

The Paleo Diet

CLEAN EATING/ THIS IS NOT GLUTEN FREE

PALEO BREAKFAST

P1----	2 Eggs, 2 pieces bacon or sausage w/sweet potato waffle fries	7.75
P2----	4 Eggs, 4 pieces bacon or sausage w/sweet potato waffle fries	9.75
P3----	4 Eggs, 7oz pork chop, w/sweet potato waffle fries	10.75
P4--	4 Eggs, 6oz Strip Steak, w/sweet potato waffle fries	10.75

KIDS' BREAKFAST or LUNCH

Pk1----	1 Egg, 2 pieces bacon or sausage w/apple sauce	5.00
Pk2----	1 Egg, 2 pieces bacon or sausage w/sweet potato waffle fries	6.25
Pk3---	2 Eggs, 2 pieces bacon or sausage w/sweet potato waffle fries	7.50
Pk4----	5oz ham steak w/sweet potato waffle fries & one side choice	8.20
Pk5----	1/4lb hamburger w/sweet potato waffle fries & one side choice	8.20

PALEO OMELETS (cooked in coconut oil w/NO cheese)

Girly Girl	3eggs, 1meat, 3veggies	10.20
Weak Man	5eggs, 2meats, 3veggies	12.20
Real Man	10eggs, 3meats, 4veggies	18.20

Veggie choices: onions, green peppers, jalapenos, tomatoes, mushrooms, black olives, or broccoli, peas, corn

Meat choices: bacon, sausage or ham

*Extra meat add .75 each per 3-5egg omelet; 1.25 each per 10egg omelet
Extra veggie add .50 each per 3-5egg omelet; 1.00 each per 10egg omelet*

LUNCH

Steak	6oz steak w/2 sides	9.75
Pork Chop	7oz pork chop w/2 sides	9.75
Hot Ham	5oz ham steak w/2 sides	7.25

****Add a garden salad for 3.50**

SIDES

broccoli	2.00	apple sauce	1.50
sliced tomatoes	1.50	sweet potato fries	3.75

The Paleo Diet is an effort to eat like we used to back in the day; a few thousand years ago as cavemen. When humans discovered farming, we advanced from hunter-gatherers to farmers.

The Problem is that our bodies never adjusted properly to eating all the grains that we are now farming .

The Paleo diet is an effort to go back to how we are biologically designed to eat to allow us to tap into our genetic potential and start living healthier immediately... Enjoy!