



521 E. Holland Spokane, WA 99218

Keto Menu

Keto French Toast *3 carbs 14.5*

3 slices of Keto French toast, butter & sugar-free syrup. Served with 2 eggs any style

Keto Breakfast Sandwich *4 carbs 9.*

Served on a keto bun with over - medium egg, mayo and cheese - choose bacon, sausage, or ham

Keto Burger *6 carbs 14.5*

1/3 lb patty topped with lettuce, mayo, cheddar, grilled onions, an egg & bacon on keto bun

Keto Deli Sandwich on a Bun *4 carbs - Ham, Turkey, Roast Beef or Veggie 14.*

Choose your meat and cheese: cheddar, Swiss or provolone.

Choose your veggies: spinach red onion, pickles, lettuce, or tomatoes

Build Your Own Keto Pizza *5 carbs 9.*

Mozzarella crust, red sauce, & cheese. Add 2.5 for each meat and 1. for veggies

Keto Mozzarella Sticks *6 carbs with marinara 4 carbs with no sauce 13.*

8 mozzarella sticks. Served with our delicious house-made marinara sauce

Keto Chicken Strips *3 carbs 15.*

Slow roasted chicken rolled in coconut flour, crushed pork rinds and fried to perfection.

Keto Power Greens & Eggs* *4 carbs 12.* Roasted garlic & sautéed greens topped with two over-easy eggs & parmesan

Keto Treats

So many treats (treats alternate daily)

Brownies

Blondies

Cheesecake

Cookies

Scones

Cream Puffs

Cupcakes

Pumpkin bars

5 Layer Bars

Fat Bombs

Cheese & Crackers

Ice Cream

Cheddar Biscuits

Hamburger Buns...and more!

Please Note: We have several items that are similar to Keto, but loaded with carbs so please make sure to tell us if you want this to be **Keto**.

Otherwise, we may accidently ring in the non-keto variety.