
Starters

- Cashew Queso** – sprouted cashews, nutritional yeast, lemon, hatch chilis, tomato, turmeric with malanga & corn chips* **14**
Pasture Raised Chicken Wings* – (cholula ancho lime flavored) served with veggies & avocado oil ranch **12**
Paleo Hummus – (squash, macadamia, roasted garlic, lemon, tahini) with veggies & malanga chips* **13**
Brussel Sprout Artichoke Dip – (mozzarella, cheddar & cream cheese) with malanga chips* **12**
Grilled Stuffed Avocado – pico de gallo stuffing with malanga chips* **8**
*substitute avocado oil **2.5**
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Brunch

- Chilaquiles 16** – add ½ avocado **2.75** *substitute avocado oil chips **2.5**
malanga or corn chips*, two pasture raised eggs over medium, cheddar, smoked gouda, salsa, pickled jalapenos
your choice – naturally raised gluten free beer braised pork carnitas, short rib or sautéed veggies
- Steak and Eggs 21** – add ½ avocado **2.75** pickled, fresh or grilled jalapeno **.5**
grass fed hanger steak, sweet potato hash, caramelized onion, two pasture raised eggs your way
- Wake Up Omelette 17**
pasture raised eggs, naturally raised pork chorizo, smoked mozzarella, sliced avo, pickled jalapeno; side fries
- Veggie Omelette 16** – add ½ avocado **2.75** pickled, fresh or grilled jalapeno **.5** caramelized onions **.5**
pasture raised eggs, spinach, bell pepper, mushrooms, pesto, veggie medley on the side
- Origin Breakfast Tacos 17** – add pasture raised chicken sausage or naturally raised pork chorizo **3** add hatch green chile **1**
siete cassava/coconut tortillas*, sweet potato hash, pasture raised scrambled eggs, bell pepper; malanga chips** & rosemary salsa
sub avocado oil chips **2.5**
- The King 16** – sub gluten free toast **2** add almond butter **2**
french toast, rum caramel, seared banana, seasonal compote, chantilly cream, with a side of bacon
- Short Stack** – buttermilk **12** or paleo gluten free (almond, coconut & pasture raised egg) **15** - extra maple syrup **2**
three pancakes, seasonal compote, chantilly cream or coconut milk chia seed fluff, real maple syrup
- Gluten Free Chicken* & Waffles 20** – extra maple syrup **2** sub avocado oil **2.5**
honey glazed fried pasture raised chicken breast, paleo waffle, real maple syrup, fresh strawberries, powdered sugar
- Bird in a Basket 12** – sub gluten free toast **2**
toast with an over easy pasture raised egg in the center, avocado slices, mango pico de gallo, micro greens, side of fruit
- Acai Granola Bowl 12.5** – add spinach **2** add almond butter **2**
acai, house made gluten free granola, sliced banana, seasonal berries, local honey
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Bowls

- Sweet Potato Hash Bowl 13** – sub “plain” diced roasted sweet potato hash
two pasture raised eggs your way, sweet potato, apple, sunflower seed, dried currants, bacon garnish
- Brussel Sprout Bowl 13** – or sub half sweet potato hash or half “plain” sweet potato hash
two pasture raised eggs your way, double order of roasted brussel sprouts
- Add to Bowl**
- Pasture Raised** – chicken breast or windy meadows chicken sausage **8** two eggs your way **5**
Grass Fed – hanger steak **12** burger patty **8** ground beef **6** filet **20**
- Naturally Raised** – gluten free beer braised pork carnitas **7** ground bison **10** bison patty **10** uncured bacon (2 pieces) **3**
- From the Sea** – salmon (ocean farmed) **11** salmon (wild) **18** shrimp (wild) (5 pieces) **10** sesame crusted ahi tuna (wild) **11**
- From the Land** – ½ avocado **2.75** caramelized onions **.5** goat cheese **2** pickled, fresh or grilled jalapenos **.5** mushrooms **3**
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Salads & Sandwiches

- Warm Shaved Brussel Salad 14**
brussels, walnuts, mustard poppy seed e.v.o.o. vinaigrette, shaved parmesan, and garnished with black lava salt
– salmon (ocean farmed) **11** salmon (wild) **18** shrimp (wild) **10** sesame crusted ahi tuna (wild) **11**
pasture raised chicken breast **8** grass fed - hanger steak **12** filet **18** burger patty **8** bison patty (naturally raised) **10**
- Seared Sesame Crusted Ahi Tuna Salad 19**
mixed greens, honey roasted almonds, cherry tomatoes, golden raisins, goat cheese, avocado, paleo green goddess dressing
- Chicken Avocado Salad 17**
mixed greens, honey roasted almonds, strawberries, avocado, almond garlic chutney e.v.o.o. vinaigrette
- Origin Cobb Salad 19**
romaine, green onion, cherry tomato, carrot ribbons, bacon, avocado, jammy soft boiled pasture raised egg; paleo green goddess dressing
your choice of – pasture raised chicken, paleo popcorn chicken (add \$1) or fried cauliflower **canola or avocado oil (add \$2.5 for avo oil)**
- The Regular 18** – add goat cheese **2** ½ avocado **2.75**
spinach, pasture raised chicken, brussel sprouts, caramelized onions, pecans, honey e.v.o.o. vinaigrette
- Burger Salad 18** – sub bison patty **2** ½ avocado **3** pickled, fresh or grilled jalapeno **.5**
mixed greens, grass fed burger patty, gluten free croutons, cherry tomatoes, caramelized onions, pickles, cheddar, dijon poppy e.v.o.o. vin
- Thai Salmon* 19** – *sub wild salmon **8**
arugula, spinach, jalapeno, cherry tomatoes, apples, fish sauce siracha e.v.o.o. vinaigrette, balsamic reduction
- The Defined Dish Paleo Green Goddess Salad 19** – *sub avocado oil fried chicken **2.5**
arugula, kale, cherry tomatoes, uncured bacon, paleo popcorn fried pasture raised chicken*, paleo green goddess dressing
- The Defined Dish Enchiladas Con Carne 17**
siete cassava/coconut tortillas, grass fed ground beef, raw lactose free cheddar; cilantro/lime/poblano cauliflower rice
- Grass Fed Beef Burger 18** – sub gluten free bun **2.5** *sub avocado oil fries **2.5** sub bison patty **2**
pasture raised over easy egg, uncured bacon, caramelized onion, cheddar, greens, tomato, homemade aioli, bun, fries* or veggie medley
– ½ avocado **3** pickled, fresh or grilled jalapeno **.5** pickles **.5**
- BLT & Then Some 14.5** – sub gluten free toast **2** *sub avocado oil fries **2**
uncured bacon, tomato, red onion, greens, over easy pasture raised egg, ½ avocado, aioli, bun, fries* or veggie medley
- Apple Meltdown 17** – add ½ avocado **2.75** *sub avocado oil **2.5**
pasture raised chicken, uncured bacon, apples, caramelized onion, smoked mozz, honey aioli, hoagie roll, fries* or veggie medley
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A La Carte / Sides / Extras

- butter milk pancake **4** paleo pancake **5** two pasture raised eggs your way **5** uncured bacon side **6** ½ avocado **3**
avocado toast **6*** toast (available in wheat or white) & homemade jam **3*** - *sub gluten free white toast **6** add almond butter **2**
windy meadows chicken sausage **8** maple syrup **2** almond butter **2** veggie medley **6** roasted brussel sprouts **8**
canola oil – malanga chips & salsa **7** **avocado oil** – malanga chips & salsa **9.5** fresh fruit medley **6**
sweet potato hash **6.5** diced roasted sweet potato (plain) **6.5** fried cauliflower (canola \$ **6** or avocado oil **\$8**)
canola oil – fries **5** or sweet potato fries **6** **avocado oil** – fries **7.5** or sweet potato fries **8.5**