Mushrooms, Celery, Carrot, Onion, Wild Rice, Red Bell Pepper, Coconut Milk, Garlic, Parsley, Olive Oil, Salt, Pepper, Thyme, Crushed Red Pepper - 370K 18F 26C 2DF 27P - Primal

Dessert

- Double Chocolate Mousse Cake** **\$7.24**
Double > Single
Rich, fluffy chocolate mousse on a base of chocolate cake. WHAT?! It's almost too good to be true. - Coconut Milk, Egg, Vanilla, Coconut Sugar, Honey, Chocolate (cacao bean, evaporated cane sugar, cocoa butter, sunflower lecithin), Almond Flour, Coconut Flour, Baking Powder, Cashew, Lemon Juice, Maple, Cider Vinegar, Almond Milk, Oranges, Coconut Oil, Salt - 710K 52F 57C 7DF 12P - P
- Apple Cinnamon Streusel Cake** **\$6.24**
It's kind of like coffee cake so *technically* you could eat this for breakfast, right? - Cake (apples, almond flour, almond butter, eggs, coconut sugar, coconut oil, arrowroot, vanilla, baking soda, cinnamon, salt). Streusel Topping (pecans, almond flour, arrowroot, flaxseed flour, coconut sugar, coconut oil, coconut milk, vanilla, cinnamon, baking soda, salt) - 460K 36F 32C 6DF 9P - P
- Double Chocolate Chunk** **\$4.65**
Our delicious chocolate chip cookies are getting some extra chocolate lovin. - Coconut Flour, Eggs, Chocolate, Coconut Oil, Water, Dates, Honey, Cocoa Power, Grapeseed Oil, Ghee, Baking Powder, Baking Soda, Vanilla Extract, Salt - 410K 31F 30C 5DF 9P - P

Entrees

- Hot Italian Beefloaf with Green Beans** **\$11.24**
We've brought together our beloved meatloaf and a hot Italian beef sandwich for this awesomely unique dish, and it's one of my favorites! - Meatloaf (Italian braised beef (chuck, water, red wine vinegar, onion, celery, carrot, olive oil, garlic, salt, pepper, oregano, basil, thyme), ground beef, peppers, celery, onion, brown mustard, red wine vinegar, salt, pepper, garlic), Green Beans, Carrots, Onions, Giardiniera (red wine vinegar, olive oil, cauliflower, onion, celery, peppers, carrot, jalapeno, garlic, salt, pepper, oregano, basil) - 520K 33F 15C 5DF 39P - P, 30, K, 21
- Smoked Mustard BBQ Chicken with German Potato Salad** **\$10.70**
Served with Sweet Potato Salad. Smoke em if you got em. - Chicken (chicken thigh, olive oil, salt, pepper). Mustard BBQ Sauce (yellow mustard, cider vinegar, coconut sugar, mustard powder, worcestershire sauce (water, onion, balsamic vinegar, white vinegar, olive oil, raisins, tomato paste, ginger, garlic, fish sauce, salt, pepper), frank's hot sauce (aged cayenne red peppers, distilled vinegar, salt, garlic powder)). Pickles (cucumber, vinegar, salt, pickling spice, dill, garlic), Potato Salad (sweet potatoes, grain mustard, olive oil, green onion, bacon, parsley, red onion, cider vinegar) - 600K 25F 43C 6DF 50P - P, W30*, K*No sauce, sub Broccoli for salad*
- Chorizo Tacos** **\$10.95**
Taco dirty to me... Ok, how about, "We have tacos, and they're paleo - including the tortillas!" - Pork, Sweet Potato, Vinegar, Chipotle Powder, Chili Powder, Cumin, Oregano, Onion, Paprika, Garlic, Cinnamon, Cloves, Salt, Pepper. Tortillas (eggs, coconut milk, olive oil, tapioca flour, coconut flour, salt), Slaw (cabbage, lime, onion, salt, pepper), Molten Salsa (Jalapeno Avocado Sauce (avocado, lime juice, water, olive oil, jalapeno, green onion, cilantro, garlic, salt) - 640K 41F 44C 7DF 26P - P
W30, K: no tortillas
- Chipotle Chicken Breast Loaded Sweet Potato** **\$10.75**
A hot chick and a sweet potato walk into a bar... - Chicken Breast, Kale, Poblano Peppers, Chipotle Peppers, Garlic, Pepitas, Sweet Potato, Vinaigrette (lemon juice, mustard, honey, chipotle, garlic, red wine vinegar, olive oil, salt, pepper) - 630K 35F 45C 8DF 36P - P, W30, *21D, K - sub broccoli for sweet potato, no vinaigrette*
- Beef Stroganoff on Spaghetti Squash** **\$11.24**
What rhymes with stroganoff? Nothing. That's why this dish is unmatched in flavor with it's rich, creamy mushroom sauce. - Beef, Onion, Mushroom, Red Wine, Mustard, Beef Stock (water, beef bones, onions, celery, carrots, thyme, tomato paste, black peppercorn, bay leaf, salt), Sour Cream (cashews, cider vinegar, lemon juice, salt), Parsley, Arrowroot, Spaghetti Squash (spaghetti squash, olive oil, salt, pepper) - 310K 12F 15C 3DF 38P - P, K, (W30, 21D A small amount of red wine is used that can not be omitted)
- Lemon Artichoke Chicken with Broccoli** **\$11.24**
All kinds of tangy in all the right places, this chicken delivers with bright flavors from artichokes, lemon and dijon. - Chicken, Artichoke, Tomatoes, Dijon, Olive Oil, Lemon, Capers, Garlic, Oregano, Salt, Pepper). Side Veg (tomatoes, broccoli, olive oil, garlic, salt, pepper). - 410K 21F 16C 5DF 41P - P, W30, 21D, K
- Creamy Cajun Chicken and Shrimp** **\$10.99**
Creamy, spicy and delicious, this is an awesome take on blackened chicken and shrimp alfredo. Plus, you get to say zoodles! (Zucchini Noodles) - Chicken, Zucchini, Squash, Olive Oil, Cajun Seasoning, Shrimp, Salt, Pepper. Cajun Cream Sauce (white wine, coconut milk, yellow onion, garlic, lemon juice, parsley, cajun seasoning) - 470K 28F 9C 2DF 45P - P, W30, K, 21DS
- Beef Bourguignon** **\$10.95**
Red wine braised beef stew. S'il vous plaît. - Beef, Onion, Carrot, Mushroom, Veal Stock (water, beef bones, onions, celery, carrots, thyme, parsley, tomato paste, black peppercorn, bay leaf, salt), Red Wine, Green Beans, Parsnips, Tomato Paste, Olive Oil, Thyme Leaves, Salt, Pepper, Parsley - 430K 24F 19C 4DF 25P - P, K (W30, 21DS - a small amount of red wine is used that cannot be omitted)
- Sundried Tomato Turkey Burger** **\$10.95**
We love burgers and this is no exception. Ground turkey and braised chicken thighs come together in this poulterrific burger with tons of flavor! - Burger (turkey, chicken, sundried tomato, coconut flour, basil, garlic, salt, pepper, oregano), Butternut Squash (butternut squash, onion, olive oil, parsley, salt, pepper, thyme, red pepper), Garlic Aioli (mayo (olive oil, egg yolk, red wine vinegar, lemon juice, brown mustard, salt), garlic, lemon juice) - 760K 51F 28C 7DF 49P - P, W30, K, 21DS
- Cajun Pork Chop, Rice and Greens** **\$10.90**
Blackened pork chops get paired with dirty rice and braised collard greens for some serious southern flavor. - Pork Chop (pork chop, blackened seasoning, salt, pepper, olive oil), Dirty Rice (rice, chicken stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), onion, peppers, peppers, garlic, chicken, cajun seasoning, salt, pepper). Greens (collard greens, ham hock, onion, bacon fat, coconut sugar, salt, pepper) - 540K 17F 44C 4DF 51P - primal

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