

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!



***4711 Louetta Rd. STE 101
Spring, Texas 77388
(713)-389-5555
www.kingsblujam.com***