KETO/GLUTEN FREE *Friendly* MENU

FLASH FRIED BRUSSEL LEAVES
CRISPY BRUSSEL LEAVES, SMOKED SEA SALT

KETO QUESADILLA
CHOOSE: BLACKENED CHICKEN OR SIRLOIN, OR BARBACOA OR PULLED PORK, SPINACH &MUSHROOM ON A CRISPY CHEDDAR JACK SHELL, TOMATO, JALAPENOS, AVOCADO, ROMAINE, SOUR CREAM

CHICHARRONES AND CILANTRO RANCH

SPINACH & ARTICHOKE DIP SUB CHICHARRONES FOR CHIPS
Award Winning Dip ***ADD BACON TO DIP**

KETO BRUSSEL CAESAR SALAD
CRISPY BRUSSEL LEAVES, ROMAINE, BLACKENED CHICKEN, AVOCADO, BACON, HOUSE CAESAR

Sammies & Burgers

Sub the chips for our flash fried green beans to stay keto $2

BLACKENED CHICKEN CLUB
BLACKENED CHICKEN BREAST, AVOCADO, BACON, SWISS, ARUGULA, CILANTRO RANCH, BUN

CHEESEY BURGER
HOUSE GROUND ANGUS CHUCK, AMERICAN CHEESE, CHEDDAR AND JACK CHEESE, PICKLES, LETTUCE, ONION, TOMATO, BUN

BURGER
HOUSE GROUND ANGUS CHUCK, PICKLES, LETTUCE, ONION, TOMATO, BUN

MUNCH BURGER
HOUSE GROUND ANGUS CHUCK, SWISS CHEESE, BACON, AVOCADO, ARUGULA, SAUTEED RED ONIONS, BUN

KETO BURGER (NO BUN-served in a bowl)
HOUSE GROUND ANGUS CHUCK, WILTED SPINACH, SAUTEED RED ONIONS, BACON, AVOCADO, MOZZARELLA PROVOLONE, FRIED EGG. *G.F. (NO BUN & NO SIDE)

Grilled Cheeses

Grilled Cheeses can be made w Keto/GF Sliced Bread instead of sourdough, but you must ask for it!

Sub the chips for our flash-fried green beans to stay keto + $2

HALF-POUND PATTY MELT
HOUSE GROUND ANGUS CHUCK, CHEESEY GRILLED CHEESE, GRILLED ONIONS, BUTTERY TOASTED BREAD

SIRLOIN MELT
SIRLOIN, PROVOLONE, MOZZARELLA, CILANTRO RANCH, BUTTERY TOASTED BREAD

BARBACOA GRILLED CHEESE
AWARD-WINNING BARBACOA, AVOCADO, ONIONS, CILANTRO ON CHEESEY GRILLED CHEESE, BUTTERY TOASTED BREAD

SPINACH ARTICHOKE GRILLED CHS
SPINACH & ARTICHOKE DIP, MOZZARELLA, PROVOLONE, FRESH SPINACH, BUTTERY TOASTED BREAD

BACON SPINACH ARTICHOKE G.C.
BACON SPINACH & ARTICHOKE DIP, MOZZARELLA, PROVOLONE, FRESH SPINACH, BUTTERY TOASTED BREAD

CHEESEY GRILLED CHEESE
CHEDDAR, JACK, AMERICAN CHEESE , CILANTRO RANCH, BUTTERY TOASTED BREAD

GF & KETO BREADS are Subject to availability

KETO BUN $ 2.50 | GF BUN $ 2.50

Do you need more meat?

MAKE IT A MONSTER...ADD 1/2 LB PATTY TO BURGER

GOOD * BETTER * BEST