The Sleepy Choo

(mostly) Ancestral Food

Sourced locally, Gluten-free, Made with California Olive Oil or Organic Coconut Oil

**BREAKFAST**

Cowboy Breakfast Skillet

Sweet and salty come together in this delectable mix of sausage, sweet potatoes, and eggs, garnished with avocado and cilantro.

Mega Migas

GMO-free tortilla chips covered in homemade chorizo topped with scramby eggs, beans, cheese, black olives, avocado, onions, and tomatoes. You know the rest. (Sure - corn, beans, and cheese are all iffy from an “ancestral” point of view. But they are damned delicious).

Banana Bread in a Bowl

Being grain-free doesn’t mean never tasting the sweet, sweet taste of nutty banana bread on your tongue ever again. This one-dish wonder is tasty, filling, and delicious. It can also be made with cocoa and raisins for an extra dose of sweetness and cancer-fighting antioxidants.

Eggs, meat, greens

Free-range eggs cooked in olive oil, paired with organic greens tossed with balsamic vinegar and olive oil. “Meat” can consist of: bacon, sausage, sautéed liver, or just whatever is left over from the previous night.

**ENTREES**

Tomato Soup with Spicy Mini Meatballs

Olive oil paired with tomatoes, onions, fresh oregano and basil all pureed together into a silky rich soup spiced with tiny meatballs formed with a mix of pork, beef, basil, parsley, and red pepper flakes.

Asian Pork Meatballs with Chili Garlic Dipping Sauce

Ground pork spiced with jalapeno, chili garlic sauce, green onions and cilantro, crisped to perfection in the broiler and served with a spicy dipping sauce made of avocado oil mayo, chopped jalapeno, and chili garlic sauce.

Crispy Carnitas

Pastured pork shoulder, covered in cumin, chili powder and garlic, slow-roasted over a sliced onion in cast iron for 4 hours. Crispy and delicious with baked sweet potatoes.

Garlic Pulled Pork

The Sleepy Choo loves pork, obviously, and this recipe started our love affair. This is another slow roasted pork shoulder, but this time it’s covered in a spice rub of garlic (lots and lots of garlic), salt, pepper, and cumin mixed with fresh-squeezed lime juice. Because garlic is both delicious and amazingly good for you, we also shove fresh garlic slices into the roast. It’s bonkers good. Believe me.

Crispy Roast Chicken

Cooking a chicken in a 500 degree oven sounds like a bad idea, but it’s not as long as you salt the chicken the night before, stick some sage leaves between the skin and the breast and let it air out in the fridge overnight. Toss that baby in the oven, take the batteries out of the smoke detector, and in 60 minutes or so you have the juiciest chicken with the tastiest, crispiest skin you could ever imagine. Crazy tasty.

Oven-Roasted Beef Brisket

And here’s an entrée for you crazy bastards who don’t like pork. This brisket is rubbed down with a Texan mixture of chili powder, salt, garlic powder, onion powder, and dried mustard. It’s slow roasted for 3 hours, and makes the juiciest, tastiest, most amazing brisket you ever sunk your teeth into. Fette Sau be damned!

African-Inspired Chicken Stew

Almond butter, chicken, and sweet potatoes may not sound like good bedfellows, but add them together with some onions, garlic, tomatoes, red peppers, and spices, and you have a rich, delicious, hearty stew that will make you jump on a plane to Morocco. Or at least drive to Chicago to find a good Middle-Eastern restaurant.

**SIDES**

Sweet Potato Salad

Sweet potatoes mixed with mayo made from avocado oil, mixed with a saucy combination of pickles, jalapenos, and green onions. Everyone who tries this loves it.

Paleo Popcorn

Roasted cauliflower spiced up with turmeric, salt, and cumin. Super basic, but super delicious.

Brussel Sprouts

If brussel sprouts make you feel bloated, you probably want to steer clear of these. If, however, you think brussel sprouts are the bees knees, especially when cooked with crispy bacon and onions, then by all means, order this up. You will not be sorry. I promise.

Baked Kale Chips

Kale can be somewhat difficult to eat, which is unfortunate since it’s so good for you. We’ve overcome this obstacle by tearing it into bite-size pieces, massaging it with olive oil, dousing it with Himalayan salt, and baking it into crispy, delicious chips. Nom Nom Nom.

**DESSERT**

Pumpkin Chocolate Chip Muffins

If you like pumpkin, spices, and chocolate, sign yourself up for these tasty bits. Only crazy people don’t like them. Made with coconut flour, maple syrup and pumpkin puree, you won’t believe these muffins are gluten-free.

Love You Long Time Chocolate Muffins

These ganache-covered cuties are tasty mixes of cocoa powder, coconut flour and bananas. Just sweet enough to satisfy your sweet tooth, but not too sweet to send you into a sugar coma.

Chocolate Coconut Bars

If you love Mounds Bars but hate the corn syrup and list of unpronounceable ingredients, thank your lucky stars that some brilliant chef created this recipe. This mix of coconut, honey, chocolate, and salt will blow your mind.

Chunky Monkey Muffins

The paleosphere loves their bananas in muffins, and with good reason! They are super tasty. This recipe mixes coconut flour with tapioca flour, butter, coconut sugar, walnuts and chocolate chips to make a muffin you don’t want to stop eating. They’re dangerous. Seriously. Like whole pan gone in an evening dangerous.

**MISCELLANEY**

Turnip Green Smoothies

Whipped up by Timmy Tee.

Bulletproof Coffee

Freshly brewed coffee blended with MCT oil, grass-fed butter, and cinnamon.