



Keto Menu

APPETIZER

KEGG SALAD KYD \$12

Kale, Soft Boiled Eggs, Avocado, Bacon, Tomatoes, Goat Cheese

ZOODLE CAPRESE SALAD KYD \$10

Balsamic Dressing

ENTRÉE

RIBEYE 12 OZ. KYD \$45

TENDERLOIN CENTER CUT 6 OZ. KYD \$45

SKIRT STEAK 8 OZ. KYD \$35

IOWA PRIME NEW YORK STRIPLOIN 12 OZ. KYD \$50

PAN SEARED SALMON KYD \$20

SIDES

TOMATO PROVENÇAL KYD \$8

Almond Breadcrumbs, Cherry Tomatoes

CAULIFLOWER MAC AND CHEESE KYD \$8

Fontina Cheese sauce

GRILLED VEGETABLES KYD \$8

ROASTED ONIONS & MUSHROOMS KYD \$10

GRILLED LEMON ASPARAGUS KYD \$10