

All of our items are made from scratch in house. We source our products with a local and organic emphasis. Our kitchen is 100% grain, gluten, tree nut, legume, soy, cow-dairy, MSG, preservative, and other weird food additive free. Let us know of any dietary restrictions or preferences and we will be happy to accommodate!

TRICERABOX

Small	\$9	1 from the grill	& 2 sides
	\$12	1 Dinosaur Egg	
Large	\$13	½ Dinosaur Egg & 1 Skewer	& 3 sides
	\$14	2 Skewers	

FROM THE GRILL

\$5 a la carte

Steak	Grass fed, Northwest grown, hormone & antibiotic free marinated top sirloin from Cascade Natural Farms. W30/K/N/O/G/F
Chicken	Northwest grown and hormone, antibiotic, and cage free chicken thighs from Cascade Natural Farms topped with toasted sesame seeds and loaded with your choice of sauce: <u>Pineapple Pteriyaki</u> : Sticky sweet, soy-free take on the classic (contains honey) H/C/N/G/F/S <u>Velosriracha</u> : House made chili garlic sauce. W30/K/C/N/G/F/S <u>Dijonodon</u> : Fresh herbed honey dijon. H/G
Dinosaur Egg	Grilled avocado filled with coconut sticky rice, topped with mango and cilantro. V/W30/K/C/O/G

SIDES

Seasonal Salad	Herbed salad greens topped with grilled fennel, apples, chevre, black pepper roasted pumpkin seeds & a tarragon citrus vinaigrette. \$8 lg/\$5 smV/W30/K/S
Chipotle Mash	steamed sweet potatoes and cauliflower with coconut cream, topped with green onions. \$4 V/W30/N/C/O
Cauliflower Rice	sautéed with garlic, onion, olive oil and sea salt. Plain or Velosriracha, topped with green onions. \$4 V/W30/K/O/G
	Load it up! (+\$2) +add velosriracha, green onions, and your choice of two of the following to our chipotle mash or cauliflower rice
	awesome bacon H sliced avocado
	whipped herb goat cheese C/O hard boiled egg E
Bone Broth	Made with grass fed beef femur bones from Bartell's Farms in Eugene, OR, fresh veggies, herbs, apple cider vinegar and sea salt. 8 oz \$4 a la carte /\$15 for a quart. W30/K/O/G
Jurassic Rolls	grain free dinner rolls baked fresh in house daily, with our roasted garlic spread or whipped herb goat cheese (contains egg). \$2.5 C/E

EXTRAS

\$1.5 each

Awesome Bacon	nitrate and nitrite free, sweetened with organic honey and made from hormone and antibiotic free pastured pork. K/H
Hard Boiled Egg	locally laid by free range hens. W30/K
Velosriracha	FREE! Our house made hot sauce. V/W30/K/C/N/G/S
Whipped Goat Cheese	K/C/O
Avocado	V/W30/K

Contains Ingredient/***Contains but can be made safely without***

H: Honey	E : Eggs	C: Coconut	N: Nightshades
O: Onion	G: Garlic	S: Seeds	F: Anchovies

V: Vegan, or can be made so W30: Whole 30, or can be made so K: Keto, or can be made so