



PALEO

Encourages eating foods presumed to be eaten during the Paleolithic era. High fat, moderate protein, low to moderate carbs.

Avoids: grains, legumes, sugar, dairy

SPECIALTIES

ROAST BEEF SANDWICH* 14.

Grain-Free Bread, Carman Ranch Beef, Dill Aioli*, Broccolini, Radish

USE GRAIN-FREE BREAD

TACOS* 13.

Braised Beef*, House-Made Kimchi, Radish, Cilantro, Lime & Grain-Free Tortilla*

NO MODIFICATIONS NEEDED

CHICKEN SALAD WRAP* 14.

Grain-Free Tortilla*, Chicken Salad*, Seasonal Greens, Smoky Romesco Sauce, Avocado

NO MODIFICATIONS NEEDED

THE HOLLYWOOD* 14.

Bone Broth*, Joule Sausage*, Seasonal Mixed Veg, Baked Egg*

NO MODIFICATIONS NEEDED

THAT ONE 14.

Steamed Kale, Seasonal Mixed Veg, Avocado & Mushrooms

NO LENTIL - SUB KALE

ABUNDANT BUCKET* 15.

Grain-Free Tortilla*, Baked Egg*, Seasonal Mixed Veg, Avocado, Kale Pumpkin Seed Pesto

NO MODIFICATIONS NEEDED

THE FISH BOWL* 16.

Wild Rice, Wild Salmon Salad*, Seaweed, Avocado, Sesame, Cilantro, Spicy Juice

NO MODIFICATIONS NEEDED

MARKET SALAD 10.

Mix of Fresh Local Greens & Other Seasonal Delights, Tossed with Citrus Vinaigrette

NO MODIFICATIONS NEEDED

CRAFT YOUR OWN BOWL

PICK THREE 13. PICK FOUR 15. PICK FIVE 17.

- Wild Rice
- Yam Noodles
- Salad Greens
- Steamed Kale
- Baked Egg*

- Grain-Free Tortilla*
- Avocado
- Mushrooms
- Seasonal Mixed Veg
- Bone Broth*

- Ground Sausage*
- Salmon Salad*
- Chicken Salad*
- Fried Chicken*
- Braised Beef

SMOOTHIES & SMOOTHIE BOWLS

AFTER PARTY 9.

Super Seed Horchata, Banana, Dates, Maca & Cacao

NO MODIFICATIONS NEEDED

FAIR SHAKE 8.

Beet Kvass, Beets, Blueberries, Moringa, Avocado, Lime, Turmeric, Reishi, Chaga, & Bee Pollen*

NO MODIFICATIONS NEEDED

THE QUEEN BAE 8.

Cold Brew Coffee, Coconut Ice Cream, Banana, Cacao & MCT Oil

NO MODIFICATIONS NEEDED

MANGO OOH-LA-LASSI 8.

Coconut Yogurt, Mango, Honey*, Cardamom & Pink Peppercorn

NO MODIFICATIONS NEEDED

SMOOTHIE BOWLS 9.

Tart Cherry & Blueberry **OR** Grasshopper Mint Chip

NO OAT WAFFLE

TOASTS

MAGIC AVOCADO TOAST 8.

- + Salmon* 3.
- + Baked Egg* 3.
- + Kimchi or Sauce 1.5

USE GRAIN-FREE BREAD

ELDERBERRY JAM & SUNFLOWER BUTTER 8.

Wild Foraged Elderberries, House-Made Sunbutter, Fresh Berries, Omega-3 Seed Mix

USE GRAIN-FREE BREAD

DRINKS

ALL DRINKS FROM REGULAR MENU!

JOULECRAFTEDNUTRITION.COM 46TH + SANDY | PORTLAND OR

*DENOTES NOT VEGAN



AUTO-IMMUNE PROTOCOL

Paleo Diet that also restricts nuts and seeds, nightshades, eggs, and sweeteners. Helps to alleviate symptoms related to auto-immune conditions.

SPECIALTIES

TACO PLATE* 13.

Steamed Kale, Braised Beef*,
Radish, Cilantro, & Lime
NO TORTILLA OR KIMCHI

CHICKEN SALAD PLATE* 13.

Chicken Salad*, Seasonal Greens,
Avocado, Lemon Vinaigrette
NO TORTILLA OR ROMESCO

THE HOLLYWOOD* 14.

Bone Broth*, Joule Sausage*,
Seasonal Mixed Veg, Mushrooms
NO EGG - SUB MUSHROOMS
NO POTATO OR PEPPERS IN VEG

THAT ONE 14.

Steamed Kale, Seasonal Mixed Veg,
Avocado & Mushrooms
NO LENTIL - SUB KALE
NO POTATO OR PEPPERS IN VEG

MARKET SALAD 10.

Mix of Fresh Local Greens &
Other Seasonal Delights, Tossed
with Citrus Vinaigrette
NO NUTS OR SEEDS
NO POTATO OR PEPPERS
NO EGGS

CRAFT YOUR OWN BOWL

PICK THREE 13. PICK FOUR 15. PICK FIVE 17.

- Yam Noodles
- Salad Greens
- Steamed Kale
 - Avocado
- Mushrooms

- Seasonal Mixed Veg
(NO POTATO OR PEPPERS)
 - Bone Broth*
 - Ground Sausage*
 - Salmon Salad*

- Chicken Salad*
- Fried Chicken*
- Braised Beef

SMOOTHIES + SMOOTHIE BOWLS

FAIR SHAKE 8.

Beet Kvass, Beets, Moringa,
Avocado, Lime, Blueberry, Turmeric, Reishi, Chaga
& Bee Pollen*

NO MODIFICATIONS NEEDED

AIP QUEEN BAE 8.

Coconut Milk, Chicory & Dandelion "Coffee",
Coconut Ice Cream, Banana, MCT Oil, & Maca
NO COLD BREW - SUB 1oz DANDY & COCO MILK
NO CACAO - SUB MACA POWDER

MANGO OOH-LA-LASSI 8.

Mango, Coconut Yogurt, Honey*
& Pink Peppercorn
NO CARDAMOM

SMOOTHIE BOWLS 9.

Tart Cherry & Blueberry OR Grasshopper Mint (no cacao)
NO OAT WAFFLE
NO NUTS, SEEDS, OR GOJI BERRY ON TART CHERRY
NO NUTS, SEEDS, OR CACAO NIBS ON GRASSHOPPER

DRINKS

TURMERIC GINGER
BONE BROTH* 6.

MATCHA LATTE 5.

CHICORY & DANDELION
"COFFEE" 5.

Lions Mane, Clove,
Maple & Steamed Milk
NO SUNMILK - SUB COCONUT

ICED TEA 4.

HOT COCOA 5.
Reishi Maple or
Matcha Lions Mane
USE COCONUT MILK

HONEY AND MAPLE ARE BOTH ALLOWED

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*DENOTES NOT VEGAN ** TRACE AMOUNTS OF FERMENTED ORGANIC SOY