



Menu Details Keto

<i>Asian Nine Spice Lamb Chops</i>	<i>0g Net Carbs</i>	0.00
<i>Carbonara Deviled Eggs</i>	<i>0g Net Carbs</i>	0.00
<i>Cheese & Charcuterie Board with Cheese Crisps</i>	<i>1.5g Net Carbs</i>	0.00
<i>Lettuce Wrap - Fajita Kebabs</i>	<i>5g Net Carbs</i>	0.00
<i>Sliders Smoked Salmon Cream Cheese Cucumber</i>	<i>2.5g Net Carbs</i>	0.00
<i>Cheese Steak Lettuce Wraps</i>	<i>5g Net Carbs</i>	0.00
<i>Lettuce Wraps Gyro</i>	<i>5g Net Carbs</i>	0.00
<i>Greek Salad with Parm Crusted Salmon</i>	<i>7.3g Net Carbs</i>	0.00
<i>Bacon Ranch Chicken Salad</i>	<i>2.5g Net Carbs</i>	0.00
<i>Tuna Poke Bowl</i>	<i>2.5g Net Carbs</i>	0.00
<i>Kona Rubbed Ribeye</i>	<i>1g Net Carbs</i>	0.00
<i>Filet with Gorgonzola Sauce</i>	<i>1g Net Carbs</i>	0.00
<i>Red Curry Chicken Salad with Romaine</i>	<i>7g Net Carbs</i>	0.00
<i>Avocado Chicken Caesar Salad</i>	<i>4.5g Net Carbs</i>	0.00
<i>Goat Cheese, Rosemary Mushrooms Pork Chop</i>	<i>1.5g Net Carbs</i>	0.00
<i>Parm Crusted Salmon</i>	<i>2.5g Net Carbs</i>	0.00
<i>Macadamia Crusted Cod</i>	<i>2.5g Net Carbs</i>	0.00

<i>Keto Crab Cakes Remoulade</i>	<i>2g Net Carbs</i>	0.00
<i>Pesto Shrimp Kabobs</i>	<i>2g Net Carbs</i>	0.00
<i>Tarragon Butter Poached Lobster Tails</i>	<i>2g Net Carbs</i>	0.00
<i>Cauliflower Faux-tatoes</i>	<i>4.5g Net Carbs</i>	0.00
<i>Zoodles Alfredo/Aglio Olivo Sauce</i>	<i>4.5g Net Carbs</i>	0.00
<i>Tumeric Cracked Pepper Roasted Cauliflower</i>	<i>3.5g Net Carbs</i>	0.00
<i>Spinach with Garlic Confit</i>	<i>2.5g Net Carbs</i>	0.00
<i>Broccoli with Lemon</i>	<i>2.5g Net Carbs</i>	0.00
<i>Creamed Spinach</i>	<i>2.5 net carbs</i>	0.00
<i>Garlic Rosemary Roasted Radishes</i>	<i>1.3 net Carbs</i>	0.00
<i>Brussels Sprouts</i>	<i>6g net carbs</i>	0.00
<i>Chia Seed Pudding Parfaits</i>	<i>0g net carbs</i>	0.00
<i>Brownies, Low Carb</i>	<i>2 g net carbs</i>	0.00
<i>Chocolate (Swerve) Covered Strawberries</i>	<i>5.5 g net carbs</i>	0.00
<i>Chocolate Covered Macademia Nuts</i>	<i>2.75 net carbs</i>	0.00
<i>Burrata, Fig, Prosciutto Salad</i>		0.00
<i>Chocolate (Swerve) Peanut Butter Bombs</i>	<i>2.5 g net carbs</i>	0.00
<i>Keto Taco Breakfast Skillet, beef, sharp cheddar, veggies, and everyone's favorite taco add-ons</i>		0.00
<i>Keto Noatmeal parfaits, hemp hearts, almond flour, shredded coconut, flaxseed meal, and chia seeds</i>		0.00
<i>Protein Noodles (GF)</i>		0.00
<i>Cauliflower Mac & Cheese</i>		0.00
<i>Berry Chia Pudding With Coconut Milk, Keto, Vegan</i>		0.00
<i>Breakfast Egg Muffin, Keto,</i>		0.00

