

KETO BREAKFAST

KETO PANCAKES (2) \$7.75

House made mix, served with your choice of bacon, sausage, turkey sausage or ham

KETO BREAKFAST SANDWICH \$7.50

Two sausage patties, one egg, cream cheese, sharp cheddar, avocado & siracha

KETO CLASSIC BENEDICT \$10.50

2 poached eggs over a chaffle & Canadian bacon, topped with house made hollandaise sauce

KETO KOLACHE \$5.45

Ask your server for kolache of the week

KETO CHICKEN & WAFFLES \$12.75

Jalapeno bacon-cheddar waffle & fried chicken (pork rind breading) served w/ sugar-free syrup

KETO WAFFLE \$9.75

House made mix, served with your choice of bacon, sausage, turkey sausage or ham

KETO CHAFFLE BREAKFAST SANDWICH \$8.50

Choice of meat, cheese & one egg any style served on a chaffle bun

KETO CHORIZO OMLETTE \$11.50

Spinach, white onions, cheddar cheese topped with sour cream avocado and bacon

KETO BISCUITS & GRAVY \$9.95

2 almond flour biscuits topped with our rich house made sausage gravy

KETO CHEESE GRITS \$3.25

Pureed cauliflower "grits" mixed with cheddar

KETO CRAB CAKE BENEDICT (WEEKEND ONLY) \$ 14.25

2 poached eggs over a chaffle & crab cake (jumbo lump crab, trio peppers, celery, shallots & pork rinds) topped with house made hollandaise sauce



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KETO LUNCH

KETO SHRIMP & GRITS \$14.95

Cheddar & romano cheese cauliflower puree “grits” topped with shrimp, roasted tomatoes, sautéed mustard greens and crumbled bacon

KETO CAULIFLOWER MAC \$10.50

Grilled chicken, cheddar and muenster cheese, Dijon mustard, spinach and fresh garlic

KETO BLU JAM CLUB \$11.00

Roasted Turkey, smoked ham, bacon, cheddar cheese, lettuce, tomato and herb aioli on a chaffle bun served with a side salad

KETO HAMBURGER \$13.25

Angus beef, bibb lettuce, tomato, pickles, red onion, mustard and mayo served on a chaffle bun with a side salad

KETO AVOCADO BLT & EGG \$10.75

Bacon, avocado, hard boiled eggs, green onions atop spinach with fresh lemon juice

THE TRIO \$10.75

3 hearty scoops of chicken salad, tuna salad & Keto avocado blt & egg on top of a bed of fresh greens with sliced tomatoes, cucumber, red onion and carrots

Chaffles can be used for regular menu sandwiches for an additional \$2.00

KETO DESSERTS

Ask your server for weekly Keto Desserts!



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