

# FIRST THINGS

Origin Wings 16

seven pasture raised chicken wings in ancho chili lime sauce, carrots, celery & avocado oil paleo ranch

Cashew Queso 15

sprouted cashews, nutritional yeast, hemp seeds, lemon, garlic, onion bell pepper; served with malanga & corn chips add ground beef / ground bison / short rib or carnitas 3

Triple Cream Brussel Sprout Artichoke Dip 15

brussel sprouts, artichokes, cream cheese, sour cream, cream, parmesan; malanga & corn chips

Gluten Free Trio 20

mozzarella sticks, chicken strips, fries  
paleo marinara, paleo ranch & paleo bbq sauce

Gluten Free Fried Calamari 20

rice flour OR almond flour breaded, with maple brandy sautéed bell peppers & marcona almonds, served with marinara

Origin Nachos (choose meat or veggie) 16 – add ½ avocado 3  
malanga or corn chips, melted cheddar, pico de gallo, pickled jalapeno  
grass fed – ground beef / hanger steak / short rib  
naturally raised – ground bison / pork carnitas  
pasture raised – chicken breast

## GREEN THINGS TO CREATE

choose your salad:

**The Regular 12 – add goat cheese 3 ½ avocado 3**

spinach, roasted brussel sprouts, caramelized onions, pecans, dressing of your choice

**Avocado Almond Salad 12 – add goat cheese 3**

spring greens, marcona almonds, strawberries, avocado, dressing of your choice

**Roasted Beef Salad 13 – add ½ avocado 3**

spring greens, radicchio, beets, pine nuts, cherry tomatoes, goat cheese, dressing of your choice

**Warm Brussel Salad 12 – add ½ avocado 3**

sautéed shaved brussels, walnuts, mustard poppy seed e.v.o.o. vinaigrette, shaved parmesan

## CREATED GREEN THINGS

**The Origin Buffalo Chicken Salad 23**

romaine, cherry tomatoes, carrot curls, avocado, origin buffalo sauce, paleo popcorn fried pasture raised chicken, paleo ranch

**The Defined Dish Green Goddess Salad 23**

arugula, kale, cherry tomatoes, uncured bacon, paleo popcorn fried pasture raised chicken, paleo green goddess dressing

**Sesame Crusted Ahi Tuna Salad 23**

mixed greens, cherry tomatoes, goat cheese, golden raisins, honey roasted almonds, avocado



## THINGS TO KNOW:

We only cook/sauté only using extra virgin olive oil (real olive oil)

We only use Himalayan Pink salt with everything we prepare

We only use coconut oil to fry foods. (FEEL FREE to ask why we no longer fry in avocado oil) No nut/seed oils!

We make all our dressings in house and only use e.v.o.o. or avocado oil

We only use honey, maple or coconut sugar in preparation when a recipe calls for sweeteners

We strive to buy as much of our food organic or better when we can within cost

We strive to use meats that are pasture raised, grass fed or available as a wild option.

We enjoy working with all people and their different dietary restrictions (we have gotten quite good at it!)

We are a celiac friendly restaurant

We don't advertise (if you are here, it's probably because someone told you about us!)

choose your protein:

salmon (ocean farmed) 12 salmon (wild) 16  
ahi tuna (wild) 12 shrimp (wild) 11  
pasture raised - chicken breast 9 popcorn chicken 11  
grass fed - hanger steak 16 burger patty 10  
bison patty (naturally raised) 12



## DRESSINGS

ALL EXTRA DRESSINGS \$150

Lemonette - lemon & olive oil

Balsamic Vinaigrette - balsamic vinegar, olive oil, basil, shallots, garlic

Honey Vinaigrette - honey, olive oil, apple cider vinegar, garlic, shallots

Almond Vinaigrette – olive oil, honey, almonds, garlic, shallots, apple cider vinegar

Green Goddess – avocado oil, lemon, coconut cream, basil, anchovy, egg yolk

Ranch – avocado oil, coconut cream, egg yolk, lemon, dill, chives

Mustard Poppy Seed Vinaigrette – olive oil, garlic, white wine vinegar, lemon, mustard, poppy seeds, shallots

MAIN THINGS

Grass Fed 8 oz Hanger Steak 35  
grilled lemon oiled asparagus, diced roasted sweet  
potato with caramelized onion; chimichurri on side  
2 bacon wrapped shrimp 8  
grilled jalapeno 1

Grass Fed 7oz Filet 47  
skillet seared in duck fat, fries, small house salad,  
two bacon wrapped shrimp; poblano/lime chimichurri  
grilled jalapeno 1

Walnut Crusted Halibut 35  
walnut & lemon pepper crusted halibut;  
squash & zucchini noodles & bell pepper in pesto

Paleo Orange Chicken 25  
almond flour nuggets in orange sauce,  
jasmine rice, broccolini, carrots, sesame seeds

Shrimp & Grits 23  
six sauteed wild caught shrimp, goat cheese infused  
grits, roasted poblano cream

Gluten Free Chicken Fried Steak 30 OR Chicken Fried Chicken 25  
rice or almond flour breaded, mash white potato, sautéed mixed veggie; bone broth white gravy on the side

Grass Fed Boneless Short Rib 35  
12 hour braised short rib, potato mash, mixed veggies, mushrooms bone broth brown gravy

Chicken Breast 25  
goat cheese & sauteed spinach, sautéed mixed veggie, jasmine rice; brandy orange coconut sugar reduction

The Defined Dish Enchiladas Con Carne (3 enchiladas - 24 OR 2 enchiladas - 20)  
cassava/coconut tortillas, grass fed ground beef, raw lactose free cheddar; cilantro/lime/poblano jasmine rice  
½ avocado 3 caramelized onion 1 pickled, fresh or grilled jalapeno 1

Paleo Tacos (3 your way – 24 OR 2 your way 20)  
hanger steak / ground beef / ground bison / short rib / chicken / pork carnitas / shrimp / salmon / veggie  
cassava/coconut or corn tortillas, pico de gallo, spring greens, cholula aioli; with malanga or corn chips & salsa  
½ avocado 3 caramelized onion 1 pickled, fresh or grilled jalapeno 1

Grass Fed Beef Burger & Choice of Side 20  
over easy egg, uncured bacon, caramelized onion, cheddar, greens, tomato, aioli, bun  
sub bison patty 2 ½ avocado 3 pickled, fresh or grilled jalapeno 1 pickles 1 gluten free bun 2.5

BOWLS & THINGS

SWEET POTATO HASH BOWL 15

PLAIN SWEET POTATO AVAILABLE

TRY HALF BRUSSEL SPROUTS IN BOWLS!

TWO PASTURE RAISED EGGS YOUR WAY,  
ROASTED SWEET POTATO, ROASTED APPLE,  
SUNFLOWER SEED

MIXED VEGGIE & JASMINE RICE BOWL 15

(PLAIN JASMINE RICE AVAILABLE)

TWO PASTURE RAISED EGGS YOUR WAY OR ½  
AVOCADO, SAUTEED YELLOW SQUASH, ZUCCHINI,  
CARROT, BROCCOLINI & BELL PEPPER,  
LIME POBLANO JASMINE RICE



SIDES & THINGS

ROASTED BRUSSEL SPROUTS 9 BROCCOLINI 8  
SAUTEED SPINACH 8 MIXED VEGGIES 8  
GLUTEN FREE THREE CHEESE MAC & CHEESE 10  
GLUTEN FREE DAIRY FREE MAC & CHEESE 9  
CILANTRO, LIME & POBLANO JASMINE RICE 8  
WHITE MASH POTATO 7  
SWEET POTATO HASH OR ROASTED SWEET POTATO 8  
GRILLED LEMON OILED ASPARAGUS 10  
FRIED CAULIFLOWER W/ BUFFALO SAUCE 9  
SWEET POTATO FRIES 8 WHITE POTATO FRIES 8  
BOTTOMLESS MALANGA OR CORN CHIPS W/ SALSA 12

ADD ME OR A LA CARTE

pasture raised – chicken breast or chicken sausage 9  
popcorn chicken 11 two eggs your way 5

grass fed - hanger steak 16 burger patty 9 ground beef 9  
filet/tenderloin 35

naturally raised - bison patty 12 ground bison 12  
uncured bacon (2 pieces) 4

from the sea - salmon (ocean farmed) 12 salmon (wild) 16  
ahi tuna 12 halibut (wild) 28 5 shrimp\* (wild) 11  
5 bacon wrapped shrimp 16

from the land – pickled, fresh or grilled jalapenos 1  
½ avocado 3 caramelized onions 1 goat cheese 3  
mushrooms 4 sauteed spinach 4 sauteed bell pepper 4  
2 oz rosemary salsa 1.5

KIDS THINGS

Gluten Free Chicken Tenders \$14  
Grilled Cheese (gluten free available) \$13  
Beef & Cheese Tacos on Corn Tortilla \$14  
Cheeseburger (gluten free available) \$15  
All kids items come with choice of side