



KETO

ALL NEW KETO MENU

KETO STEAK & BUTTERED VEGGIES

GRILLED SKIRT STEAK OVER SAUTÉED MUSHROOMS, ZUCCHINI, BROCCOLI, & GARLIC. WITH JUST ENOUGH BUTTER TO KEEP IT KETO... \$12.95

NAKED BUFFALO CHICKEN WINGS

NAKED CHICKEN WINGS WITH W/ SIDE OF GARLIC CAULIFLOWER MASH... \$9.95

PROSCIUTTO WRAPPED SALMON

GRILLED SALMON WRAPPED IN PROSCIUTTO OVER BUTTERED ASPARAGUS & SAUTEED BROCCOLI..\$14.95

KETO BACON PLATE

MIX OF PORK & TURKEY BACON. W/ HARD-BOILED EGGS OVER A BED OF SPINACH...\$9.95

DRUNKEN KETO CHICKEN PARM

GRILLED CHICKEN TOPPED WITH PINK SAUCE & MOZZARELLA & PARMESAN CHEESE...\$9.95

KETO MEATBALL PLATE

4 MEATBALLS IN TOMATO SAUCE TOPPED WITH RICOTTA & PECORINO ROMANO CHEESE...\$9.95

KETO STEAK & MASH

HOMEMADE CAULIFLOWER MASH W/ BUTTER & GARLIC TOPPED WITH GRILLED SKIRT STEAK..\$11.95

BACON STEAKS & BUTTERED VEGGIES

THICK CUT BACON STEAKS W/ A SIDE OF BUTTERED VEGETABLES.. \$11.95

BUFFALO PULLED PORK

PULLED PORK SHOULDER SMOTHERED IN ZERO CARB BUFFALO SAUCE TOPPED W/ SWISS CHEESE.. \$9.95

KETO RESERVE

SLICED ROAST BEEF, TURKEY, SALAMI W/ PROVOLONE, SWISS CHEESE, ALMONDS, DICED AVOCADO, & CHERRY TOMATO..12.95

SALMON & AVOCADOS

GRILLED SALMON & SLICED AVOCADO TOPPED WITH BALSAMIC GLAZE...\$14.95

SAUSAGE, PEPPERS, & ONION PARM

GRILLED SAUSAGE, PEPPERS, & ONIONS IN TOMATO SAUCE TOPPED W/ PARMESAN CHEESE & MOZZARELLA..\$10.95

PORK CHOP & MASH

GRILLED PORK CHOP SERVED WITH A SIDE OF BROCCOLI & GARLIC CAULIFLOWER MASH..\$12.95

CAJUN CHIKEN & MASH

CAJUN CHICKEN BREAST OVER A SPICEY CAJUN CAULIFLOWER MASH..\$11.95

KETO PIZZA

CAULIFLOWER PIZZA CRUST TOPPED WITH PIZZA SAUCE, MOZZARELLA. LOAD IT UP W/ TOPPINGS \$1.00 PER TOPPING..\$12.95

SHRIMP SKEWERS & BACON ASPARAGUS

GRILLED SHRIMP SKEWERS W/ A SIDE OF SAUTÉED GARLIC & BUTTER ASPARAGUS WRAPPED IN BACON..\$12.95

ROASTED CHICKEN MELT

ROASTED CHICKEN BREAST TOPPED WITH MOZZARELLA, PROVOLONE, & SWISS CHEESE W/ A SIDE OF SAUTÉED BROCCOLI..\$10.95

ITALIAN KETO PLATE

SLICED PROSCIUTTO, & GENOA SALAMI W/ FRESH MOZZARELLA, OLIVES, CHERRY TOMATOES & A SIDE OF HONEY GARLIC..\$10.95

KETO SIDES

- GARLIC CAULIFLOWER MASH.....\$4.50
- BACON WRAPPED ASPARAGUS.....\$7.95
- BUTTERED VEGGIES.....\$6.95
- SLICED AVOCADO & BACON.....\$7.95

