

Red Onion Cafe

FOOD FOR Life

A low carb, keto friendly, gluten free menu

Keto Starters

Stuffed Mushrooms

Fresh mushrooms stuffed with a creamy blend of cheeses, bacon & green onions. 6.99

Bacon Wrapped Grilled Shrimp

Jumbo shrimp & smoky bacon, charbroiled & served with Chipotle lime creme. 9.99

Keto Specialties

Ensenada Chicken

Baja seasoned grilled chicken* with Chipotle sauce, avocado, tomato, onion & lime, served with a healthy vegetable and salad. 16.99

Grilled Salmon

Grilled with lemon, butter and Mediterranean seasonings, served with a healthy vegetable and salad. 18.99

Surf and Turf

6 oz. sirloin steak with grilled Roma tomato & our premium steak butter with two grilled bacon-wrapped shrimp, served with a healthy vegetable and salad. 17.99

Prairie Farms Pork Chop

Brined and grilled to order with our own garlic butter topping, served with healthy vegetable and salad. 14.99

Mushroom & Rosemary Garlic Keto Burger

Grilled burger, mushrooms sautéed in butter, rosemary garlic au jus, spinach, mayo & tomato garnish. 10.99
Double + 3.99

Chipotle Avocado Keto Burger

Grilled ground beef, Jack cheese, avocado & Chipotle mayo on greens, served with tomato & onion. 10.49 Double + 3.99

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

** All items are cooked in healthy fats and oils.

*** Please be advised that all of our foods are prepared in a common kitchen, and we cannot guarantee that cross contact with other allergens or glutens will not occur.

