

ENTREES

- BEEF & BROCCOLI** | \$10.75
460K 34F 16C 6DF 23P | K P 30
- BRISKET STUFFED POTATO** | \$11.74
630K 27F 57C 6DF 40P | P 30
- BRUSCHETTA TURKEY BURGER** | \$10.75
680K 50F 13C 5DF 46P | K P 30
- EVERYTHING CHICKEN W/ PEAS & CARROTS** | \$11.00
360K 7F 22C 7DF 51P | K P 30
- CAJUN CHICKEN THIGHS** | \$10.75
770K 62F 11C 4DF 44P | K P 30
- CHICKEN FRIED CAULI RICE** | \$11.00
450K 30F 18C 7DF 31P | K P 30
- GRILLED CHICKEN TENDERS** | \$10.50
780K 52F 28C 4DF 48P | P
- CHIPOTLE PORK BURGER W/ POTATO SALAD** | \$10.75
820K 65F 32C 3DF 26P | P
- EGG ROLL IN A BOWL** | \$10.75
460K 35F 11C 3DF 26P | K P 30
- FAJITA CHICKEN** | \$10.75
460K 23F 17C 5DF 46P | K P 30
- FRIED CHICKEN W/ SPAGHETTI SQUASH** | \$10.75
640K 36F 25C 10DF 53P | K P 30
- GRANDMAS MEATLOAF** | \$11.00
580K 44F 15C 5DF 32P | K P 30
- GRILLED CHICKEN W/ GARLIC RANCH** | \$10.75
600K 40F 12C 4DF 49P | K P 30
- GRILLED STEAK & KETO MASH** | \$11.10
440K 22F 12C 4DF 47P | K P 30
- CARNE ASADA W/ CILANTRO LIME RICE** | \$11.75
300K 12F 14C 5DF 35P | K P 30
- MEATLOVER CHILI** | \$10.30
460K 26F 14C 4DF 41P | P 30
- BUFFALO CHICKEN BURGER** | \$10.50
570K 40F 13C 4DF 41P | K P 30
- NEW ORLEANS CHICKEN & SHRIMP** | \$10.99
700K 52F 11C 4DF 49P | K P
- PEPPERCORN CRUSTED BRISKET** | \$11.65
390K 19F 10C 3DF 42P | K P 30
- POT ROAST W/ ROASTED CARROTS** | \$11.95
350K 19F 15C 4DF 27P | K P 30
- CARNITAS PORK, POTATO WEDGES** | \$10.25
630K 35F 33C 4DF 43P | P 30

BREAKFAST

- CARNIVORE SCRAMBLE** | \$6.00
460K 37F 2C 0DF 28P | K P 30
- SMOKED CHORIZO SCRAMBLE** | \$5.75
460K 34F 3C 0DF 34P | K P
- KETO PROTEIN SLAM** | \$6.20
550K 43F 2C 0DF 37P | K P
- SPINACH BACON OMELET** | \$6.00
300K 23F 3C 1DF 18P | K P 30
- BREAKFAST MEAT FEAST W/ CHEESY EGGS** | \$6.50
560K 41F 3G 0DF 39P | K (DAIRY)
- APPLE SAUSAGE & EGGS** | \$5.50
440K 30F 8C 2DF 30P | K P 30

SALADS & Soups

- CURRIED CHICKEN SALAD** | \$5.75
340K 23F 7C 4DF 27P | K P 30 21
- DECONSTRUCTED STEAK SALAD** | \$7.10
360K 27F 11C 3DF 19P | K P
- KC VEGGIE BEEF SOUP** | \$6.00
190K 44.5F 15C 3DF 22P | K P
- ENCHILADA SOUP** | \$6.24
390K 20F 33C 10DF 25P | K P 30 21

DESSERTS

- CHOCOLATE CHIP COOKIES 3 OR 6** | \$4.65/\$8.99
480K 36F 46C 9DF 8P for 3 cookies | P
- SNICKERDOODLE COOKIES** | \$4.65
460K 35F 32C 6DF 11P | P

- MOZZARELLA CHICKEN** | \$10.75
400K 14F 15C 5DF 53P | K
- ROASTED CHICKEN W/ MASHED CAULI** | \$10.70
360K 16F 10C 3DF 42P | P 30
- CHUCK BURGERS W/ HOME FRIES** | \$10.75
900K 64F 47C 6DF 36P | P
- BIG PROTEIN PLATTER** | \$11.00
890K 56F 4C 0DF 86P | K (DAIRY)
- SPAGHETTI W/ MEATSAUCE** | \$10.75
400K 21F 35C 8DF 21P | P 30
- STEAK TIPS** | \$11.75
370K 21F 17C 46DF 33P | K P 30
- TACO BOWL** | \$10.75
530K 40F 19C 8DF 25P | K P 30
- SESAME CRUSTED CHICKEN** | \$10.95
610K 39F 15C 7DF 52P | K P 30
- PEPPERCORN CHICKEN** | \$10.25
490K 6F 53C 3DF 52P | P
- CUBAN PULLED PORK** | \$10.75
570K 45F 12C 5DF 27P | K P 30
- BLACKENED CHICKEN W/ SAUTEED ZUCCHINI** | \$9.74
300K 9F 5C 2DF 46P | K P 30
- CHARGRILLED CHIPOTLE CHICKEN W/ KALE** | \$9.74
340K 9F 15C 6DF 51P | K P 30
- CURRY TURKEY W/ SHANGHAI VEG** | \$10.74
930K 8F 12C 5DF 55P | K P 30
- LIME CHICKEN CHICKEN W/ SPINACH** | \$9.74
270K 11F 11C 3DF 35P | DAIRY
- SLICED STEAK, WARM TOMATO SALAD** | \$11.24
240K 7F 15C 5DF 28P | K P 30
- TURKEY MEATBALLS W/ ZUCCHINI** | \$10.24
300K 12F 15C 4DF 35P | K P 30
- MISSISSIPPI POT ROAST** | \$11.25
700K 39F 22C 3DF 60P | P
- GRILLED CHICKEN PARM** | \$10.75
480K 23F 18C 5DF 51P | K

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JUICERY & KITCHEN

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