

Cafe 10:31

KETO MENU

817-752-2233 (CAFE)
Cafe1031.com

KETO BREAKFAST PLATE

2 Eggs, Bacon or Sausage, Sliced Tomato and Avocado.
\$7.00

Sauteed Spinach with Feta Cheese, Add \$1.25

Cauliflower Hash, Add \$1.75

KETO EGG CREPE BREAKFAST

Egg Crepes wrapped around Sausage Links. Served with Tomato and Avocado Slices and a side of Cream Cheese with Chives. \$7.00

KETO BURGER SALAD

Romaine Lettuce with Bacon, Avocado, Grilled Mushrooms, Diced Tomato, Pickles, an Over Medium Egg, a Grilled Hamburger Patty with Melted Cheddar Cheese, all topped with Mayonnaise. \$7.00

THE KETO CLUB

Layered Turkey, Ham, Sliced Cheddar and Swiss Cheese, Avocado, Bacon and Tomato, on a Bed of Romaine Lettuce, topped with Mayonnaise. \$7.50

THE KETO COBB SALAD

Grilled Chicken, Diced Tomato, Bacon, Green Onion, Cucumber, Avocado, Boiled Egg and Blue Cheese Crumbles. Served over Romaine Lettuce with Ranch Dressing on the side. \$7.50

THE KETO MARKET SALAD

Goat Cheese, Bacon, Avocado, Blueberries, Strawberries, Boiled Egg and Walnuts. Served over Spinach with Apple Cider Vinaigrette on the side. \$8.00

KETO ITALIAN SALAD

Chopped Ham, Pastrami, Salami and Pepperoni with Shredded Mozzarella Cheese, Banana Peppers, Diced Tomato, Avocado and Black Olives. Served on a bed of Romaine Lettuce with Ranch Dressing on the side. \$7.50

KETO JALAPENO POPPER CHICKEN

A small Grilled Chicken Breast topped with our Jalapeno Popper Mix, Bacon and Melted Cheddar Cheese. Served with Avocado Slices on the side and a Garden Salad ~ (Romaine Lettuce, Shredded Cheddar Cheese, Tomato, Cucumber and Ranch Dressing). \$8.00

KETO LOADED CHICKEN SALAD

Chicken Salad made with Mayonnaise, Sour Cream, Green Onion, Bacon and Cheddar Cheese. Served on Lettuce with Avocado slices on the side. \$7.50

KETO QUESADILLA SALAD

Grilled Chicken or Beef topped with Melted Monterrey Jack Cheese, with Tomato, Black Olives, Avocado, Queso Fresco, and Grilled Onions & Peppers. Served over Romaine Lettuce with Ranch Dressing on the side. \$7.50

KETO TUNA MELT

Grilled Tuna Salad topped with Melted Cheese of Choice. Served on a bed of Romaine Lettuce with Avocado slices on the side. \$7.00

Our Broccoli Cheese Soup on
Wednesdays and our Jalapeño Popper
Soup on Thursdays are Keto Friendly.

STAY
STRONG
AND
KETO
ON