

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

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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 plant-based 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 vinaigrette	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	<p>Base: 1/2 salad, 1/2 grain</p> <p>Spread: hummus</p> <p>Toppings: tabbouleh, chickpea and roasted red pepper salad, sumac onion, beets</p> <p>Add-ons: hard boiled egg</p> <p>Protein: falafel</p> <p>Side: laffah bread</p>	<p>3 sides: falafel + tahini cauliflower + lemon cranberry quinoa salad</p>	<p>BYO: pita bread</p> <p>Fillings: cucumber tomato salad, sumac onion, mediterranean pickles</p> <p>Side: brussels sprouts</p> <p>Protein: falafel + mixed mushroom (with lemon tahini)</p>

# LOW CARB

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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.

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



	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 (substitute red rice for salad)	Alamo chicken fajitas (substitute rice, beans, tortillas)
YAFO KITCHEN	<p>Base: salad</p> <p>Spread: tzatziki</p> <p>Toppings: tomato cucumber salad, sumac onions, red cabbage slaw, olives</p> <p>Add-ons: hard boiled egg</p> <p>Protein: Moroccan lamb (with harissa yogurt)</p>	<p>1/2 rotisserie chicken</p> <p>2 sides: brussels sprouts + tahini cauliflower</p>	<p>Base: 1/2 salad, 1/2 hummus</p> <p>Toppings: tomato cucumber salad, beets, sumac onions, feta</p> <p>Add-ons: mixed mushrooms</p> <p>Protein: beef koftka (with spicy red schug)</p>

# PALEO

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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 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	<p>Base: romaine</p> <p>Spread: babaganoush</p> <p>Toppings: tomatoes, cucumbers, sumac onions, mediterranean pickles, beets, lemon juice</p> <p>Add-ons: avocado, hard boiled egg</p> <p>Protein: shawarma chicken</p> <p>Dressing: lemon tahini</p>	<p>3 sides: moroccan lamb + brussels sprouts + beets</p>	<p>Base: kale color crunch</p> <p>Toppings: tomato + cucumber salad, brussels sprouts, pickled carrots, olives, beets</p> <p>Add-ons: avocado, hard boiled egg</p> <p>Protein: grilled salmon</p> <p>Dressing: green schug</p>

# MUSCLE BUILDER

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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.



*Pictured top to bottom:  
Midwood Meal 2; Yafo Meal 1; Paco's 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	<p>Base: grain</p> <p>Spread: hummus</p> <p>Toppings: tomatoes, cucumbers, sumac onions, mediterranean pickles, beets</p> <p>Add-ons: cauliflower w/ tahini</p> <p>Protein: shawarma chicken (w/ lemon tahini)</p> <p>Side: laffah bread</p>	<p>1/2 rotisserie chicken</p> <p>2 sides: greek yogurt macaroni and cheese + rotisserie potatoes</p>	<p>Base: laffah wrap</p> <p>Fillings: hummus, romaine lettuce, purple cabbage slaw, sumac onion, cucumber tomato salad</p> <p>Add-on: avocado</p> <p>Side: falafel</p> <p>Protein: amba chicken salad</p>

# TIPS TO USE

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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:  
Yafó potatoes; Kombucha; Paco's Margs*

**SKINNY DRINKS****PRO MOVES****SECRET MENU ITEM**MIDWOOD  
SMOKEHOUSE

Truly™ 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.