

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. **\$8.00**

KETO CARNIVORE STACK

3¼ lb Hamburger Patties, Pilled High With Layers of Bacon, Cheddar Cheese, Pickles, Grilled Onion, Grilled Mushrooms, and a Fried Over Medium Egg, On a Bed of Lettuce and Tomato, Topped with Mayonnaise. **\$9.00**

KETO CLUB

Layered Turkey, Ham, Sliced Cheddar and Swiss Cheese, Avocado, Bacon and Tomato, on a Bed of Romaine Lettuce, Topped with Mayonnaise. **\$8.25**

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. **\$8.25**

KETO MARKET SALAD

Goat Cheese, Bacon, Avocado, Blueberries, Strawberries, Boiled Egg and Walnuts. Served over Spinach with Apple Cider Vinaigrette On the Side. **\$8.25**

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. **\$8.25**

KETO JALAPEÑO POPPER CHICKEN

A small Grilled Chicken Breast topped with our Jalapeño 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). **\$8.50**

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. **\$8.00**

KETO PHILLY

Shredded Philly Steak Topped with Grilled Onions, Peppers and Mushrooms, Bacon, Shredded Monterrey Jack Cheese, Sliced Avocado, and an Over Medium Egg with a Side Salad. **\$8.25**

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. **\$8.25**

KETO SHRIMP CAESAR SALAD

6 Grilled Shrimp, Avocado and Shaved Parmesan, on a Bed of Romaine Lettuce. Served With Creamy Caesar Dressing On The Side. **\$8.75 or ½ \$4.50**

KETO STEAK, BACON, AND BLEU SALAD

Grilled Steak and Mushrooms with Bacon, Avocado, Bleu Cheese Crumbles, and a Boiled Egg on a Bed of Romaine Lettuce. Served with Ranch Dressing On the Side. **\$8.75**

KETO TACO SALAD

Taco Seasoned Ground Beef, Green Onion, Mixed Cheese, Tomato, Black Olives And Avocado. On a Bed of Romaine Lettuce. Served with House Salsa Ranch On The Side. **\$8.25** Add Quest Chips for **\$3.00**

KETO TUNA ON LETTUCE WITH AVOCADO

- **Classic:** Mayonnaise and Celery **\$7.50** ½: **\$3.00**
- **Homestyle Tuna:** Egg, Pickles, Red Onion, Mayo, and Mustard. **\$7.50** ½: **\$3.00**

KETO ULTIMATE DINNER SALAD

6 Grilled Shrimp, Grilled Steak and Mushrooms, Bacon, Shaved Parmesan, Hard Boiled Egg, and Avocado on a Bed of Romaine Lettuce. Served with Creamy Caesar Dressing On The Side. **\$10.00**

KETO JALAPEÑO POPPER CHICKEN SALAD

Chicken Salad Made with Mayonnaise, Cream Cheese, Cheddar Cheese, Fresh Jalapeños, and Bacon. Served on a Bed of Lettuce with Avocado Slices On the Side. **\$8.00**

Our Broccoli Cheese, Jalapeño Popper,
and Keto Italian Sausage & Kale Soups
are all Keto friendly.