

# JANUARY

2025

BREAKFAST	LUNCH
<b>Biscuits &amp; Gravy</b> \$9 Keto friendly light and fluffy biscuits with a sausage based gravy. Served with bacon.	<b>Bahn Mi Bowl</b> \$13 A twist on a classic banh mi sammie, without the bread. Sticky and sweet pork and veggies topped with a sriracha mayo. Served over a bed of rice.
<b>Country Bowl</b> \$9 A delicious bowl of eggs, sweet potatoes, sausage, and herbs. Served with bacon.	<b>Shrimp Dip</b> \$14 A heaping amount of cajun flavored shrimp dip. Served with crunchy bread.
<b>Waffle Sandwich</b> \$9 A healthy and filling version of a sweet and savory breakfast sandwich. Made with seasoned waffles, breakfast sausage patties, cheese, eggs, and maple syrup drizzle.	<b>Chef Salad</b> \$14 Salad with multiple meats, vegetables, and cheese. *Please choose a dressing*
<b>Tuscan Scramble</b> \$9 Eggs that have been gently simmered to be served over a tasty cannellini bean stew and topped with a tasty fresh herb sauce	<b>Egg Roll Soup</b> \$11 A nourishing soup containing all the flavors of an egg roll without the wrapper.
<b>Brownie Bread</b> \$8 Spoil yourself with a keto friendly sweet treat for breakfast! Low carb and sugar free fudgy chocolate bread.	<b>Philly Bowl</b> \$15 All the makings of a yummy cheesesteak - thinly sliced steak, peppers, and onions smothered in a homemade cheese sauce.
<b>Breakfast BLT Bowl</b> \$8 A bowl of fresh greens, tomato, bacon, and soft boiled egg. Served with toast and jam.	<b>Burrito Bowl</b> \$14 Chipotle spiced chicken served atop lettuce and rice, topped with all the fresh fixings of a burrito.
DINNER	
<b>Baked Ravioli</b> \$17 Cheese stuffed ravioli baked in a creamy vodka sauce and topped with melted cheese.	<b>Jalapeño Popper</b> \$16 All the yummy flavors of jalapeno poppers tossed with seasoned chicken. Baked, cheesy, creamy goodness!
<b>Smoky Pasta</b> \$17 A rustic style, farmers market inspired noodle dish consisting of grilled eggplant and basil walnut pesto tossed in a smoky tomato sauce	<b>Meatloaf</b> \$16 A healthy twist on a classic. Lean meat topped with a tasty sugar free sauce. Served with tasty roasted veggies.
<b>Cauliflower Parm</b> \$16 A twist on a traditional chicken parm, minus the chicken. Multiple cauliflower steaks with Italian seasoning, fresh tomato sauce, and melted cheese.	<b>Creamy Bacon Gnocchi</b> \$16 Soft, pillow gnocchi tossed in a creamy, cheesy bacon sauce