



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 PAPRIKA 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

GRILLED CHICKEN / GRAPES / APPLES / 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 - grilled green tomato blt

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contact: 919-248-3000 or

greg@primalfoodandspirits.com

SANDWICHES / MELTS

6

GRILLED SHRIMP, AVOCADO, BACON SANDWICH
HERB AIOLI / ARUGULA

8

TUNA MELT

TUNA / AVOCADO / PICKLED JALAPEÑO AIOLI / CHEDDAR CHEESE

5

GRILLED GREEN TOMATO BLT

AIOLI / ARUGULA / APPLEWOOD SMOKED BACON

GRILLED CHICKEN CLUB

APPLEWOOD SMOKED BACON / AVOCADO / CHEDDAR CHEESE
HERB AIOLI

9

9

9

12

ENTREES

SHRIMP & GRITS

APPLEWOOD SMOKED BACON / BUTTON MUSHROOMS / LEMON
BUTTER

VEGETARIAN PENNE PASTA

ZUCCHINI / MUSHROOM / TOMATO / GARLIC / PARMESAN
**CHOICE OF CREAM OR OLIVE OIL*

BBQ GRILLED CHICKEN

CRISPY RICE / SWEET POTATO PINEAPPLE SALSA / PINEAPPLE BBQ
SAUCE

CHILI BRAISED BRISKET TACOS

SCRAMBLED EGGS / BELL PEPPERS / SHARP CHEDDAR / ONION
PICO DE GALLO

**CHOICE OF LETTUCE WRAP OR CORN TORTILLA*

HANGER STEAK*

WOOD GRILLED / COFFEE ENCRUSTED / CAULIFLOWER GRATIN

* 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