

# Healthy Choice

CLEAN EATING / THIS IS NOT GLUTEN FREE

**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!**

## PALEO BREAKFAST

P1---	2Eggs, 2 pieces bacon or sausage w/sweet potato waffle fries	10.00
P2---	4 Eggs, 4 pieces bacon or sausage w/sweet potato waffle fries	13.50
P3--	4 Eggs, 6oz Ribeye Steak, w/sweet potato waffle fries	14.25

## KIDS' BREAKFAST or LUNCH

Pk1---	1 Egg, 2 pieces bacon or sausage w/apple sauce	8.00
Pk2---	1 Egg, 2 pieces bacon or sausage w/sweet potato waffle fries	8.00
Pk3--	2 Eggs, 2 pieces bacon or sausage w/sweet potato waffle fries	10.00
Pk4---	5oz ham steak w/sweet potato waffle fries & one side choice	10.50
Pk5---	1/4lb hamburger w/sweet potato waffle fries & one side choice	9.50

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

Girly Girl	3eggs, 1meat, 3veggies	14.25
Weak Man	5eggs, 2meats, 3veggies	14.75
Real Man	10eggs, 3meats, 4veggies	20.25

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

**Meat choices: bacon, sausage or ham**

*Extra meat add: 1.25 each per 3-5egg omelet; 1.75 each per 10egg omelet  
Extra veggie add: .75 each per 3-5egg omelet; 1.50 each per 10egg omelet*

## LUNCH

Steak	6oz steak w/3 sides	11.75
Hamburger Patty	1/2lb w/2 sides	11.25
Hot Ham	6oz ham steak w/2 sides	9.50

## SIDES

Corn, Green Beans, Peas, Broccoli, Sliced Tomatoes, or Applesauce		
Sweet Potato Fries	add: 4.50	
Side Salad	w/ Tomato, black olives, onion, pepperoncini	add: 5.00