



Lunch: Tuesday through Saturday 10am to 2 pm

Catering Available: 712 204 0974

On-Site or Off-Site, References Available

chefpaulpresents@mac.com

REAL FOOD MISSION: Local Holistic Food, Nutrition Education for Siouxland, America and the World.

SPRING ROLLS

Chef Soll's Zen Springroll (vegan)..... \$5.95

A translucent roll filled with papaya, cilantro, steamed cabbage, dried shallots and carrot strips with sweet plum sauce. Served with jasmine rice, clear tofu soup and side Tropical salad

With Natural Chicken.....\$6.95

*EVERYTHING BELOW IS ORGANIC, LOCAL WITHOUT SPRAY /
ADDITIONAL HORMONES OR ANTIBIOTICS UNLESS SPECIFICALLY NOTED*

Buffalo or Vegetarian Fettuccini..... \$7.95

Organic Fettuccini Noodles, Parmesan Cheese, Organic Marinara, Organic Vegetables and Zucchini . Includes a organic salad with homemade dressing

Local Beef Tavern.....\$5.95

Chef Solle's recipe from far off Malaysia highlighting Local Grass-Fed Beef, slow cooked with sweet onions, garlic, green peppers, tomato, secret sauces and a blend of spices of India on Hy-Vee's freshly baked cocktail buns).*

Salad & Sandwich Options

½ Salad or Sandwich and cup of Soup.....\$7.50

Sandwich Filling or Salad Toppings:

- Martha's Homemade Ranch Egg Salad*
- Fresh Water Albacore Tuna* Salad*
- Free Range Natural Chicken Salad*

*Breads: Natural Brown Bread or Thick Pumpernickel **

½ Sandwich: \$4.00 / Full Sandwich: \$6.00

Soup of the Day.Cup: \$4.00.....Bowl: \$7.00

Children's Menu.....\$3.50

- Mac & Cheese (allow 10 minutes)*
- Grilled Cheese with Chips*
- Peanut n Butter with Chips*

Flatbread Pizza with either Pepperoni or Double Cheese.....\$7.95
Organic Marinara with 3 different Italian cheeses.

Organic Free Trade Coffee, Tea, Coke Products, Iced Tea**
(All Made With Purified Water).....\$2.00
Specialty Drinks.....\$2.50

*My Mission is to secure food of the highest quality and vibration,
free of unnecessary chemicals and additives to prepare meals that
Uplift you in Body, Soul and Spirit. To Life! Chef Paul*

Parties of 6 or more include and automatic 18% gratuity.

Fresh Squeezed Organic Carrot & Apple Juices.....\$4.00
Green Power Low Rpm Juicers preserve all the nutrients.

Ask your servers for our specials