



DINE-IN OR TAKE OUT

ALL-DAY KETO BREAKFAST:

Bagel with Cream Cheese OR Butter	\$ 4.75
BLT on a Bagel or a Bun	\$ 7.50
BELT Bacon, Egg, Lettuce, Tomato on a Bagel or a Bun	\$ 8.75
Breakfast Sandwich Bacon, Egg and Cheese on a Bagel or a Bun	\$ 7.50
Sunshine Breakfast 2 Eggs, 2 Bacon Strips with a Bagel or a Bun	\$ 8.50
Pancakes & Bacon 2 Pancakes and 2 Strips of Bacon with Sunflower Seed Butter, Whipped Cream, Strawberries and Sugar Free Syrup	\$10.00

KETO SALAD:

Cobb Salad Lettuce, Tomato, Cucumber, Chicken, Boiled Egg, Bacon	\$ 9.00
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KETO SANDWICHES on a Bagel or a Bun with Lettuce and Tomato:

Egg Salad	\$ 8.50
Tuna Salad	\$ 9.00
Deli Meat	\$10.00

KETO MEALS:

4 Jalapeno Poppers stuffed with Cheese, wrapped in Bacon	\$10.00
Tex-Mex Meatballs with Peppers, Salsa and Sour Cream	\$12.00
"Mac" & Cheese Cauliflower in Cheese Sauce with or without Bacon	\$12.00
Zucchini Lasagna with Zucchini, Meat, Sauce and Cheese	\$12.00

WHOLE 10" KETO PIZZA (Coconut Flour and Mozzarella Cheese):

Cheese	\$20.00
Pepperoni with Cheese	\$25.00
Bacon & Mushroom with Cheese	\$25.00



PLEASE TURN OVER FOR BEVERAGE AND DESSERT OPTIONS





DINE-IN OR TAKE OUT

BEVERAGE:

ZEVIA Ginger Ale-Grape-Ginger Beer-Lemon Twist-Orange-Cola-Black Cherry

Drink \$ 2.25

Slushie \$ 5.50

DESSERT:

Brownie Bite \$ 2.25

Butter Tart \$ 3.75

Cake Slice Chocolate or Vanilla \$ 6.00

Cheesecake Brownie Bite \$ 2.75

Cheesecake (Crust-less) Original or Chocolate \$ 3.00

Cinnamon Bun with Cream Cheese Frosting \$ 2.50

Coconut Cluster Fat Bomb with Sunflower Seed Butter \$ 2.25

Cookie Chocolate Chip \$ 2.75

Cookie Shortbread OR Lemon \$ 2.50

Haystack Chocolate and Coconut \$ 2.75

Mousse Chocolate OR Lemon \$ 5.00



PLEASE TURN OVER FOR MEAL OPTIONS

