
First Things

Cholula Lime Wings 13 – sub avocado oil flash fried wings 2.5*

pasture raised roasted chicken wings*, origin wing sauce, served with baby carrots, celery & avocado oil paleo ranch

Paleo Hummus 13 – sub avocado oil chips 2.5*

squash, macadamia nuts, tahini, roasted garlic, lemon juice, served with malanga or corn chips* and veggies

Cashew Queso 14 – sub avocado oil chips 2.5*

sprouted cashews, nutritional yeast, hatch green chilis, lemon, tomatoes, turmeric served with malanga* & corn chips*

- add chili seasoned grass fed short rib 5 chili seasoned carnitas 5

Brussel Sprout Artichoke Dip 13 – sub avocado oil chips 2.5*

brussel sprouts, artichokes, cream cheese, parmesan, served with malanga or corn chips*

Smoked Mozzarella Bruschetta 12 – sub gluten free toast points 2*

seared mozzarella, toast points*, cherry tomatoes, arugula, balsamic glaze

Gluten Free Fried Calamari 16 – sub avocado oil fried calamari 2.5 sub paleo flour 1

garnished with maple syrup & brandy sautéed bell peppers & almonds, served with marinara

Chicken Nachos 15 – add ½ avocado 3 pickled, fresh or grilled jalapeno .5 caramelized onions .5

malanga or corn chips*, pasture raised chicken breast, cheddar cheese infused rosemary salsa, pico de gallo

- sub grass fed - ground beef 1 short rib 6 hanger steak 9 ground bison (naturally raised) 10 avocado oil chips 2.5*

Green Things

Origin House Salad** 8.5 – add ½ avocado 3

mixed greens, tomato, red onion, goat cheese, gluten free croutons, dressing of your choice

****choose your protein - salmon (ocean farmed) 11 salmon (wild) 18 ahi tuna (wild) 11 shrimp (wild) 10
pasture raised - chicken breast 8 grass fed - hanger steak 15 burger patty 8 bison patty (naturally raised) 10**

Warm Brussel Salad** 15 – add ½ avocado 3

sautéed shaved brussels, walnuts, mustard poppy seed e.v.o.o. vinaigrette, shaved parmesan, and garnished with black lava sea salt

****choose your protein - salmon (ocean farmed) 11 salmon (wild) 18 ahi tuna (wild) 11 shrimp (wild) 11
pasture raised - chicken breast 8 grass fed - hanger steak 15 burger patty 8 bison patty (naturally raised) 10**

The Regular 18 – add goat cheese 2 ½ avocado 3

pasture raised chicken breast, spinach, roasted brussel sprouts, caramelized onions, pecans, honey e.v.o.o. vinaigrette

Chicken Avocado Salad 18

pasture raised chicken breast, spring greens, honey roasted almonds, strawberries, avocado, almond garlic chutney e.v.o.o. vinaigrette

The Defined Dish Paleo Green Goddess Salad 19 - sub avocado oil 2.5*

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

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

Acorn Squash Cup 17 - sub avocado oil fried kale 2.5*

fried crispy kale*, roasted half acorn squash, sautéed quinoa & raspberries, almond garlic chutney, balsamic reduction

Main Things

Grass Fed Hanger Steak 29 – add 2 bacon wrapped shrimp 6 grilled jalapeno .5

grilled hanger steak, mash sweet potato, roasted brussels sprouts; grass fed beef bone broth brown gravy on side

Grass Fed Filet 36 – add 2 bacon wrapped shrimp 6 grilled jalapeno .5

6oz grass fed filet skillet seared in duck fat, avocado oil fries, small house salad; grass fed beef bone broth brown gravy on side

Grass Fed Boneless Short Rib 29

12 hour braised grass fed short rib, paleo white potato mash, sautéed mixed veggie; served with grass fed beef bone broth brown gravy

Gluten Free Fried – Chicken Breast 25 or New York Strip Steak 30 – sub avocado oil fried chicken 2.5 sub paleo flour 1

paleo white potato mash, sautéed mixed veggie; chicken bone broth paleo white gravy on the side

Stuffed Pasture Raised Chicken Breast 24

goat cheese spinach stuffing, sautéed mixed veggie, cauliflower rice; with brandy orange coconut sugar reduction

The Defined Dish Enchiladas Con Carne 23

siete cassava/coconut tortillas, grass fed ground beef, raw lactose free cheddar; cilantro/lime/poblano cauliflower rice

Paleo Tacos (3 your way) 23 - sub avocado oil chips 2.5*

add ½ avocado 3 caramelized onion .5 pickled, fresh or grilled jalapeno .5

siete cassava/coconut or corn tortillas, pico de gallo, spring greens, cholula aioli; served with malanga or corn chips* & rosemary salsa

*grass fed – braised short rib / hanger steak / ground beef / naturally raised ground bison

pasture raised chicken breast / wild caught shrimp

Shrimp & Grits* 22

sautéed wild caught shrimp (6), goat cheese infused *corn or *cauliflower grits, roasted poblano cream sauce

Grass Fed Beef Burger 18 – sub bison patty 2 ½ avocado 3 pickled, fresh or grilled jalapeno .5 pickles .5 gluten free bun 2.5

pasture raised egg, uncured bacon, caramelized onion, cheddar, greens, tomato, aioli, bun; your choice of side

Bowl & Things

Sweet Potato Hash Bowl 13

two pasture raised eggs your way or ½ avocado, sweet potato, apple, sunflower seed, dried currants

Brussel Sprout Bowl 13 - or sub half sweet potato hash

two pasture raised eggs your way or ½ avocado, double order of roasted brussel sprouts

Add Me

pasture raised – chicken breast or windy meadows chicken sausage – 8 two eggs your way - 5

grass fed - hanger steak 15 burger patty 8 ground beef 6 boneless short rib 13 filet/tenderloin 23

naturally raised - bison patty 10 ground bison 10 uncured bacon (2 pieces) 3.5

from the sea - salmon (ocean farmed) 11 salmon (wild) 18 ahi tuna (wild) 11 halibut (wild) 24

5 shrimp* (wild) 11 - (sub uncured bacon wrapped add 6*)

from the land – ½ avocado 3 caramelized onions .5 goat cheese 2 mushrooms 3

pickled, fresh or grilled jalapenos .5 sautéed spinach 3

Sides

roasted brussel sprouts 8 broccolini 6 spinach 6 mixed veggie 6 gluten free mac & cheese 8

avocado oil - fried brussel sprouts 9 malanga or corn chips* & rosemary salsa 7 (*sub avocado oil \$2.5)

avocado oil - fried unbreaded cauliflower 8.5 canola oil – fried unbreaded cauliflower 6

avocado oil - sweet potato fries 8.5 fries 7.5 canola oil - sweet potato fries 6 fries 5 cilantro, lime & poblano cauliflower rice 6

paleo white mash potato 6 sweet potato mash 6 sweet potato hash 6.5 diced roasted sweet potato 6.5