

PALEO MENU

The paleo diet, or eating the way people did in the Stone Age, is now one of the most popular nutrition lifestyles around. Back in the day, cavemen stuck to a fairly basic menu - after all, they could only eat what they could catch. Paleo-era humans consumed a diet high in protein and fiber but devoid of refined sugar and highly processed foods. All of these items are Paleo and made right here in our kitchen with the freshest ingredients available.

Chicken Pot Pie Skillet \$13.95

Shredded white meat chicken, red onion, celery, and mushrooms in a house made chicken stock. Served with cauliflower mashed.

Pork and Apple Meatloaf \$13.95

Homestyle meatloaf made with ground pork, savory spices, onion, apple, and topped with bacon. Served with sweet potato hash and cauliflower mashed.

Butternut Squash Lasagna \$14.95

Layers of savory butternut squash, beef, house made tomato sauce, and savory spices. Served with sweet potato hash.

Orange, Chicken, & Vegetable Stir Fry \$13.95

A delicious mix of chicken, peppers, onions, broccoli, and zucchini in a house made savory orange sauce. Served with cauliflower rice.

Egg & Avocado Salad \$10.95

House made with eggs, avocado, onions and peppers served with mixed greens, cucumbers, tomatoes, and topped with fresh bacon bits.

Paleo Soup du Jour Cup 6.95 Bowl: 7.95

*Items on this menu may be served raw or undercooked, or may contain raw or undercooked foods. Consumption of raw or undercooked food may increase the risk of food borne illness. Please check with your physician if you have any questions about consuming raw or undercooked foods. Please notify your server if you have any food allergies.
Menu items and prices subject to change without notice.

