

## Paleo Master Menu: no dairy/grains/rice, or legumes

(menu incl: wild rice, amaranth, buckwheat, quinoa, goat dairy, peas and green beans)

Entree	Side Veggies & Starches
<p><b>Stroganoff:</b> cashew butter sauce, loaded with bell peppers, green beans &amp; onions, and choice of: <u>Meat:</u> 6) Free-range Chicken &amp; Mushroom; 7) Free-range/Organic Beef/ Bison &amp; Mushroom.</p>	<p>Choose any two sides, for half batch of each: 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); 2) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 4) Roasted Broccoli &amp; Cauliflower; 5) Roasted Mixed Seasonal Root Vegetables; carrots, parsnips, beets; 6) Steamed Chard/Kale; 7) Coconut-flour Yorkshire muffins; work best with dishes that have sauce or gravy</p>
<p><b>Winter Squash Alfredo:</b> winter squash, sweet peas, sweet bell peppers, spinach, carrots &amp; celery in dairy-free cashew butter Alfredo Sauce</p>	<p>Choose any 2 sides, for half batch of each: 1) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 3) Roasted Broccoli &amp; Cauliflower; 4) Roasted Mixed Root; 5) Coconut-flour Yorkshire muffins; work best with dishes that have sauce or gravy;</p>
<p><b>Coconut Curried Chicken, Spinach, Cauliflower &amp; Broccoli.</b></p>	<p>Choose any 2 sides, for half batch of each: 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); 2) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 5) Roasted Mixed Root Vegetables; carrots, parsnips, beets; 6) Steamed Chard/Kale; 7) Coconut-flour Yorkshire muffins; work best with dishes that have gravy</p>
<p><b>Spaghetti w/Meatballs</b>  <u>Choose:</u> 1) ground bison, 2) organic ground beef; or 3) free-range ground turkey                      *free-range eggs and almond meal used as binder   <u>Comes w/Side Veg:</u> choose one - steamed greens/green beans/broccoli/zucchini</p>	<p>Choose any 2 sides: 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); 2) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Kelp Noodles; 4) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 5) Roasted Broccoli &amp; Cauliflower; 6) Roasted Mixed Root Vegetables; carrots, parsnips, beets; 7) Steamed Chard/Kale; 8) Coconut-flour Yorkshire muffins; work best with dishes that have gravy; 9) roasted Cauliflower &amp; Sugar Snap Peas OR Zucchini</p>

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<p><b>Butter Chicken</b> well simmered, medium spiced, loaded with Indian spices and free-range chicken breast and thigh meat, blanched green beans on the side</p>	<p>Choose any 2 sides: 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); 2) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Kelp Noodles; 4) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 5) Roasted Broccoli &amp; Cauliflower; 6) Roasted Mixed Root Vegetables; carrots, parsnips, beets; 7) Steamed Chard/Kale; 8) Coconut-flour Yorkshire muffins; work best with dishes that have gravy; 9) roasted Cauliflower &amp; Sugar Snap Peas OR Zucchini</p>
<p><b>Mussamen Sugar Snap Pea Curry</b> sweet potatoes and sugar snap peas in medium red curry coconut sauce, with choice of: <u>Meat:</u> 1) Free-range Beef; 2) Lamb</p>	<p>Choose any 2 sides: 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); 2) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Kelp Noodles; 4) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 5) Roasted Broccoli &amp; Cauliflower; 6) Roasted Mixed Root Vegetables; carrots, parsnips, beets; 7) Steamed Chard/Kale; 8) Coconut-flour Yorkshire muffins; work best with dishes that have gravy; 9) roasted Cauliflower &amp; Sugar Snap Peas OR Zucchini</p>
<p><b>Asian Veggie Saute</b> snap peas, sweet bell peppers, broccoli, Asian greens &amp; mushrooms in orange ginger sauce <u>Meat:</u> 1) FR Chicken; 2) Free-range Beef; 3) Heritage Pork</p>	<p>Choose any 2 sides: 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); 2) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Kelp Noodles; 4) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 5) Roasted Broccoli &amp; Cauliflower; 6) Roasted Mixed Root Vegetables; carrots, parsnips, beets; 7) Steamed Chard/Kale; 8) Coconut-flour Yorkshire muffins; work best with dishes that have gravy; 9) roasted Cauliflower &amp; Sugar Snap Peas OR Zucchini</p>

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<p>1) Free-range Chicken, 2) Pork, 3) Prawns, or 4) Bison, &amp; <b>Asian Mushroom in Brown Sauce</b>, with onions, bell peppers, snow peas, celery and bok choy.</p>	<p>Choose any 2 sides: 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); 2) Roasted Sweet Potatoes, Yams &amp; Leeks; 3) Kelp Noodles; 4) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon; 5) Roasted Broccoli &amp; Cauliflower; 6) Roasted Mixed Root Vegetables; carrots, parsnips, beets; 7) Steamed Chard/Kale; 8) Coconut-flour Yorkshire muffins; work best with dishes that have gravy; 9) roasted Cauliflower &amp; Sugar Snap Peas OR Zucchini</p>

Soups, Stews, Chillies & Chowders
Beef Vegetable Mushroom Soup, with free-range beef, stewed tomatoes, celery, carrots
Chicken Spaghetti Squash 'Noodle' Soup, chicken thigh meat and Italian herbs in house-made broth, with onions, celery, sweet peas, and spaghetti squash 'noodles'
Cock-A-Leekie Soup free-range chicken thigh meat, tender red potatoes, green beans and leeks
Manhattan Wild Salmon Chowder: roasted bell peppers & zucchini in a tomato herb broth
New England Clam Chowder w/cashew butter base, with or w/o organic bacon
Mussamen Coconut Red Beef & Sugar Pea Curry stew, mild medium or spicy?
Meaty Minestrone Italian many bean soup with real wild rice, garlic, herbs, lots of veggies: ask for this with meat: 1) FR Chicken, thigh or breast; 2) FR Beef; 3) Bison; 4) local organic Heritage Pork Loin;
Borcht loaded with cabbage, onions, tomatoes and green peas, 1) with or 2) w/o kholbassa sausage
Coconut Curried Chicken, Spinach, Cauliflower & Broccoli
Kichadi: Ayurvedic buckwheat & chicken stew, seasonal veggies, greens and Indian spices.
1) Beef, or 2) Bison & Mushroom Stew: traditional broth loaded with sweet potatoes, carrots, green peas & onions.

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### Casseroles

**Shepherds Pie** w/peas & carrots, onions, garlic & herbs, topped 1) mashed potatoes & yams, OR 2) cauliflower mash, 3) oyster, or 4) crimini mushroom gravy - dairy-free Meat: 5) organic gr. beef, or 6) gr. bison, or 7) lamb;

**Roasted Yam Quesadillas** in housemade buckwheat sweet potato tortillas, and goat mozzarella. Choice of Meat: 1) FR Chicken, thigh or breast; 2) FR Beef; 3) Bison; 4) FR Ground Turkey; 5) local organic Heritage Pork Loin; 6) Wild Salmon; 7) Prawns, or 8) Halibut  
\*Comes with choice of 9) tomatillo blueberry salsa (when blueberries in season), or 10) traditional tomato salsa, mild/medium/spicy

**Organic Pot Pie**, loaded w/carrots, peas, onions and celery, w/dairy-free cashew butter sauce, and choice of GF/Paleo egg crust made with either: 1) coconut flour; 2) buckwheat crust; 3) almond flour crust (crust on top only) Meat: 4) FR Chicken Breast; or 5) Thigh meat;

**Buckwheat Crust Pizzas x 8** (each one two servings) w/goat mozzarella.  
1) Bison Sausage Lovers w/orange bell peppers, braised greens & mushrooms; 2) Meat Lovers w/Ground Bison, & organic Turkey Peperoni, w/mushrooms, red bell peppers, olives, capers; 3) Hawaiian w/nitrate-free/organic Ham, Spinach, pineapple rings and bell peppers.

**Moussaka**, several choices: Meat: 1) ground bison, 2) ground lamb, 3) organic beef, or 4) free-range turkey. Topped w/5) potato yam whip, or 6) cauliflower sweet potato whip.

### Paleo-style Sides

- 1) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability)
- 2) Roasted Sweet Potatoes, Yams & Leeks;
- 3) Kelp Noodles;
- 4) Cauliflower Rice, comes with sweet peas, carrots, celery, clients choice WITH or WITHOUT nitrate free bacon
- 5) Roasted Broccoli & Cauliflower;
- 6) Roasted Mixed Root Vegetables; carrots, parsnips, beets
- 7) Steamed Chard/Kale
- 8) Wild Rice blend; or
- 9) Long Grain Wild Rice; or;
- 10) Coconut-flour Yorkshire muffins; work best with dishes that have gravy
- 11) roasted Cauliflower & Sugar Snap Peas OR Zucchini