#### PLANT BASED · LOW CARB · PALEO · MUSCLE BUILDER

### DIET-BASED MENU GUIDE + RECOMMENDATIONS

Whether you're a sweaty enthusiast looking to fuel your workouts, a whole foods-focused carnivore, a flexitarian, herbivore, or simply looking for a healthy option, we're here to show you that there's no need to sacrifice flavor in your mission to eat healthfully at our restaurants!

Use this guide as a roadmap to order a meal that fits inside whatever diet you are following!





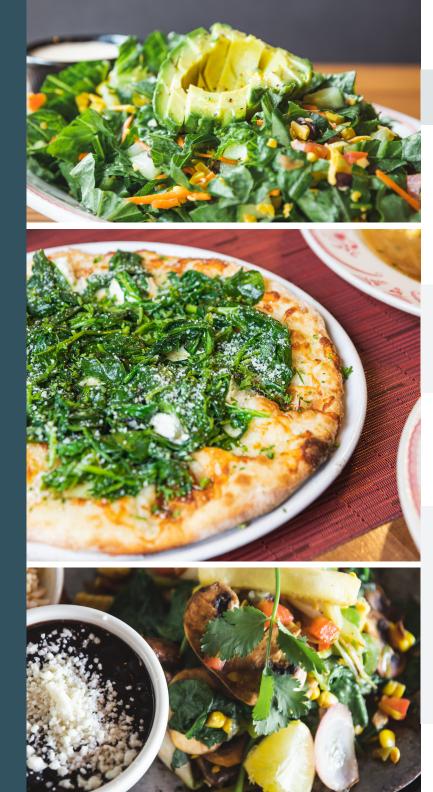






## PLANT BASED

Plant-based eating patterns focus on foods that derive from - you guessed it - plants! This includes not only fruits and veggies, but also nuts, seeds, oils, whole grains, legumes and beans. Note that plantbased eaters don't have to be exclusively vegetarian or vegan...they simply opt to proportionately choose the majority of their food from plant sources!



Pictured top to bottom: Midwood Meal 1; Mama's Meal 3; Paco's Meal 2

	MEAL 1	MEAL 2	MEAL 3
MIDWOOD SMOKEHOUSE	Midwood chopped salad (without cheese) with balsamic vinaigeitte	Veggie tacos	BYO Salad with cucumber, tomatoes, white quinoa, red onions, avocado, chickpeas, black beans, dried cranberries and honey apple cider vinaigrette
MAMA RICOTTA'S	Mama's salad	Pasta primavera	Vegetariana pizza
PACO'S TACOS	Chopped salad with honey cilantro lime dressing	Vegetable fajitas	Cheese quesadilla
YAFO KITCHEN	Base: 1/2 salad, 1/2 grain Spread: hummus Toppings: tabbouleh, chickpea and roasted red pepper salad, sumac onion, beets Add-ons: hard boiled egg Protein: falafel Side: laffah bread	3 sides: falafel + tahini cauliflower + lemon cranberry quinoa salad	BYO: pita bread Fillings: cucumber tomato salad, sumac onion, mediterranean pickles Side: brussels sprouts Protein: falafel + mixed mushroom (with lemon tahini)

## LOW CARB

Many low carb and ketogenic dieters opt for a higher fat/lower carb approach to train their bodies to more efficiently utilize fat (versus glucose) for fuel. A lower carb/ higher fat strategy can be beneficial for people looking to reduce inflammation, improve blood glucose and insulin values, or for individuals with neurological conditions.

Given the satiating nature of dietary fats, this menu is bound to keep you on track! These items may be lacking on the starch front, but there's no shortage of flavor.





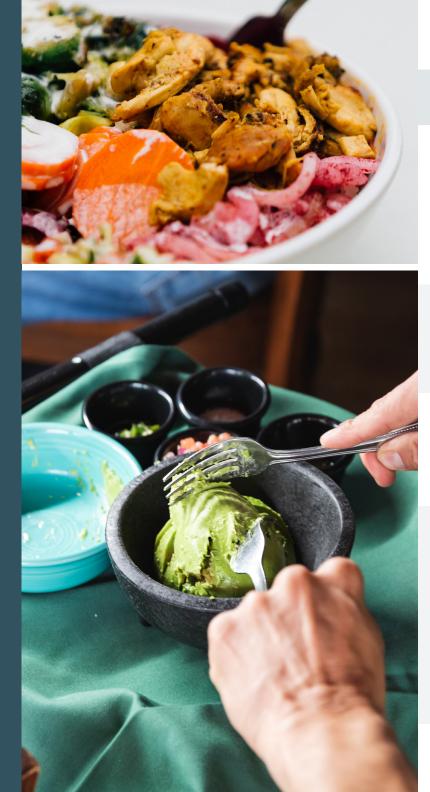


MEAL 1		MEAL 1	MEAL 2	MEAL 3
	MIDWOOD SMOKEHOUSE	Beef brisket platter with collards + bacon- wrapped jalapeños	Smoked 1/2 chicken with cole slaw + steamed broccoli	BYO salad with cucumber, tomatoes, onions, avocado, steamed broccoli, bacon crumbles, apples, toasted walnuts, chopped pork, olive oil and balsamic vinegar
	MAMA RICOTTA'S	Insalata di manzo	Grilled salmon and arugula salad	Mozzarella and tomatoes + PEI mussels (no bread)
	PACO'S TACOS	Wood grilled skirt steak tacos in lettuce cups + citrus chipotle slaw (substitute rice & beans)	Ambushed shrimp (subtitute red rice for salad)	Alamo chicken fajitas (substitute rice, beans, tortillas)
	YAFO KITCHEN	Base: salad Spread: tzatziki Toppings: tomato cucumber salad, sumac onions, red cabbage slaw, olives Add-ons: hard boiled egg Protein: Moroccan lamb (with harissa yogurt)	1/2 rotisserie chicken 2 sides: brussels sprouts + tahini cauliflower	Base: 1/2 salad, 1/2 hummus Toppings: tomato cucumber salad, beets, sumac onions, feta Add-ons: mixed mushrooms Protein: beef koftka (with spicy red schug)

# PALEO

The paleo philosophy stems from a drive to channel the diet of our ancestors before agricultural practices were developed - a time when food needs were met solely via hunting and gathering. So basically...if a caveman ate it, so do you. With grains, legumes, dairy, refined sugars, and refined oils on the paleo chopping block, paleo enthusiasts instead place a strong emphasis on meat, fish, eggs, veggies, fruits and seeds.

Good news - our menus already feature a heavy rotation of fresh and flavorful whole, non-processed foods that can fit seamlessly into your paleo lifestyle. Bonus: this elimination-style diet can also be a very effective tool in identifying food sensitivities and intolerances!



Pictured top to bottom: Yafo Meal 1; Paco's Meal 1

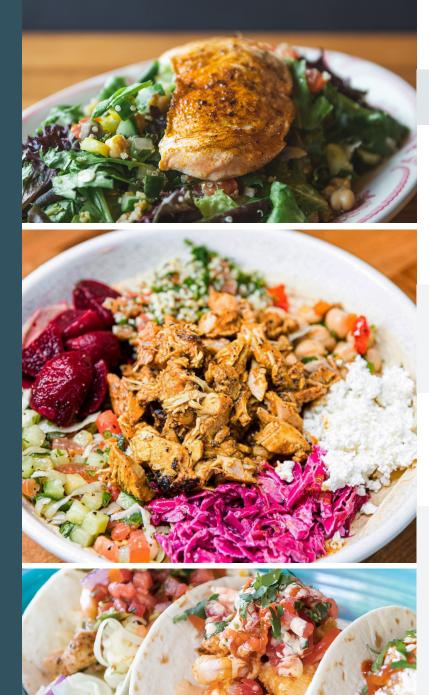
MEAL 1		MEAL 1	MEAL 2	MEAL 3
	MIDWOOD SMOKEHOUSE	Sauce-free pulled chicken platter with collards + steamed broccoli	Naked burger in a lettuce bun with Johnny pico and a fried egg + steamed broccoli	BYO Salad with cucumber, tomatoes, avocado, cauliflower, steamed broccoli, apples, toasted walnuts, Paleo burger with olive oil and balsamic
	MAMA RICOTTA'S	Tuscan salad (no cheese) with shrimp (EVOO + balsamic vinegar)	Salmoni arrosti olivada	Pollo alla griglia with assorted grilled vegetables (substitute mashed potatoes)
	PACO'S TACOS	Outlaw steak fajitas (no sides, only pico de gallo & guac)	Brisket tacos in lettuce cups (no cheese), no sides	Chopped salad (no beans, corn, or queso), add shrimp, with olive oil & balsamic vinegar
	YAFO KITCHEN	Base: romaine Spread: babaganoush Toppings: tomatoes, cucumbers, sumac onions, mediterranean pickles, beets, lemon juice Add-ons: avocado, hard boiled egg Protein: shawarma chicken Dressing: lemon tahini	3 sides: moroccan lamb + brussels sprouts + beets	Base: kale color crunch Toppings: tomato + cucumber salad, brussels sprouts, pickled carrots, olives, beets Add-ons: avocado, hard boiled egg Protein: grilled salmon Dressing: green schug

## MUSCLE BUILDER

Inspired by our fit friends at MADabolic delivering premier strength and conditioning to group fitness enthusiasts in all corners of Charlotte - we bring you our Muscle Builder menu.

These carb- and protein-dense dishes are designed to replenish your energy stores and repair muscle tissue to better support performance and promote recovery from your strenuous workouts.





MEAL 1		MEAL 1	MEAL 2	MEAL 3	
	MIDWOOD SMOKEHOUSE	Carolina pork platter with sweet potato fries + collards	Upstream salad	Chicken bbq platter with baked beans + steamed broccoli	
	MAMA RICOTTA'S	Spicy shrimp and mussel linguini	Pollo alla griglia	Pollo romano	
	PACO'S TACOS	Shake down shrimp tacos	Outlaw steak fajitas	Fiesta bowl with grilled shrimp or fajita chicken	
	YAFO KITCHEN	Base: grain Spread: hummus Toppings: tomatoes, cucumbers, sumac onions, mediterranean pickles, beets Add-ons: cauliflower w/ tahini Protein: shawarma chicken (w/ lemon tahini) Side: laffah bread	1/2 rotisserie chicken 2 sides: greek yogurt macaroni and cheese + rotisserie potatoes	Base: laffah wrap Fillings: hummus, romaine lettuce, purple cabbage slaw, sumac onion, cucumber tomato salad Add-on: avocado Side: falafel Protein: amba chicken salad	

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## TIPS TO USE

This page is for our power users: the ones who know our menus inside and out, like the back and front of their hands. This is the insider info that only a few people in our inner circle have known about, but now it's yours. This is your chance to vary from your regular order and have a tiny adventure with your personal team of taste buds.





Pictured top to bottom: Yafo potatoes; Kombucha; Paco's Margs

	SKINNY DRINKS	PRO MOVES	SECRET MENU ITEM
MIDWOOD SMOKEHOUSE	Truly <sup>™</sup> spiked seltzer	Take your rib and chicken bones home to make some of the best bone broth ever	Smoked bacon jalapeño cheesesteak
MAMA RICOTTA'S	Mama's Sangria	Add homemade sausage to the penne, broccoli and chicken	Mama's pesto cream rigatoni
PACO'S TACOS	Slim in the Saddle Margarita	Check out our separate gluten friendly menu for extra options	Arroz con pollo
YAFO KITCHEN	Locally made Lenny Boy kombucha	Grab extra garlic sauce (toum) to dunk your chicken and potatoes into	Israeli Hot Eggplant

#### **FUN FACTS!**

#### Did you know that every single item prepared by flat top, skillet, or oven is cooked in high quality Extra Virgin Olive Oil, imported straight from Italy?

This practice is just as healthy as it is unique within the restaurant industry. Sure, hydrogenated oils might be more cost effective for restaurants, but they're also much less favorable (and flavor-able) to our health...and we're just not willing to make that compromise. Our EVOO is heart-healthier, more antioxidant-rich, less refined and processed, and flat out tastier than any other oily alternative.

#### Did you know that we place a strong emphasis on high quality ingredient sources?

95% of the chicken across all our restaurants comes from our nearby friends at Springer Mountain Farm, prioritizing responsibly-raised and antibiotic-free chicken.

The EVOO in all of our restaurants is sourced directly from Italy.

The cheese and pastas you'll find within Mama Ricotta's is also imported from Italy, and our mozzarella is made fresh and in-house every day.

All of Yafo's spices come straight from Israel, lending to their flavorful reputation

At Midwood Smokehouse, we only smoke with NC hickory...you can taste the local difference!

Paco's Tacos makes the delicious tortillas for which they're known by hand, on-site.



#### **ABOUT THE NUTRITIONIST:**

**Finley Funsten** provides valuable experience in the Charlotte health and wellness scene. In addition to serving as part-owner at MADabolic CLT where she applies her specialty in strength and conditioning, she's leverages extensive experience and credentials in the nutrition space to educate everyday athletes and fitness enthusiasts on implementing a sustainable, balanced, and performance-supporting approach to food and fitness.