Kings Blu Jam Café

Keto Lunch & Dessert Menu

 4711 Louetta Rd. STE 101

Spring Tx, 77388

(713)-389-5555

Lunch

**Keto Shrimp & Grits** – Cheddar & romano cheese cauliflower puree “grits” topped with shrimp, roasted tomatoes, sautéed mustard greens and crumbled bacon $14.95

**Keto Hamburger**- Angus beef, bibb lettuce, tomato, pickles, red onion, mustard and mayo served on a chaffle bun with a side salad $13.25

**Keto Cauliflower Mac**- Grilled chicken, cheddar and muenster cheese, Dijon mustard, spinach and fresh garlic $10.50

**Keto Avocado Blt & Egg**- Bacon, avocado, hard boiled eggs, green onions atop spinach with fresh lemon juice $10.75

**Keto Blu Jam Club**- Roasted Turkey, smoked ham, bacon, cheddar cheese, lettuce, tomato and herb aioli on a chaffle bun served with a side salad $11.00

**Keto Chicken & Waffles**- Jalapeno bacon-cheddar waffle & fried chicken (pork rind breading) served w/ sugar-free syrup $12.75

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

Dessert

**Keto Cookie** (weekly flavors) $2.50

**Keto Coffee Cake** $3.75

**Keto Cheesecake Brownie** $3.75

*Please ask your server for daily Keto desserts!*