

# GARDEN MONSTERS KETO MENU

ALL NUTRITION INFO BASED ON WHOLE SALAD PORTIONS. HALF SALADS ARE EXACTLY 1/2.

## KETO CAESAR THE GREAT SALAD    WHOLE 13    HALF 9.25

romaine lettuce, crunchy parmesan bites, grated parmesan, capers, lemon (by request), creamy vegan caesar dressing, grilled chicken or grass fed beef.

GRASS FED STEAK (add 50¢) 39g FAT, 2.4 NET CARBS, 59g PROTEIN  
GRILLED CHICKEN 36.3g FAT, 2.4 NET CARBS, 42g PROTEIN

## KETO MACHO TACO SALAD    WHOLE 14    HALF 9.75

romaine lettuce, crunchy cheddar bites, roma tomatoes, black olives, green onion, tillamook cheddar, pepperoncinis, grilled chicken or grass fed beef with santa fe ranch

GRASS FED STEAK (add 50¢) 40g FAT, 8 NET CARBS, 54g PROTEIN  
GRILLED CHICKEN 36g FAT, 8 NET CARBS, 36g PROTEIN

## KETO COLOSSAL COBB SALAD    WHOLE 13    HALF 9.25

romaine lettuce, crunchy cheddar bites, free-range egg, roma tomatoes, black olives, bleu cheese crumbles, grilled chicken or grass fed steak with avocado ranch dressing

GRASS FED STEAK (add 50¢) 50g FAT, 5.4 NET CARBS, 62g PROTEIN  
GRILLED CHICKEN 46g FAT, 8 NET CARBS, 45g PROTEIN

## KETO HERCULES SALAD    WHOLE 14    HALF 9.75

spinach & romaine lettuce, crunchy parmesan bites, feta, roma tomatoes, cucumber, red onion, carrots, black olives, pepperoncinis, grilled chicken or grass-fed beef w/ red wine vinaigrette, add artichoke hearts 2/1

GRASS FED STEAK (add 50¢) 55g FAT, 8.4 NET CARBS, 55g PROTEIN  
GRILLED CHICKEN 51g FAT, 8.4 NET CARBS, 37g PROTEIN

## EXTRA PROTEIN & HEALTHY FATS

avocado 2/1 15g FAT, 2 NET CARBS, 2g PROTEIN

grass fed steak 4.50/3 6g FAT, 0 NET CARBS, 41.5g PROTEIN

grilled chicken 4/2.50 3g FAT, 0 NET CARBS, 24g PROTEIN

bacon 4/2.50 8g FAT, 0 NET CARBS, 7g PROTEIN

crunchy cheddar bites 2/1 3g FAT, NET CARBS, 4g PROTEIN

crunchy parmesan bites 2/1 9g FAT, 0 NET CARBS, 17g PROTEIN

local free range egg 1.50/.75 5g FAT, 0 NET CARBS, 6g PROTEIN

extra cheese of your choice 1.50/0.75