

Ketogenic Menu

Appetizers

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| Asian Nine Spice Lamb Chops or Carbonara Deviled Eggs | 0g Net Carbs |
| Cheese & Charcuterie Board with cheese Crisps | 1.5g Net Carbs |
| Smoked Salmon Cream Cheese Cucumber Sliders | 2.5g Net Carbs |
| Fajita Kebabs, Gyro or Cheese Steak Lettuce Wraps | 5g Net Carbs |

Salads

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| Greek Salad with Parm Crusted Salmon | 7.3g Net Carbs |
| Tuna Poke Bowl or Bacon Ranch Chicken Salad | 2.5g Net Carbs |
| Avocado Chicken Caesar Salad | 4.5g Net Carbs |
| Red Curry Chicken Salad with Romaine | 7g Net Carbs |

Entrées

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| Filet with Gorgonzola Sauce or Kona Rubbed Ribeye | 1g Net Carbs |
| Goat Cheese, Rosemary Mushrooms Pork Chop | 1.5g Net Carbs |
| Parm Crusted Salmon or Macadamia Crusted Cod | 2.5g Net Carbs |
| Keto Crab Cakes Remoulade or Pesto Shrimp Kabobs | 2g Net Carbs |
| Tarragon Butter Poached Lobster Tails | 2g Net Carbs |

Sides

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| Cauliflower Faux-tatoes or Zoodles Alfredo/Aglio Olio Sauce | 4.5g Net Carbs |
| Tumeric Cracked Pepper Roasted Cauliflower | 3.5g Net Carbs |
| Spinach with Garlic Confit or Broccoli with Lemon | 2.5g Net Carbs |