



KETO MENU

Below are some of our favorite dishes

BREAKFAST

**Breakfast Stuffed Peppers with Turkey Sausage, Eggs,
Spinach, Tomatoes, Green Onions, and Cheese ² \$6.50**

Breakfast Sandwich with Eggs, Bacon, and Cheese on Keto Bun ² \$4.50

Bacon Waffle with Eggs, Cheese, and Spinach with Sugar Free Syrup ² \$7.50

SOUP

**Beef Soup with mini Bella Mushrooms, Tomatoes, Onions in a
Spicy Broth \$4.50**

**Mexican Soup with Chicken Breast, Chicken Sausage, TriColored
Sweet Peppers, Spinach, Salsa in a Spicy Broth \$6.50**

Broccoli Cauliflower Cheese Soup with Beef Sausage, Bacon ² \$5.75

BREAD

Buns (6) \$5.50

Seeded Bread Loaf \$6.50

White Bread Loaf \$5.75

SALADS

**Fruit Salad of, Blackberries, Raspberries, Strawberries, Tomatoes,
Red Onions topped with Feta Cheese with Raspberries Vinaigrette \$6.75**

**Wedge Salad with Tomatoes, Boiled Egg, Avocado, and Bacon drizzled
with Blue Cheese Dressing ² \$7.75**

**Gourmet Salad of Romaine Lettuce, Tomatoes, Olives, Red Onions,
Avocado, Pecans, Chicken ² \$8.50**

Additional dishes can be reviewed on Instagram and be modified to your needs.

NOTE: A minimum of 10 people for each option. Please notify of any allergies.

2. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



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LUNCH

Chicken Enchilada Bowl, rice cauliflower, spinach, tomatoes, avocado, chicken, green onion, cheese in a mason jar ² \$8.50

Haitian Chicken with Cauliflower Rice, Green and Yellow Zucchini, and Tomatoes ² \$7.50

2 Jalapeño Chicken Fajita Cheese Crisps with Guacamole, Salsa, Lettuce, and Sour Cream ² \$6.50

DINNER

Spicy Stir Fry Noodles with Chicken or Beef topped with Parmesan Cheese and Green Onions ² \$8.50

Pan Grilled Salmon with Buttered Kale ² \$12.50

Stuffed Beef Rolls with Cheese, Mushrooms, Onions, and Cheese wrapped with Bacon side of Sautéed Cabbage and Parmesan Garlic Dipping Sauce ² \$14.50

SNACKS/FAT BOMBS

**Cheese Crackers made with Sharp Cheddar Cheese
Small \$3.50 (1 serving) Medium \$4.75 (2 servings) Large \$7.75 (4 servings)**

**Pecan Pie Clusters
Pecan with Caramel drizzled with Chocolate \$12.00/dozen**

Strawberry Cheesecake Fat Bombs \$9.75/dozen

DESSERTS

Lemon Bars \$10.00/dozen

Brownie Cheesecake with Strawberry (6-9 servings) \$15.00 each

Chocolate Chip Cookies \$8.75/dozen

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