

{ GOOD FOOD - LOW CARB CAFÉ LUNCH AND DINNER MENU }

LOW CARB GF

APPETIZERS

SPINACH ARTICHOKE DIP

— hot garlicky spinach artichoke dip served with keto flatbread and dipping vegetables 10g net carb

8

BACON WRAPPED JALAPENO POPPERS

— 5 Bacon wrapped cheesy stuffed jalapeno halves, served with Buttermilk Ranch Dressing 7.7g net carb

8

NEW CARNITAS QUESADILLA

— pork carnitas, cheddar & jack, avocado ranch, chipotle aioli, and cilantro on a grilled low carb wheat tortilla. About 20g net carb. Tortilla contains gluten.

9

CHEESY BACON STUFFED MUSHROOMS

— 4g net carb

8

CHICKEN STRIPS

— 3 piece chicken strips made with almond flour & crushed chicharrones, served with "honey" mustard dressing, or tossed in buffalo sauce and served with Avocado Ranch Dressing 1.5g net carb

7

VEGETARIAN QUESADILLA

— seasoned black beans, cheddar & jack, avocado ranch, chipotle aioli, and cilantro on a low carb grilled flour tortilla. About 28g net carb. Contains gluten.

8

BAKED GOAT CHEESE

— herbed goat cheese coated with crushed chicharrones, baked in tomato red wine sauce & topped with garlic parsley oil, served with keto flatbread. About 6g net carb

9

LOW CARB GF SOUP & SALAD

Our homemade soups are gluten free, grain free, and low carb. Salads can be served as wraps on low carb wheat tortillas. Dressings available: "Honey" Mustard (DF), Balsamic Vinaigrette (DF, Vegan), Buttermilk Ranch, Avocado Ranch (DF, Vegan), Chipotle Aioli, Chimmichurri (DF, Vegan), Peanut Sauce (DF, Vegan), Spicy Buffalo Sauce (DF, Vegan)

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| SOUP OF THE DAY | 5 CUP / 6 BOWL | CUP OF SOUP + HALF SALAD OR WRAP — choose from Chipotle Club, Vegetarian Cobb, Plant Bowl, or Vegan Taco Salad | 10 |
| CUP OF SOUP + ANY HALF PIZZA | 10 | | |
| New SALMON CHIMMICHURRI SALAD — grilled wild caught salmon, house chimmichurri, goat cheese, balsamic, red onion and avocado on mixed greens | 15 | VEGAN PLANT BOWL — freshly sliced apple, shredded carrot, tomato, cucumber, red onion, sliced almonds, and choice of dressing on mixed greens 20g net carb | 8 |
| New CHIPOTLE CLUB SALAD — grilled chicken, chopped bacon, freshly shredded cheddar, tomato, red onion, sliced fresh jalapenos, chipotle aioli, and buttermilk ranch on chopped romaine 7g net carb | 9 | VEGAN VEGAN TACO SALAD — crumbled taco-seasoned tofu, southwestern seasoned black beans, sliced jalapenos, red onion, tomato, roasted red pepper, cilantro, avocado ranch dressing, and chimmichurri on romaine 23g net carb | 9 |
| New CARNIVORE COBB — chicken, bacon, pulled pork, hard boiled egg, red onion, tomato, avocado, shredded cheddar and choice of dressing(s) on chopped romaine | 13 | VEGETARIAN COBB — grilled organic tofu, avocado, hard boiled egg, tomato, red onion, shredded cheddar, and choice of dressing on chopped romaine 10g net carb | 9.50 |

| LOW CARB GF PIZZAS | | |
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| GOAT CHEESE & VEGETABLE — roasted garlic, tomato, mushroom, onion, roasted red pepper, goat cheese, chimmichurri 9g net carb/full | | 12 FULL / 7 HALF |
| BBQ PULLED PORK PIZZA — with cheddar-jack, sliced jalapenos, crisp bacon, homemade buttermilk Ranch dressing, sliced green onion, cilantro 6g net carb/full | | 13 FULL / 8 HALF |
| SUPREME PIZZA — pizza sauce, cheese blend, Italian sausage, pepperoni, mushrooms, onions, and bell peppers 7g net carb/full | | 13 FULL / 8 HALF |
| BUFFALO RANCH CHICKEN — with blue cheese crumbles, thinly sliced green onion, and ranch dressing 5g net carb/full | | 12 FULL / 7 HALF |

LOW CARB

GF

SANDWICHES

All sandwiches are served on a homemade low carb & gluten free bun and include choice of side. Add a fried Pasture Patterns Egg \$1.50

GRILLED PORTOBELLO SANDWICH

— Garlic & herb marinated grilled portobello, goat cheese, chipotle aioli, grilled onions, spring mix, and roasted red pepper on a homemade keto bun served with choice of side. 9g net carb

10

GRILLED CHICKEN SANDWICH

— grilled marinated chicken breast, cheddar, lettuce, tomato, red onion, keto "honey" mustard. 8g net carb

11

BBQ PULLED PORK SANDWICH

— with melted cheddar and a drizzle of ranch. About 7g net carb

11

BACON CHEDDAR BURGER

— ½ pound organic grassfed burger, 3 strips of bacon, cheddar, lettuce, tomato, red onion, dijon, mayo 8g net carb

13

BREAKFAST SANDWICH

— fried Pasture Patterns egg, 3 strips bacon, melted cheddar, tomato, chipotle aioli 7g net carb

9

| LOW CARB GF ZOODLES | | | |
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| Add grilled wild caught salmon \$7, grilled chicken breast \$2, grilled organic tofu \$1 | | | |
| VEGAN PAD THAI ZOODLES — Zoodles and shredded carrots sautéed in peanut pad Thai sauce with fresh herbs, peanuts, bean sprouts, bell pepper, and lime. Includes choice of chicken breast or tofu. (Vegan with tofu.) 12g net carb | 7.50 | New ZOODLES ALFREDO — rich homemade Alfredo sauce with sautéed zoodles and Parmesan cheese. About 10g net carb | 8 |
| | | VEGAN ZOODLES PRIMAVERA — zoodles sautéed with onion, garlic, mushroom, bell pepper, tomato, garlic herb oil. About 12g net carb. | 8 |

| GF SIDES | | | | | |
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| KETO SLAW — shredded cabbage, red onion, carrot, creamy homemade slaw dressing. About 2g net carb | 3 | VEGAN SOUTHWEST SEASONED BLACK BEANS — 12g net carb per half cup | 3 | VEGAN SIDE SALAD — small salad of mixed greens & tomato with your choice of dressing. About 2-4g net carb | 3.50 |
| BACON — 3 strips. 0.3g net carb | 3 | VEGAN VEGGIES & DIP — carrot, celery, and cucumber with avocado ranch. About 8g net carb | 3 | | |