



Special FRESH MEALS 'tasting' pop up dinner menu for Friday December 8, 2017
 Reservations required 216-245-6666. Call in your pre-paid pick up orders by 3 pm Friday 12/8/17.

4640 Richmond Rd. Ste. 200, Warrensville, OH 44128.

www.cafeavalaun.com

Friday December 8, 2017

6 pm - 9 pm

Everything on this menu is Grain Free, Dairy Free, Soy Free and Peanut Free

Appetizers

Spicy Shrimp taco with smoky avocado cream	AIP	\$8
Yuca fries with garlic aioli (AIP w/o aioli)	P NF V	\$7
Vegan almond-vegetable stuffed delicata squash	VG P LC	\$5
Indian spiced lamb patties	AIP LC	\$8
Hearty Vegan Chinese vegetable soup with lotus root, shiitake mushrooms, bitter melon	AIP LC	\$4

Salads

Burger salad bomb with grass-fed beef patty with a ton of greens, tomato, avocado and onion (AIP option available)	P NF LC	\$7
Shaved fennel, greens, pomegranate, citrus and pancetta vinaigrette (VG option)	AIP LC	\$5
Paleo Fattoush salad with crunchy plantain and sumac-lemon dressing	VG LC	\$6
Good and basic side salad- Lettuce, tomato, cucumber balsamic vinaigrette	NF VG	\$5

Entrees

Grass-fed Beef Liver and onions with mushroom and caramelized onion-thyme sauce over taro root risotto	AIP	\$18
Salmon poached in bone broth, kombu, ginger, turmeric and lemon with turnip noodles	AIP LC	\$23
Lamb shank with red wine-bone broth reduction over roasted rainbow winter vegetables	AIP LC	\$23
Pulled Beef barbacoa with yuca fries and tomato-avocado salad (Vegan Jackfruit option available)	EF NF P LC	\$20
Cuban Mojo Citrus Pulled Pork with side of Plantain and Bacon Mofongo (Vegan Jackfruit option available)	EF NF P LC	\$20
Cranberry roasted chicken with ginger-pumpkin veloute, Brussels Sprouts	AIP LC	\$22
Vegan eggplant involtini with almond 'ricotta' filling with zucchini noodles and fresh roasted tomatoes and pesto	VG LC	\$17

Menu Subject to changes

Please inform us of any specific allergies

Everything is Gluten Free, Soy Free and Peanut Free

V=Vegetarian, NF=Nut Free, CF=Corn Free, EF=Egg Free, P=Paleo, PR=Primal, VG=Vegan, DF=Dairy Free

VG or P is also DF. Anything labeled VG is EF. All P and PR recipes are Grain Free. PR may contain Dairy such as grass-fed butter.

Desserts

There will be Paleo options in the case along with other temptations