

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----	2 Eggs, 2 pieces bacon or sausage w/sweet potato waffle fries	8.50
P2----	4 Eggs, 4 pieces bacon or sausage w/sweet potato waffle fries	10.50
P3--	4 Eggs, 6oz Ribeye Steak, w/sweet potato waffle fries	11.50

KIDS' BREAKFAST or LUNCH

Pk1----	1 Egg, 2 pieces bacon or sausage w/apple sauce	5.75
Pk2----	1 Egg, 2 pieces bacon or sausage w/sweet potato waffle fries	6.95
Pk3---	2 Eggs, 2 pieces bacon or sausage w/sweet potato waffle fries	8.50
Pk4----	5oz ham steak w/sweet potato waffle fries & one side choice	8.95
Pk5----	1/4lb hamburger w/sweet potato waffle fries & one side choice	8.95

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

Girly Girl	3eggs, 1meat, 3veggies	11.00
Weak Man	5eggs, 2meats, 3veggies	13.00
Real Man	10eggs, 3meats, 4veggies	19.00

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	11.50
Hamburger Patty	1/2lb w/2 sides	10.50
Hot Ham	6oz ham steak w/2 sides	8.95

SIDES

Corn, Green Beans, Peas, Broccoli, Sliced Tomatoes, or Applesauce

Sweet Potato Fries add: 2.50

Garden Salad w/Tomato, black olives, onion, pepperoncini add: 3.00