

Red Onion Cafe



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 and served with Chipotle lime creme. 11.50

Keto Specialties

Ensenada Chicken

Baja seasoned grilled chicken* with Chipotle sauce, avocado, tomato, onion & lime, served with vegetable and salad. 18.00

Grilled Salmon

Grilled with lemon, butter & Mediterranean seasonings, served with vegetable and salad. 20.00

Surf and Turf

6 oz. C.A.B. sirloin steak with grilled Roma tomato & premium steak butter with two grilled bacon-wrapped shrimp, served with vegetable and salad. 20.00

Prairie Farms Pork Chop

Brined & grilled to order with sautéed mushrooms and rosemary cream, served with vegetable & salad. 16.00

*Choice of pan-seared vegetable medley or butter fondue broccoli
Loaded broccoli casserole +3.00*

Mushroom & Rosemary Garlic Keto Burger

Grilled double burger, mushrooms sautéed in butter, rosemary garlic au jus, spinach, mayo and tomato garnish. 13.50

Chipotle Avocado Keto Burger

Grilled double burger, Jack cheese, avocado & Chipotle mayo on greens, served with tomato and onion. 13.50

* 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 glutes will not occur.