

PIZZA *(Build Your Own)*

Napoli Traditional Organic Crust
Slice \$3.50 Whole Pizza \$12

Keto Crust (Pressed Veg & Egg)
Half Pizza \$11 Whole Pizza \$18

Vegan Paleo Crust (GF Cassava & Almond)
Half Pizza \$11 Whole Pizza \$18

PROTEIN: Lamb-Beef, Prime Rib, Braised Beef Cheek, Salmon, Chicken

VEGAN PROTEIN: Organic Tofu, Jackfruit

VEGGIES: Bell Pepper, Red Onion, Mushrooms, Tomato, Jalapeno, Bananda Pepper, Pineapple, Cilantro

CHEESE: Mozza, Goat Feta
VEGAN CHEESE: Cashew, Tapioca

SAUCES *(House Made)*

- Avocado • Mango
- Balsamic • Pomegranate
- Garlic-Jalapeno
- Habenero • Chipotle

DRESSING

- Olive Oil • Ranch • Mayo • BBQ
- Mustard • Lemon Juice
 - Vegan Mayo

BURGERS

(Build Your Own)

Served with Spring Mix, Tomato, Red Onion & choice of protein, cheese and sauces.

Bun Options:

Organic Ciabatta \$11
Nut & Seed Keto (Gluten Free) \$15
Buns-Away \$15

PROTEIN OPTIONS: Lamb-Beef, Prime Rib, Braised Beef Cheek, Salmon, Chicken

VEGAN PROTEIN: Organic Tofu, Jackfruit

CHEESE: Mozza, Goat Cheese, Tapioca

VEGAN CHEESE: Cashew Cheese

12oz GRASS-FED / NON MEDICATED STEAK

*Served with Salad &
Basmati Rice*

Grass-Fed Steak \$20

Non-Medicated \$17

Sub Cauliflower Rice +\$2

That's a huge steak!

PASTA & NOODLES

Keto Lasagna \$15
Paleo-Vegan Lasagna w/ Non-Dairy Cheese \$14
Veggie Lasagna \$13
Traditional Lasagna \$11

Godfather Zoodle Spaghetti (keto/vegan) \$11
Add protein \$3

PROTEIN OPTIONS: Lamb-Beef, Prime Rib, Braised Beef Cheek, Salmon, Chicken

VEGAN PROTEIN: Organic Tofu, Jackfruit

CHEESE: Mozza, Goat Cheese, Tapioca

VEGAN CHEESE: Cashew Cheese

COMEDY SPECIAL!

ENCHILADA SHARE PLATE

*Monster Enchilada
Sliced for Sharing.*

*Served with your
Choice of Sauces*

\$16.99
(Serves 2-3)

SPECIAL ENTREES

Ethiopian Fish \$14
Served on Keto Bread and veggies w/ Berbere Sauce

Persian Kebab \$16
Served on Keto Bread or Sangak Bread

Traditional Butter Chicken \$12
Keto Butter Chicken (Cauliflower Rice) \$14

Keto Platter *(Suzy's Favourite! She gets the Braised Beef Cheek)* \$15
w/ your choice of protein, sauce, a salad & cauliflower rice.

Traditional Platter \$12
w/ your choice of protein, sauce, a salad & basmati rice.

WEDNESDAYS & THURSDAYS: \$5 CANNED BEER & GLASSES OF WINE

FILL OUT A COMMENT CARD TO BE ADDED TO
OUR VIP LIST & YOU WILL BE ADDED INTO
THE FREE TICKET ROTATION!

FIND US ON FACEBOOK & INSTAGRAM:


RAWSOME COMEDY
KETO CAVE MAN CAFE

THE BOMB SHELTER
AMATEUR NIGHT


COMEDY AFTER DARK
DARK, DIRTY, UNCENSORED COMEDY 10PM FRIDAYS

SATALE FRIDAYS
KILLER ALL-LADYISH
STAND UP COMEDY

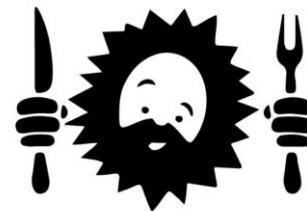
SHOWCASE
Saturdays

Rawsome Comedy presents

SATURDAYS 10PM
605 W PENDER

FULL LISTINGS:
RAWSOME COMEDY.COM


THE WEDNESDAY WORKOUT

Keto **CAVE MAN CAFE** 605 W Pender



DRINKS & FOOD MENU

NO TABLE SERVICE

PLEASE PLACE YOUR ORDER UPSTAIRS
(REMEMBER YOUR TABLE NUMBER)

ALL POP & BOTTLED WATER: \$2

BEER

Craft Beer on Tap

Rotating Selections

12 oz Glass	\$6
Half Pitcher (24oz)	\$11
Full Pitcher (36oz)	\$17

Keto Beer

12 oz Glass	\$6
Half Pitcher (24oz)	\$11
Full Pitcher (36oz)	\$17

PITCHER OF ANY BEER \$17

355mL CANS \$6
Vodka/Gin Nudes (GF, Sugar Free) Pilsner Beer

WINE

5oz Glass of Red or White	\$6
Half Caraffe (17oz)	\$17
Full Caraffe (25oz)	\$25

*LIQUOR LICENSE RESTRICTS SIZES.
PLEASE ASK ABOUT AVAILABILITY.*

BOOZY 'BUCHA

1.5oz Vodka+Kombucha 10

HARD BAR

Mixed with Pop, Water or
Straight Up / On Ice

1.5oz	6	3oz	10
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