

Keto Menu

LOADED GRILLED CHEESES

All sandwiches come with cucumber salad on the side.
Upgrade to avocado salad +2

Build Your Own \$11

Keto bread with up to four cheeses, and customize it

Eeezy Capreeze \$14

Freshly sliced mozzarella, tomatoes, and basil drizzled in a balsamic glaze (7.2/23/5)

Steak & Cheese \$14

Shaved ribeye, sautéed onions, green peppers, red peppers, American cheese, & mayonnaise (12/37/7)

TBA \$14

Turkey, bacon, avocado, and muenster grilled and stacked high (8/52/25)

Let's Shroom \$14

Grilled portobello mushrooms, arugula, balsamic glaze, and muenster cheese (8.1/24/2.1)

Original Gangsta Grilled Cheese \$11

Loads of American cheese served with a shot of tomato basil soup (8/67/2)

Herbalicious \$12

Cheddar, arugula, sliced apple, tomato, grilled red onion, and garlic pesto sauce (9.8/31/4.3)

Holy Cheesus \$12

Cheddar, pepper jack, American, and muenster on the inside with a shredded cheese outer crust (8/33/2)

Burger Melt \$14

A 1/2 lb. burger patty, topped with American cheese and served with lettuce, tomato, onions, and a pickle (9.8/33/7)

WINGS

8 for \$9

(0/21/2)

16 for \$17

25 for \$25

Jumbo Wings: beer-brined and fried with any of our 6 Keto sauces
listed in order from least spicy to super spicy.

Cauliflower and Boneless wing options upon request.


Ranch (2/15/0)

Spicy Parmesan Garlic (2/6/0)

Parmesan Garlic (2/6/0)

Buffalo (0/0/0)

Chimichurri (2/8/0)

Mad Dog 375 (0/0/0) 

SALADS

Add Bacon, Grilled Chicken, Chicken Tenders, Shaved Ribeye,
1/2 lb. Burger Patty, Turkey Breast, Ham +\$3

Mixed Greens Salad

Small 4/ Large 7

Mixed greens with cucumber, tomato, and shredded cheese
(28.4/8.6/5.9)

CUSTOMIZE IT

Protein +\$3

Bacon (0/8/0)

Grilled Chicken (0/4/0)

Chicken Tenders (39/28/0)

Chili (20/3.5/7)

Shaved Ribeye (0/4/0)

1/2 lb. Burger Patty (0/8/0)

Turkey Breast (0/8.4/0)

Fried Egg (.4/2/.4)

Ham (0/7/3)

Cheeses

Cheddar (0/28/0)

American (0/16/0)

Pepper Jack (0/24/0)

Muenster (0/24/0)

Swiss (0/6.8/0)

Shredded Cheese Blend (0/28/0)

Beer Cheese (0/28/0)

Parmesan (1.6/11.4/.3)

Fresh Mozzarella +\$1.50 (0/12/0)

Vegan Mozzarella +\$1.50 (28/17/0)

Add-Ons +\$0.75

Tomatoes (1.2/0/1)

Green Peppers (1/1/1)

Sauerkraut (.1/0/1.3)

Red Peppers (1/1/1)

Fried Onions (3/3/0)

Arugula (.1/0/.1)

Raw Onions (2/0/.9)

Pickles(8/0/7)

Sautéed onions (.5/6.8/.5)

Banana Peppers (0/0/0)

Spinach (.5/.1/1)

1/2 Avocado +\$1.50 (2/11/.5)

Jalapeño (4/0/0)

Grilled Portobello Mushrooms +\$1.50

Apples (.4/.1/3.8)

(2/0/0)

Guacamole +\$2 (0/4/.5)

Sauces

Ketchup (1/0/4)

Yellow Mustard (0/0/0)

Hot Sauce (.1/0/0)

Honey Mustard (2/0/0)

Mayonnaise (0/10/0)

Spicy Mustard (0/0/0)

Horseradish Sauce (0/1.5/1)

Balsamic Glaze (4/0/6)

Pesto (.5/1.5/.3)

Blue Cheese (.5/8g/.6)

Chipotle Aioli (6/4/0)

Ranch (2/15/0)

Caesar (.3/8.5/.2)

Chimichurri (8/2/0)

BBQ (2/0/13)

Thai Chili (1/0/6)

Buffalo (0/0/0)

Mango Habanero +\$0.75 (0/0/1)



Key:

(Net Carbs/Fats/Sugars) in grams

 Spicy