



KETO MENU

Carbs: | Net Carbs: | Protein: | Fat:



APPYS TO SHARE

CRISPY BRUSSEL SPROUTS (2 servings) . \$13.00

Deep Fried Brussel Sprouts tossed in Roasted Garlic. Served with Bacon and Parmesan
C: 7g | NC: 4.6g | P: 9g | F: 7g (per serving)

KETO CUP OF BACON \$14.00

Four Strips of Thick-Cut Bacon Seasoned with Black Pepper
C: 0g | NC: 0g | P: 28g | F: 108g

STEAK BACON BITES \$16.00

Bacon Wrapped Sirloin Bites, Deep Fried into a Crispy Perfection. Served with Keto BBQ Sauce
C: 4g | NC: 3g | P: 47g | F: 63g

CHICKEN WINGS \$16.00

One Pound of Deep-Fried Chicken Wings Tossed in your choice of Wing Flavour, served with veggies and Caesar Dip.
C: 6g | NC: 5g | P: 55g | F: 79g
WING FLAVOURS: Mild/Medium/Hot/Blazing, S&P, BBQ, Blackening Spice. Served with Caesar Dip

PORK BELLY BITES (2 servings) \$16.00

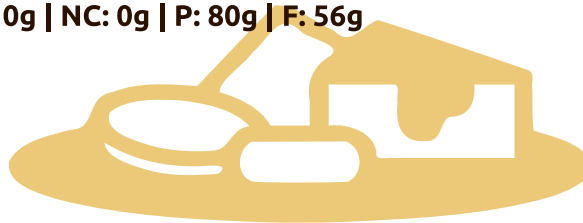
Sous Vide then Deep Fried to perfection, Tossed in Salt & Pepper, Blackening Spice, or Keto BBQ Sauce
C: 0g | NC: 0g | P: 16g | F: 93g (per serving)

SPINACH ARTICHOKE DIP (2 servings) ... \$16.00

House Made Spinach Dip topped with Mozzarella Cheese. Served with Veggies & Pork Rinds
C: 13g | NC: 10g | P: 37g | F: 44g (per serving)

DEEP FRIED BONELESS RIBLETS \$16.00

One Pound of Deep-Fried Pork Riblets Tossed in your choice of Wing Flavour, served with veggies and Ranch Dip
C: 0g | NC: 0g | P: 80g | F: 56g



SALADS

GREEK SALAD \$15.00

Peppers, Tomatoes, Red Onions, Feta Cheese, Cucumbers, and Black Olives, tossed in our House Dressing
C: 6.5g | NC: 5g | P: 4.3g | F: 19.2g

CHICKEN BACON AVOCADO SALAD . \$17.00

Mixed Greens, Red Onions, and Tomatoes topped with Chicken, Bacon, and Avocado. Served with our House Balsamic Dressing
C: 12g | NC: 5g | P: 34g | F: 35g

CAESAR SALAD \$14.00

Romaine Lettuce, Shaved Parmesan, and Bacon Bits tossed in our House Caesar Dressing
C: 13g | NC: 6g | P: 17g | F: 65g

ADD BACON \$3.00

C: 0g | NC: 0g | P: 4g | F: 4g

ADD AVOCADO \$4.00

C: 9g | NC: 2g | P: 2g | F: 11g

ADD CHICKEN \$6.00

C: 0g | NC: 0g | P: 44g | F: 5g



KETO FRIENDLY BEVERAGES AND DESSERT ARE AVAILABLE !

ASK YOUR SERVER FOR DETAILS



Items listed on this menu are all keto friendly - no added carbs or sugars. However, items may contain omega 6 oils, and therefore are NOT strictly ketogenic. If you are adhering to strict ketogenic diets, avoid mayo-based sauces and deep fried items



MACROS ARE APPROXIMATE AND MAY VARY
MACRO COUNTS DO NOT INCLUDE SIDE SAUCES OR KETO SIDES