

KETO & Sugar Free Menu

BRUNCH

KETO - Harvest Breakfast \$15

Two eggs your way**, 2 cherry bacon, 2 link sausage, avocado & tomato, served with keto toast & butter

Net Carbs 6g, Fat 41, Protein 26g, Calories 498

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, pepper & paprika. Served with a side of spring greens & tomato

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

KETO - Smoked Salmon Avocado Toast \$16

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

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

KETO - Traditional Eggs Benedict \$17

Two toasted slices of KETO bread, grilled ham, poached eggs**, and house made hollandaise sauce. Served with a side of spring greens & tomato

Net Carbs 9g, Fat 40g, Protein 44g, Calories 577

KETO - Smoked Salmon Eggs Benedict \$19

Two slices of toasted KETO bread, dill cream cheese, smoked salmon, poached eggs**, and house made hollandaise sauce. Served with a side of spring greens & tomato

Net Carbs 9g, Fat 41g, Protein 46g, Calories 570

KETO - Huevos Rancheros \$14

Crispy Harvest KETO tortilla, 2 eggs over medium**, topped with Harvest salsa, avocado, cilantro cream sauce & cilantro microgreens. Served with bacon, sausage and a side of spring greens & tomato

Net Carbs 5g, Fat 39g, Protein 39g, Calories 489

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. We use PEANUT OIL in our fryers.

SANDWICHES & TACOS

KETO - Heirloom Burger \$15

8 oz Prime brisket burger, cheddar cheese, KETO bun, mayo, avocado, lettuce, heirloom tomato, red onion slice & pickles. (American/ Swiss available) Served with a side of spring greens & tomato. Pink** or Not Pink - Available as a breakfast burger with egg and bacon + \$3

Net Carbs 11g, Fat 43g, Protein 35g, Calories 773

KETO - OMG Goat-Cheese Burger \$18

8 oz Prime brisket burger, goat cheese, KETO bun, espresso aioli, sherry onions, grilled portobello, arugula & overeasy egg. Served with a side of spring greens & tomato. Pink** or Not Pink -

Available Gluten Free

NEW KETO - Avocado Tostada Salad \$14

Crispy KETO tortilla, smashed avocado, grilled chicken, pico de gallo, cilantro cream sauce & cilantro microgreens on a bed of spring greens with cilantro lime dressing

Net Carbs 6g, Fat 29g, Protein 26g, Calories 486

KETO - Hot Chicken Tacos \$14

Two "Hot" chicken tacos on Harvest KETO tortillas with KETO coleslaw, avocado and vegan keto chipotle mayo. 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 vegan keto chipotle mayo on Keto bun. Choose your spice level: no spice, medium, hot or extra hot. Served with spring greens & tomato

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

KETO - Chicken Salad Sandwich \$14

Keto chicken salad with almonds, celery, mint, parsley, chives & apple bits served on keto bread with lettuce - served with spring greens & tomato

Net Carbs 9g, Fat 31g, Protein 37g, Calories 459

KETO - Smoked Salmon & Cream Cheese Sandwich . . . \$15

Toasted KETO bread, mayo, dill cream cheese, smoked salmon, red onion, cucumber, avocado & spring greens. Served with a side of spring greens.

Net Carbs 10g, Fat 34g, Protein 46g, Calories 513

KETO - Grilled Chicken & Avocado Sandwich \$15

Marinated grilled chicken, smashed avocado, cheddar, bacon on toasted KETO bread, with mayo, 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

Hot Tea \$2.5

Coffee \$3

KETO - Latte or Cappuccino \$5

KETO STATEMENT

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. This nutritional information is provided as a convenience and has not been evaluated by the FDA or a medical professional.