

## Keto Friendly Menu

<b>Bacon Cheeseburger Casserole</b>	Ground beef, dill pickles, sharp cheese, mustard, sugar-free ketchup, bacon
<b>Big Mac in a Bowl</b>	Ground beef, dill pickles, onion, sharp cheese, mayonnaise, mustard, vinegar, swerve, paprika, sesame seeds
<b>Cheesy Chicken Bacon Broccoli</b>	Bacon, broccoli, chicken breast, garlic, marble cheese (add ranch, Caesar or chipotle)
<b>Chicken Parmesan w. Side Vegetable</b>	Seasoned chicken breast, sugar-free tomato sauce, mozzarella, parmesan, garlic butter w. vegetables
<b>Chicken Philly Cheesesteak</b>	Chicken breast, mushroom, onion, mixed peppers, marble cheese, soy sauce, Worcestershire, beef bouillon, garlic
<b>Philly Stuffed Peppers</b>	Mixed Peppers, ground beef, mushroom, onion, garlic, Worcestershire sauce, beef bouillon, shredded cheese
<b>Ground Turkey Butternut Squash</b>	Ground turkey, spinach, butternut squash, goat cheese, Avacado oil, cumin, smoked paprika, garlic, onion and a dash of cayenne
<b>Deconstructed Pizza</b>	Ground beef, bacon, mixed pepper, mushroom, marble cheese, pepperoni, sugar-free pizza sauce
<b>Glazed BBQ Baked Thighs w. Green Beans</b>	Chicken thigh, sugar-free BBQ sauce, Bucky's BBQ spice, garlic, green beans
<b>Southwestern Ground Turkey</b>	Ground turkey, tex mex, sharp cheese, mixed peppers, garlic, onion, green onion, black olive, Monterey Jack cheese
<b>Keto Chicken Fajita</b>	Mixed peppers + onion, pulled chicken, fajita seasoning, avocado oil, sharp cheese
<b>Keto Teriyaki Ground Turkey Skillet</b>	Ground turkey, red pepper, green onion, sharp cheese, sesame seeds, sesame oil, apple cider vinegar, ginger, garlic, monk fruit sweetener, xanthan gum
<b>Lemon Garlic Butter Salmon w Asparagus</b>	Salmon fillet drizzled with lemon garlic marinade with side asparagus

<b>Broccoli Salad</b>	Broccoli, red onion, sunflower seeds, cheese, bacon, sour cream, apple cider vinegar, MonkFruit
<b>Creamy Broccoli Soup</b>	Cream cheese, broccoli, bacon, whipping cream, cheddar
<b>Dill Bomb Salad</b>	Local lettuce, chicken, cucumber, tomato, cheese, dill pickles and Good Grab & Co #gettindilly dressing
<b>Creamy Dill Bacon Spread</b>	Cream cheese, dill, dill juice, dill pickles. bacon crumble

**We also have breakfast, traditional, create your own, lighter, senior and dessert menus available on our website!**

**You can customize your order for gluten-free, dairy free and many other dietary restrictions and allergies! Give us a call to learn more.**

