



PRIMAL

FOOD & SPIRITS

SOUP / SALADS / APPS

BREAD & BUTTER

ASSORTED IMAGINE THAT GLUTEN FREE BREADS
HERBED WHIPPED BUTTER

BACON WRAPPED DATES

APPLEWOOD BACON / CHÈVRE / ARUGULA / VINAIGRETTE

DEVEILED EGGS

JALAPENO / CANDIED BACON / SMOKED PAPIKA AIOLI

CARROT AND GINGER SOUP (SERVED HOT OR COLD)

COCONUT MILK / RED CURRY / PEPITAS

CHOPPED KALE SALAD

GOAT CHEESE / SUNFLOWER SEEDS / APPLES / ORANGES / CITRUS
VINAIGRETTE

PRIMAL SALAD

MIXED GREENS/ SPICED ALMONDS / SHAVED COCONUT

GRILLED CAESAR SALAD

HEARTS OF ROMAINE / CROUTONS / PARMESAN

WOOD-FIRED PROTEIN SALAD

MIXED GREENS / EGG / BACON / DIJON VINAIGRETTE / ROASTED TOMATOES
**WITH: CHICKEN 14 / SHRIMP 15 / SALMON 16*

CHICKEN SALAD PLATTER

SHREDDED GRILLED CHICKEN / GRAPES / APPLES / TARRAGON / HONEY-
MUSTARD / ALMONDS / ROMAINE LETTUCE / TOMATO

[DAILY PRIMAL OFFERING \$8.5]

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tuesday - grilled chicken protein salad

wednesday - chicken salad platter

thursday - tuna melt

friday - stir fry

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host your business meeting or holiday party here!

contact: 919-248-3000 or

greg@primalfoodandspirits.com

SANDWICHES / MELTS

6 **GRILLED SHRIMP, AVOCADO, BACON SANDWICH** 12
HERB AIOLI / ARUGULA

8 **TUNA MELT** 9
TUNA / AVOCADO / PICKLED JALAPEÑO AIOLI / CHEDDAR CHEESE

5 **CRAB MELT** 12.5
LUMP CRAB / AVOCADO / PICKLED JALAPEÑO AIOLI / CHEDDAR
CHEESE

7 **GRILLED CHICKEN CLUB** 11
APPLEWOOD SMOKED BACON / AVOCADO / CHEDDAR CHEESE
HERB AIOLI

ENTREES

SHRIMP & GRITS 16
APPLEWOOD SMOKED BACON / BUTTON MUSHROOMS / LEMON
BUTTER

12 **VEGETARIAN PENNE PASTA** 13
ZUCCHINI / MUSHROOM / TOMATO / GARLIC / PARMESAN
**CHOICE OF CREAM OR OLIVE OIL*

WOOD GRILLED CHICKEN STIR FRY 13
RICE NOODLES / THAI YELLOW CURRY / ZUCCHINI / NAPA CABBAGE
BELL PEPPER / CARROT / ONION

ROASTED PORK BREAKFAST TACOS 10
SHREDDED PORK / SCRAMBLED EGGS / BELL PEPPERS / SHARP
CHEDDAR / CARAMELIZED ONION / CORN TORTILLA
PICO DE GALLO
**CHOICE OF LETTUCE WRAP OR CORN TORTILLA*

HANGER STEAK* 19
WOOD GRILLED / COFFEE ENCRUSTED / JALAPEÑO CREAMED CORN
RAJAS

* consuming raw or undercooked meat, shellfish, poultry, seafood or unpasteurized eggs may increase your risk of food borne illness --parties of 6 or more subject to a 20% gratuity