



PALEO MENU

298 Blair Blvd., "Scoops & Soups"

Open Hours:

11am-10pm sunday-wednesday

11am-11pm thursday-saturday

BONE BROTH SOUP (and salad)

Our soups are the heart and soul of this healthy diet, made with pastured or organic meat only, 24-72 hour bone broth, and lots of lovely organic vegetables, spices and herbs. You'll never find grains or potatoes in our bone broth soup. And the flavor of each one is so special, so satisfying, you'll know that every batch was made with hours of loving hands doing work that we're proud of. Here's to your health, a cozy, stew-like bowl of soup! P.S. We use only olive and coconut oil for sautéing...maybe a little pastured bacon fat. (Hurray for our local Deck Family Farm!!!) Organic greens and a homemade olive oil dressing are available for a simple salad with your meal.

WAFFLES

We soak/sprout all the organic nuts we use in our waffles so they are easier to digest. And we use pastured eggs. We do use stevia and sea salt in our waffles, and occasionally coconut flour; so they may not be for the strictest paleo proponent. But simple wholesome ingredients that still allow us to have a bread treat are the order of the day. Each week we'll have a "Paleo Waffle of the Week." The nuts and flavors will vary and the ingredients will always be accessible. See our menu on the back! Hope you enjoy: alone, with local raw honey, or with paleo ice cream on top! (We also sell 6-packs of frozen waffles to take home.)

PALEO ICE CREAM

Each flavor varies: some are sweetened only with dates and ripe banana, others stevia, others local raw honey. We have loved making these flavors for you, full of nutrition and so delicious! You'll notice earthy colors and more texture in these flavors than in traditional ice creams, no surprise there! Dairy-free, this line of treats is made with coconut milk or homemade nut milk. Some of our recipes do contain vanilla extract, which contains a small amount of alcohol. See a sample of our menu on the back and always feel free to request a list of our ingredients!



PALEO MENU

Favorite Bone Broth Soups

\$4.25 cup, \$6.50 bowl

- **Beef Stew** (without potatoes)
- **Verde Chicken with seasonal veggies**
- **French Cabbage with sausage & bacon**
- **Pumpkin Stew with sausage**
- **"Thanksgiving" with turkey, cauliflower, onions & thyme**

Rotating Waffle Menu

\$3 per square

- **Cashew with Blueberries**
- **Almond with Apples & Cinnamon**
- **Chocolate Chia Seed**
- **Orange-Poppyseed with Cranberries**
- **Savory Carrot Dill**

Paleo Ice Cream Flavors

\$4.25 small, \$5 medium, \$6 large, \$8 pint

- **Red Velvet Raw** (Dark Chocolate and berries, sweetened with ripe banana and dates)
- **Vanilla Date Shake**
- **Apple Pie**
- **Blueberry-Spirulina**
- **Cookie Dough** (Almond base with figs and dates)
- **Chunky Trail Mix**

•

• • • • •

Ve gan Flavors

- **Peanut Butter**
- **Decaf. Espresso-**
- **(cashew milk-based)**
- **Dark Chocolate**
- **Vanilla Bean**
- **Salted Caramel**
- **Pumpkin**
- **Mint Chocolate Chip**

•

• • • • •

Su gar-Free & Vegan

- **Strawberry Ginger Ale**
- **Chocolate**
- **Earl Grey (cashew milk-based)**
- **Red Velvet Raw**
- **Borgia**
- **Date Shake**
- **Bittersweet Chocolate Chip Fig (cashew milk-based)**
- **Granny Smith (cashew milk-based)**

•

• • • • •

Ic e Cream Flavors

- **Classic Vanilla**
- **Mexican Chocolate**
- **Lavender**
- **Hibiscus**
- **Caramel Pecan**
- **Tiramisu**

•

.....

Su gar-Free Frozen Yogurt & Paleo

.....

Flavors

- **Vanilla Date Shake**
- **Blueberry Spirulina**
- **Halvah**
- **Dark Chocolate Berry**
- **Trail Mix with Superfoods**
- **Peppermint**
- **Apple Pie**

LOCALLY SOURCING OUR INGREDIENTS IS A PRIORITY FOR VANILLA JILL'S. THE MAJORITY OF OUR INGREDIENTS ARE PURCHASED FROM ORGANIC GROWERS WITHIN 30 MILES OF EUGENE! THESE INGREDIENTS INCLUDE THE PROBIOTIC-RICH KEFIR WE BUY FROM SPRINGFIELD CREAMERY, BERRIES AND OTHER PRODUCE FROM GROUNDWORK ORGANICS, AND RAW HONEY GROWN IN THE WILLAMETTE VALLEY. WE CARE ABOUT GENERAL HEALTH AND NUTRITION, REACHING OUT TO OUR COMMUNITY WITH A MYRIAD OF PALEO, GLUTEN-FREE, SUGAR-FREE, LACTOSE-FREE, DAIRY-FREE, VEGAN, AND ALLERGY-FRIENDLY OPTIONS. WE ALSO OFFER COOKING CLASSES AND NUTRITIONAL INSIGHTS FOR THOSE ON A JOURNEY OF NUTRITIONAL LEARNING OR HEALING. THE ESSENCE OF WHAT WE OFFER IS TREATS WITHOUT GUILT, TREATS THAT BENEFIT YOU WITH A DEEPLY PLEASURABLE EATING EXPERIENCE AS WELL AS A LIVE AND ACTIVE BENEDICTION ON YOUR BODY! CHECK OUT OUR

NEW WEBSITE!



VANILLAJILLS.COM

•

• • • • •

FR ozen Yogurt Flavors

- **Vanilla Bean**
- **Dark Chocolate**
- **Sugar-Free Tart**
- **Caramel Apple**
- **Vanilla Bean Cheesecake** with local blackcap raspberry swirl
- **And Seasonal Flavors like orange creamsicle, peppermint, pumpkin, pear, marionberry and more**

vanilla Jill's
• FROZEN YOGURT • • • • • 298 Blair Blvd. & 460 Coburg Rd.