

# Sunday Brunch KETO & Sugar Free Menu

## BRUNCH

### KETO - Breakfast Tacos . . . . . \$13

Two tacos with scrambled eggs, cheddar cheese, bacon or sausage, salsa, avocado & cilantro microgreens served on Harvest KETO tortillas - add Keto Hot Chicken +\$2

Net Carbs 2g, Fat 44g, Protein 41g, Calories 582

### KETO - Avocado Toast . . . . . \$14

Two KETO toasts topped with smashed Avocado, hard boiled egg, salt flakes, French pepper & hemp seeds. Served with a side of spring greens & tomato

Net Carbs 6g, Fat 34g, Protein 25g, Calories 447

### KETO - Smoked Salmon Avocado Toast . . . . \$15

Two KETO toasts topped with dill cream cheese, smashed avocado, smoked salmon, red onion, hard boiled, salt flakes, French pepper & paprika. Served with a side of spring greens & tomato

Net Carbs 6g, Fat 38g, Protein 32g, Calories 512

## SALADS

### KETO - Garden Salad w/ Chicken . . . . . \$14

Spring greens, grilled chicken, almond slices, tomato & avocado w/ lime vinaigrette

Net Carbs 9g, Fat 43g, Protein 42g, Calories 597

### KETO - Chicken Salad . . . . . \$14

Chopped chicken with mayo, almonds, celery, mint, parsley, chives & apple bits served on lettuce with spring greens & keto toast

Net Carbs 10g, Fat 32g, Protein 45g, Calories 491

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

## SANDWICHES & TACOS

### KETO - Heirloom Burger . . . . . \$16

8 oz Prime brisket burger, cheddar cheese, KETO bun, mayo, avocado, lettuce, heirloom tomato, red onion slice & pickles. (American, Bleu or Swiss available) Served with a side of spring greens & tomato. Specify Pink\*\* or Not Pink

Net Carbs 11g, Fat 43g, Protein 35g, Calories 573

### KETO - Hot Chicken Tacos . . . . . \$14

Two "Hot" chicken tacos on Harvest KETO tortillas with KETO coleslaw, avocado and chipotle cream sauce. Served with a side of spring greens & tomatoes

Net Carbs 7g, Fat 27g, Protein 40g, Calories 413

### KETO - Hot Chicken Sandwich . . . . . \$15

Grilled chicken, Keto Harvest hot chicken sauce, pickles, Keto coleslaw and mayo on Keto bun. Choose your spice level: no spice, mild, medium or hot. Served with spring greens & tomato

Net Carbs 10g, Fat 32g, Protein 45g, Calories 491

### KETO - Grilled Chicken & Avocado . . . . . \$15 Sandwich

Marinated grilled chicken, smashed avocado, cucumber slices, KETO bread, chipotle ranch, lettuce, tomato & shaved red onion. Served with spring greens & tomato

Net Carbs 9g, Fat 38g, Protein 48g, Calories 523

## KETO DESSERTS

### KETO - Cheesecake . . . . . \$6

Net Carbs 6g, Fat 48g, Protein 10g, Calories 490

## DRINKS

### Iced Tea . . . . . \$3

### KETO Coffee . . . . . \$3.5

### Hot Tea . . . . . \$2.5

### Coffee . . . . . \$3

### Americano . . . . . \$4

### Double Shot Espresso . . . . . \$4

### KETO - Latte or Cappuccino . . . . . \$5

## KETO STATEMENT

All items on this menu are sugar free & low in carbs. Keto bread is NOT GLUTEN FREE. Not every item on this menu may fit the Keto diet that you are following. We calculated nutritional information using the MyFitnessPal app. This nutritional information is a guideline provided for your convenience and has not been evaluated by the FDA or a medical professional.