

PRIMAL kitchen

SMOOTHIES

Available in 12 oz & 16 oz

Not-Your-Granny's Banana Bread

Made from scratch with love just like Grandma's, but minus the grain!

Almond milk, fresh orange, zucchini, honey, banana, cinnamon, vanilla, hemp hearts, walnuts

Mermaid Madness

Bursting with flavor, this energizing smoothie will nourish you from head to toe.

Coconut water, banana, honey, strawberries, blueberries, spirulina

Chocolate Coconut S.O.S

Chocolate to the rescue! Refill and refuel with this protein-packed recovery smoothie.

Almond milk, avocado, honey, hemp hearts, almonds, Primal Fuel chocolate protein powder

Caught in the Rain Recovery

If you like piña coladas and love to train, you'll love this tropical post-workout smoothie.

Coconut milk, honey, lemon juice, Primal Fuel vanilla protein powder, pineapple

Strawberry Mojito

Refreshing, light, hydrating to make your skin glow.

Lime, honey, strawberries, fresh mint leaves

Green Chiller

Get your greens in and your game on. With this smoothie you'll be ready to conquer the world.

Coconut milk, spinach, sweet potato, orange, avocado, lime juice, nutmeg



BONE BROTHS

Available in 4 oz, 8 oz, and 12 oz



Primal Pick-me-up

Benefits: Energizing

Beef Broth
Sweet potato puree, curry powder
Sea salt, collagen protein

Cold Buster

Benefits: Immune Booster

Chicken broth, garlic- ginger
chile powder, lemongrass

Karat Liquid Gold

Benefits: Joint and Muscle Tonic

Turkey broth, carrot juice
pumpkin seed oil

Kevin's Bone Broth

Benefit: Detoxifying

Beef broth, red beet juice
Tamari sauce, garlic oil

Gratify Your Palette

Benefit: Aids in Digestion

Chicken broth, coconut milk,
ginger juice

Warm the Soul

Benefits: Heart Health & Anti-Inflammatory

Chicken broth, tomato puree, basil

Create Your Own Bone Broth

CHOOSE YOUR BROTH:

Chicken - Beef - Turkey - Vegetable

Add Ins:

Puree Mirepoix
(celery, onions, carrots)
Tomato puree
Sweet potato puree
Beet juice
Carrot juice
Onion juice
Tamari sauce
Collagen protein
Grass-fed ghee

Essence of oregano
Chili oil
Garlic oil
Pumpkin seed oil
Scallions
Chives
Fresh basil
Lemon
Ginger juice

Spices:

Assorted sea salts
Smoked paprika
Chile
Curry
Nutmeg
Garam masala
Turmeric
Mushroom powder
Sriracha
Cholula
Tabasco

JUICES
Available in 16 oz

Green House

Cucumber, celery, parsley,
kale, spinach

Mint Sprints

Green apple, cucumber,
lemon, mint, spinach

The Daily Apple

Cucumber, pineapple,
apple, strawberry

Spice of Life

Coconut water, turmeric,
ginger, lemon juice



DRINKS Available in 16 oz & 20 oz

Chef's special - Lemonade

Teapressa brewed iced tea

Kombucha on tap - Locally sourced



ALCOHOLIC

Omission beer - Lager

Omission beer - Pale Ale

Omission beer - IPA

FitVine wine Chardonnay

FitVine wine Sauvignon Blanc

FitVine wine Cabernet Sauvignon



• ORGANIC • LOCALLY SOURCED WHEN POSSIBLE • NO PROCESSED OILS



COFFEE & TEA

TEA BY TEAPRESSA

Hot: 12 oz & 16 oz • Iced: 16 oz & 20 oz



————— Make it Primal-add MCT Oil —————

The Lucy

Manhattan Black *tea shot or espresso*, grass-fed ghee, MCT oil, paleo vanilla bean nectar, nutmeg, cardamom, cinnamon

London Fog

Charles Grey *tea shot or espresso*, paleo vanilla bean nectar infused with lavender

Emerald Rose

Green Gold *tea shot or espresso*, paleo rose nectar

Primal Ginger Vanilla (Decaf)

Ginger rooibos *tea shot or espresso*, paleo vanilla bean nectar

TEA OPTIONS:

Manhattan Black, Green Gold, Charles Grey, or Ginger Rooibos

Mocha

Shot of *tea or espresso*, cocoa nectar, milk

Latte

Shot of *tea or espresso*, milk

Cappuccino

Shot of *tea or espresso*, frothed milk

Macchiato

Shot of *tea or espresso*, steamed milk

Americano

Shot of *tea or espresso*, water

House Brew

Cold Brew

Espresso Shot

Tea Shot

MILK SUBSTITUTES ARE AVAILABLE

Almond, Coconut, Cashew



BREAKFAST



Caveman Breakfast

2 free-range eggs prepared any style with 2 slices of crispy applewood smoked bacon and 1 house-made sausage patty.

Chicken and Waffles

Paleo waffle with herb-crust fried chicken.
Served with a drizzle of honey cinnamon syrup.

Duck Fat Biscuit with Egg Salad

Duck fat and almond flour biscuit, served with egg salad made with PK mayo.

Short Rib Hash

Slow braised short ribs served over a sweet potato hash with bacon, onions, and bell peppers.

Shakshuka

Eggs poached in an individual cast iron skillet with a tomato-based stew with spices.

PRIMAL PANCAKES

Pancakes made with vanilla Primal Fuel protein, coconut flour, and almond flour.
Toppings added per request.

Toppings

Fresh fruit
Bacon bits

Butter
Maple syrup

Coconut whipped cream
Enjoy Life® chocolate chips

FORAGED OMELET

3 free-range eggs with choice of toppings

Toppings

Bell pepper
Mushroom

Garlic
Kimchi

Spinach
Bacon

Avocado
Tomato

Onion
Jalapeños



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APPETIZERS



Pork and Ginger Meatballs

Pork meatballs made with ginger and cilantro. Served with a coconut amino dipping sauce

Lamb Meatballs

Lamb meatballs seasoned with Mediterranean spices and served with tzatziki sauce, cucumbers, and PK mayo

Eggplant Meatless

Eggplant "meatballs" served with tomato pomodoro and creamy pistachio pesto

Dry-rubbed Chicken Wings

With spicy wing sauce and PK-style ranch dressing

Deviled Eggs with Guacamole and Bacon

Chilled poached egg white cups filled with guacamole and garnished with bacon

Vegetable crudité's

Fresh raw vegetables served with cashew hummus and avocado pesto dipping sauce

SOUPS & SALADS

Thai Coconut Curry Chicken Soup

(Cup or Bowl)

Thai curry soup with shredded chicken, mushrooms, coconut, and Asian spices

Butternut Squash & Red Pepper Soup

(Cup or Bowl)

Roasted butternut squash & bell pepper with lime-infused avocado oil

Mixed Yellow Beet Salad

Roasted beets with sliced fennel, orange, grapefruit, and pistachios served over arugula greens. Served with a honey-mustard vinaigrette

Primal Kitchen Tuna Salad

Tuna salad with PK mayo, served over field greens, cherry tomatoes, avocado, and radicchio

Grilled Chicken Liver Strawberry Salad

Grilled chicken livers with macerated strawberries, served over arugula salad, and balsamic reduction

Bison Chili

With your choice of toppings: scallions, cilantro, avocado, bell peppers, radishes, paleo crackers



BOWLS



Malibu Bowl

Grilled shrimp with kale crunch nuts, avocado and PK-style ranch dressing served over massaged kale greens

Sloppy Joe Bowl

Sweet and spicy beef mixture served over cauliflower rice

Mediterranean Bowl

Shawarma steak and garlic tahini sauce served over cauliflower tabbouleh

Asian Bowl

Slow braised pork belly served over parsnip bone marrow mash, sautéed kale, kimchi, and coconut amino sauce

Texas BBQ Bowl

Grilled chicken with raspberry BBQ sauce, caramelized onions and pickled beets served over roasted yams

BUILD YOUR OWN

Base

Cauliflower rice
Roasted yams
Parsnip bone marrow mash
Massaged kale
Mixed greens

Protein

Grilled skirt steak
Grilled chicken
Slow cooked pork belly
Grilled pepper shrimp
Ground beef

Topping

Sliced almonds	Jalapeños
Avocado	Asian cabbage slaw
Preserved lemons	Roasted garlic
Pickled beets	Cherry tomatoes
Kimchi	Bell pepper
Raisins	Bacon bits
Pumpkin seeds	Red onion
Pecans	Hard-boiled egg
Kale crunch	Cucumber

Sauces

PK-style ranch dressing	Raspberry BBQ
Ginger coconut amino	Oregano vinaigrette
Honey mustard vinaigrette	Chipotle lime
Lime-infused avocado oil	Garlic tahini
Pistachio pesto	

ENTREES



All-American Burger

Classic burger patty with cassava flour bun, tomato, ketchup, mustard and PK mayo. Served with sweet potato fries

Chipotle Lime Fish Tacos

Grilled mahi with sweet and spicy slaw, PK chipotle lime mayo in cassava flour tortillas

Roasted Vegetable Stew

Hearty soup with yams, leeks, parsnips, rutabaga, and tomatoes. Slow cooked with a vegetable stock and aromatics

Chicken Caccitore

Classic Italian dish with fresh tomatoes, vegetables, and aromatics. Served over spaghetti squash

Raspberry Chipotle Short Ribs

Slow braised short ribs with raspberry chipotle BBQ sauce. Served with cauliflower rice

Chicken and Waffle

Paleo waffle with herb-crusting fried chicken. Served with a drizzle of honey cinnamon syrup

Beef and Pork Ragù with Spaghetti Squash

Slow roasted beef and pork ragù with mirepoix vegetables and red wine

Chimichurri Skirt Steak

Marinated skirt steak with a charred green onion salsa. Served with parsnip bone marrow mash

5 Spice Salmon

Asian-inspired dish with spice-rubbed salmon and coconut amino lime sauce. Served with sautéed garlic spinach and cauliflower rice

Bison Tenderloin

Lean bison tenderloin grilled to order, served with a red wine, balsamic reduction sauce. Served with parsnip bone marrow mash



A LA CARTE SIDES

Cauliflower Rice

Cauliflower rice with shallots and parsley

Parsnip Bone Marrow Mash

Roasted parsnips with bone marrow and ghee

Sautéed Garlic Spinach

Baby spinach leaves sautéed with fresh garlic, olive oil, and red pepper flakes

Sweet Potato Fries

Wedge-cut fries with spices and seasonings

Grilled Seasonal Vegetables

Seasonal vegetables marinated with herbs

DESSERTS



Double Chocolate Mug Cake

Cake made with coconut and almond flour, espresso powder, chocolate chips. Served with a fresh raspberry coulis sauce

Coffee Ice Cream Sandwich

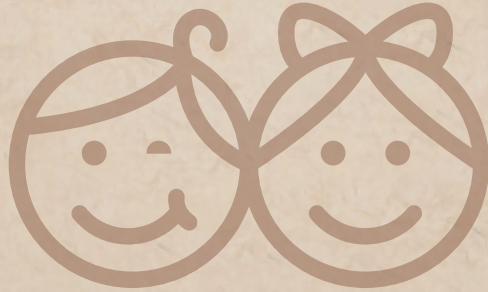
Pecan cookie sandwich with dairy-free cashew and coffee ice cream

Mascarpone and Fruit

Seasonal fruit with mascarpone topping and fresh mint



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CHILDREN'S MENU

Spaghetti Squash & Meatballs

Roasted spaghetti squash and fresh pomodoro sauce
with pork & ginger meatballs

Beef Sliders

Mini burgers with lettuce, tomato, and PK mayo,
served on a cassava bun with sweet potato fries

Chicken Fingers

Chicken breast breaded with almond and tapioca flour
served with honey mustard dipping sauce

Chipotle Lime Fish Tacos

Grilled mahi mahi with sweet and spicy slaw & PK chipotle lime mayo
in cassava flour tortillas with fresh fruit

Sloppy Joe

Sloppy joe meat on a cassava bun
with sweet potato fries

