

FIRST THINGS

Origin Wings 16

seven pasture raised chicken wings in cholula ancho chili lime, 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 3 / ground bison / carnitas 3

Triple Cream Brussel Sprout Artichoke Dip 15

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

Grilled Stuffed Avocado 9

grilled avocado half filled with pico de gallo, served with malanga or corn chips

SANDWICHES & THINGS

Grass Fed Beef Burger 18 or Bison Burger 20

pasture raised over easy egg, uncured bacon, caramelized onion, cheddar, greens, tomato, aioli, bun or gluten free bun, fries or veggie medley
- ½ avocado 3 pickled, fresh or grilled jalapeno 1 pickles 1

Apple Meltdown 17 – add ½ avocado 3

pasture raised chicken, uncured bacon, apples, caramelized onion, smoked mozzarella, honey aioli, hoagie roll, fries or veggie medley

Gluten Free Chicken Fried Chicken 23

rice or almond flour breaded, gluten free mac and cheese, sautéed mixed veggie; white gravy on the side

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, honey roasted almonds, strawberries, avocado, 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



choose your protein:

salmon (ocean farmed) 11 salmon (wild) 16
sesame crusted ahi tuna (wild) 11 shrimp (wild) 11
pasture raised – chicken breast 9 popcorn chicken 11
grass fed – hanger steak 16 filet 35 burger patty 9
bison patty (naturally raised) 12



CREATED GREEN THINGS

The Origin Chicken Cobb Salad 23

romaine, cherry tomatoes, carrot curls, avocado, bacon bits
jammy soft-boiled egg, paleo green goddess dressing
your choice of below:

grilled chicken, paleo popcorn chicken or fried cauliflower

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

Thai Salmon 19 – sub wild caught salmon add 7

salmon, arugula, spinach, jalapeno, cherry tomatoes, shallots, apples;
siracha fish sauce e.v.o.o. vinaigrette, balsamic reduction

Origin Burger Salad 23 – sub bison patty 3 ½ avocado 3

mixed greens, grass fed burger patty, gluten free croutons, cherry tomatoes,
caramelized onions, pickles, cheddar & mustard poppy seed vinaigrette

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 of 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!)

You are welcome to make menu modifications!

DRESSINGS

EXTRA DRESSINGS \$1.50

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

BRUNCH

Chilaquiles 17 – ½ avocado 3
malanga or corn chips, two pasture raised eggs over medium, cheddar, smoked gouda, rosemary salsa, pickled jalapenos
your choice – natural red wine braised short rib, gluten free beer braised pork carnitas or sautéed veggies

Steak and Eggs 27 – ½ avocado 3
grass fed hanger steak, sweet potato hash, caramelized onion, two pasture raised eggs your way – **egg whites 2**
pickled, fresh or grilled jalapeno 1

Wake Up Omelette 18 – egg whites 2
pasture raised eggs, naturally raised pork chorizo, smoked mozzarella, sliced avocado, pickeled jalapeno & fries

Veggie Omelette 17 – ½ avocado 3
pasture raised eggs, spinach, bell pepper, mushrooms, pesto & veggie medley
pickled, fresh or grilled jalapeno 1
caramelized onion 1 egg whites 2

Origin Breakfast Tacos 18 – ½ avocado 3 egg whites 2
siete cassava/coconut tortilla or corn tortilla, sweet potato hash, pasture raised scrambled eggs, bell pepper, served with malanga or corn chips & rosemary salsa
caramelized onion 1 pickled, fresh or grilled jalapeno 1
add – pasture raised chicken sausage or naturally raised pork chorizo 4

The Defined Dish Enchiladas Con Carne 18 – ½ avocado 3
siete cassava/coconut tortillas, grass fed ground beef, lactose free cheddar, pickled jalapeno. served with cilantro/lime/poblano jasmine rice

The King 17 – add almond butter 2.5
french toast or gluten free toast, brandy, caramel, seared banana, seasonal fruit compote, chantilly cream & bacon

Buttermilk Short Stack 14 – OR - Paleo Short Stack (almond, coconut & egg) 17
Three pancakes, seasonal compote, chantilly cream or coconut milk chia seed fluff, real maple syrup

Gluten Free Fried Chicken & Paleo Waffle 23
honey drizzled fried pasture raised chicken breast over a paleo waffle with real maple syrup, fresh strawberries, & powdered sugar

Bird in a Basket 13 – wheat or white toast or gluten free
toast* with an over easy pasture raised egg in the center, avocado slices, mango salsa, micro greens & fruit side

Acai Granola Bowl 14
acai, house made gluten free granola, sliced banana, seasonal berries, local honey
add almond butter 2.5

A LA CARTE / SIDES / EXTRAS

BUTTERMILK PANCAKE 4 PALEO PANCAKE 5
TWO PASTURE RAISED EGGS YOUR WAY 5
EGG WHITES 7 UNCURED BACON SIDE 8
FRUIT MEDLEY 8 ½ AVOCADO 3 MAPLE SYRUP 2
TOAST (WHEAT OR WHITE) & HOMEMADE JAM 2.5
GLUTEN FREE WHITE TOAST & HOMEMADE JAM 3.5
AVOCADO TOAST 6 GLUTEN FREE MAC & CHEESE 8
WINDY MEADOWS CHICKEN SAUSAGE 9
VEGGIE MEDLEY 7 ROASTED BRUSSEL SPROUTS 7
MALANGA CHIPS & SALSA 9
SWEET POTATO HASH OR PLAIN SWEET POTATO 7
FRIES 8 SWEET POTATO FRIES 8

BOWLS



SWEET POTATO HASH BOWL 15

(PLAIN SWEET POTATO AVAILABLE)

TRY HALF BRUSSEL SPROUTS IN BOWLS!

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

MIXED VEGGIE & JASMINE RICE BOWL 15

(PLAIN JASMINE RICE AVAILABLE)

TWO PASTURE RAISED EGGS YOUR WAY,
SAUTEED YELLOW SQUASH, ZUCCHINI,
CARROT, BROCOLINI, ASPARAGUS,
LIME POBLANO JASMINE RICE

(BOWLS ARE ALSO AVAILABLE AS
COMBINATIONS)

ADD ME

pasture raised – chicken breast or windy meadows chicken sausage 9 paleo popcorn chicken 11 two eggs your way 5 egg whites 7

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

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

from the sea - salmon (ocean farmed) 11 salmon (wild) 16 sesame crusted ahi tuna (wild) 11 halibut (wild) 28 5 shrimp* (wild) 11 5 bacon wrapped shrimp 17

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

KIDS

Gluten Free Chicken Tenders \$14

Grilled Cheese (sub gluten free \$2) \$13

Beef & Cheese Tacos on Corn Tortilla \$13

Cheeseburger (sub gluten free \$2) \$15

All kids’ items served with a choice of side