



## APPETIZERS & SNACKS

**Protein Crackers:** A light and crispy cracker perfect for dips, spreads, or to just pop in your mouth! Flavors will vary from week to week...be sure to check FB to see what's available.

\*Serving size:2oz Calories:54 Fat:.1.2g Protein:10g Total Carbs: 0.4g **Net Carbs:0.4g**  
2 servings...\$11.45

**Sesame Ginger Meatballs w/ Spicy Asian Dipping Sauce:** Loaded with traditional Asian flavors, these meatballs are a great appetizer for any party or serve them over riced cauliflower for a perfect week night dinner!

Serving size: 4 meatballs w/ sauce Calories:448g Fat:.32.7g Protein:34.3g Total Carbs: 5.3g **Net Carbs:2.3g**  
5 servings...\$19.95

**Chickpea-free Hummus:** A thick and creamy blend of traditional hummus flavors without any chickpeas or legumes! Pairs perfectly with our protein crackers, veggies, and as a spread on a sandwich or wrap!

Serving size:1/4 cup Calories:178 Fat:15g Protein:5g Total Carbs: 8g **Net Carbs:2g**  
4 servings...\$8.95

**Chunky Olive Dip:** Inspired by the traditional New Orleans style Muffuletta Sandwich, this briny concoction is sure to please your tastebuds. It will liven up any salad or wrap and is delicious on crackers. Top your favorite grilled chicken or seafood to add a bold and flavorful finish!

Serving size:1/4 cup Calories:95 Fat:10g Protein:0g Total Carbs: 2g **Net Carbs:1g**  
4 servings...\$9.95

**Devilish Eggs:** Sriracha, Green Olive, Bacon Avocado, Spicy Indian, Loaded, and Traditional. Always a crowd pleaser and a great addition to any snack or meal! Flavors will vary from week to week...be sure to follow us on FB to see weekly choices.

\*Serving size:2 halves Calories:141 Fat:12g Protein:6.4g Total Carbs: 0.9g **Net Carbs:0.9g**  
12 Halves...\$8.95-\$11.95 (depending on flavor)

## BREADS, ROLLS & MUFFINS

**Sandwich Bread:** Aaaahhhh BREAD!!! This KETO bread tastes like the real thing! Its light and fluffy texture is perfect for sandwiches, French toast, Avocado toast, served with spinach dip, or just dipping in a little seasoned EVOO...the possibilities are endless!

Serving size:1 slice Calories:43 Fat:.1.2g Protein:5.6g Total Carbs: 1.3g **Net Carbs:1.3g**  
16 servings...\$14.95

**Strawberry Bread:** Loaded with fresh strawberries and flax seed, this bread is not only DELICIOUS, but nutritious too! It makes a versatile breakfast bread (put a twist on French toast), an anytime snack, or a decadent dessert. Any way you slice it, you're sure to enjoy it!

Serving size:1 slice Calories:200 Fat:.16.6g Protein:6.8g Total Carbs: 20.8g **Net Carbs:3.0g**  
10 servings...\$15.95 Add Lemon Glaze...\$8.95

**Rosemary Olive Rolls:** These light and fluffy rolls are a great addition to any lunch or dinner. The robust flavors of fresh rosemary and kalamata olives may tempt you to have more than just one! Best served warm.

Serving size:1 roll Calories:138 Fat:.8.5g Protein:10.2g Total Carbs: 4g **Net Carbs:1.6g**  
8 rolls...\$18.95

**Cheesy Muffins:** These muffins make the perfect low carb side to just about anything! Pair with your favorite low carb soups and dinners for a complete meal. With only 2g net carbs each, the whole family will love them! Best served warm w/ butter or sugar-free honey.

\*\*\*Serving size: 1 muffin Calories:199 Fat:18.2g Protein:6.1g Total Carbs:4.3g **Net Carbs:1.6g**  
9 muffins...\$12.45 (add jalapenos \$2/ bacon \$3)

**Banana Bread:** This low carb banana bread is moist and rich just like the real thing but without the high carbs and sugar content of traditional banana bread. With only 2g net carbs per slice you can enjoy it guilt free!

Serving size: 1 slice Calories:206g Fat:18.6g Protein:6.1g Total Carbs:15.8g **Net Carbs:2.3g**  
12 servings...\$18.45

## SIDE DISHES

**Bacon Cheddar Mashed Cauliflower:** Move over baked potato...this is the ultimate comfort food! Loaded with bacon and cheddar cheese, it's sure to satisfy the whole family!

Serving size: ¼ of recipe Calories:270g Fat:24.0g Protein:11.0g Total Carbs:6.3g **Net Carbs:3.9g**  
4 servings...\$14.95

**Three-Cheese Creamed Spinach:** This is a classic steakhouse side dish served right in your kitchen! Fresh spinach blended with a rich, cheesy cream sauce makes this side dish perfect for any occasion. With only 2.3g net carbs per serving you may want seconds!  
Serving size: ¼ of recipe Calories:345g Fat:33.8g Protein:9.1g Total Carbs:4.0g **Net Carbs:2.3g**  
4 servings...\$13.95

## DELI STYLE SALADS

**Creamy Shrimp Salad:** This salad is great on crackers, in a lettuce cup, on top of mixed greens (topped with avocado, hard-boiled egg, and sliced black olives for a complete meal) or on a slice of our sandwich bread. This low-carb dish is protein-rich, filling, and delicious!  
Serving size:¾ cup Calories:296 Fat:24.7g Protein:18.6g Total Carbs: 1.5g **Net Carbs:0.7g**  
2 servings...\$13.45

**Garlic Aioli Chicken Salad:** Similar to a traditional chicken salad, but with a kick! This salad is very versatile for sandwiches, wraps, on crackers, topped on mixed greens, or by the spoonful!  
Serving size:¾ cup Calories:451 Fat:39.7g Protein:19.3g Total Carbs: 1.4g **Net Carbs:0.6g**  
2 servings...\$10.95

**Buffalo Chicken Salad:** This chicken salad delivers all the flavors of classic Buffalo Wings (with dipping sauce of course!) without the need for a pound of napkins!!! Delicious as a dip, in a wrap, or on top of mixed greens for a complete meal.  
Serving size:¾ cup Calories:565 Fat:41.3g Protein:22g Total Carbs: 1.6g **Net Carbs:0.8g**  
2 servings...\$11.45

**NO Potatoes “Potato” Salad:** No potatoes OR cauliflower in this recipe! This salad is loaded with all the traditional flavors of potato salad but without the heavy starches and sugars! Bring this to you next friends and family gathering and you’re sure to be a hit!  
Serving size: ½ cup Calories:269g Fat:25.2g Protein:6.2g Total Carbs: 5.7g **Net Carbs:2.1g**  
4 Servings...\$10.45

## DESSERTS

**Cookies:** That’s right...COOKIES!!! These zero-guilt pleasures are keto/low-carb friendly! They are NOT your typical “cardboard” texture tasting keto cookie. In fact, you might think you’re eating the real thing!!! Available flavors include Chocolate Chip, Triple Chocolate, Dark Chocolate Chip, Chocolate w/ Peanut Butter Chips, Chocolate w/ Mint Chips, Butterscotch Chip, Espresso w/ Dark Chocolate & Sea Salt, Lemon Shortbread, Peanut Butter, Mexican Wedding, and White Chocolate Chip Macadamia Nut. Flavors will vary from week to week...be sure to follow us on Facebook for weekly choices  
\*\*Serving size:1 cookie Calories:99 Fat:9.1g Protein:1.5g Total Carbs: 11.5g **Net Carbs:1.2g**  
1 Dozen...\$10.95-\$18.95 depending on flavor

**Bread Pudding:** This dessert is the ultimate comfort food to enjoy anytime! Unlike traditional bread pudding, this recipe has only 3.1g net carbs per serving (with sauce) and NO added sugar. Serve it warm with heavy whipping cream, or kick it up a notch and drizzle our hot buttered rum sauce over the top! So, go ahead and enjoy your dessert...GUILT-FREE!  
Calories:549 Fat:56.5g Protein:12.8g Total Carbs: 46.5g **Net Carbs:3.1g**  
6 servings...\$28.50 add Hot Buttered Rum Sauce...10.75

**Lemon Bars:** These tart and zingy lemon bars have a buttery shortbread crust and a luscious lemon filling that are sure to satisfy your sweet (& tart) tooth! The best part...you can enjoy them guilt free!  
Calories:205 Fat:17.6g Protein:6.4g Total Carbs: 43.4g **Net Carbs:2.5g**  
9 servings...\$23.95

**Pumpkin Custard Cake:** If you love pumpkin, why wait until the holidays to enjoy it? Our pumpkin custard cake can be enjoyed anytime you need a little extra spice in your life! It’s unique blend of textures combined with the spices you love will keep you coming back for more...any time of year! So, grab a fork and enjoy!  
Calories:298 Fat:28.4g Protein:6g Total Carbs: 30.9g **Net Carbs:3g**  
9 servings...\$29.95

**Dark chocolate pudding:** This dairy-free pudding is thick and creamy and packed full of nutrients including potassium, omega-3 fatty acids, iron and zinc! Not only is it healthy but it’s a perfect way to satisfy that chocolate craving with NONE of the guilt!  
Serving size:½ cup Calories:174 Fat:14.6g Protein:3.9g Total Carbs: 6.5g **Net Carbs:2.1g**  
4 servings...\$9.95

**Cheesecake Whips:** This creamy, silky, and light dessert can be enjoyed by the spoonful---guilt-free! It has a mousse-like texture and is great with fresh berries, a squeeze of lemon, or with your favorite sugar-free jam on top!  
Serving size:½ cup Calories:309 Fat:32.3g Protein:4.8g Total Carbs:13.1g **Net Carbs:1.1g**  
4 servings...\$10.95

**Cake Batter Custard w/ Salted Caramel Sauce:** This keto friendly dessert is light, creamy, and full of flavor! With only 1.2 g net carbs per serving, you can enjoy dessert guilt-free!

Serving size: ¼ of recipe Calories:457 Fat:48.1g Protein:8.4g Total Carbs:22.1g **Net Carbs:1.1g**  
4 servings...\$16.45

#### **DRESSINGS, SAUCES, & SYRUP**

**Salad Dressings:** Our made-from-scratch dressings are full of flavor and are so versatile. Pour them on your favorite low carb salad, dip your chicken wings, or put it on your sandwich (made w/ our protein bread of course!). Flavors include Treasure Valley Ranch, Gorgonzola Vinaigrette, Honey Mustard Vinaigrette & Sun Dried Tomato Tahini Vinaigrette...be sure to check FB for weekly flavors.

\*\*\*Serving size:2 Tablespoons Calories:118 Fat:.12.4g Protein:0.6g Total Carbs: 1g **Net Carbs:1g**  
Servings vary depending on flavor...\$9.95-\$12.95

**Thai Peanut Sauce:** This delicious Asian inspired sauce is full of flavor without the added sugars normally found in a traditional peanut sauce. Brush on grilled chicken, shrimp or veggies, use as a dressing on salads, mix with "noodles" or anything you think needs a punch of flavor.

Serving Size: 2 Tablespoons Calories:92g Fat:7.8g Total carbs:5g **Net carbs: 1.6g**  
18 servings...\$12.95

**Maple Syrup:** This keto syrup takes on the classic flavors of traditional syrup but with only five ingredients. It's perfect on keto pancakes, French toast (made with our sandwich bread!), or in any recipe that calls for maple syrup. With only 0.1g net carbs per serving you can enjoy a decadent breakfast with zero guilt!

Serving size: 2Tablespoons Calories 3 Fat:0.0g Protein:0.0g Total Carbs: 8.2g **Net Carbs:0.1g**  
16 servings...\$9.95

#### **PREPARED MEALS:**

Each week we will offer a prepared meal that will be ready to eat, reheat and eat, or in a ready-to-cook kit. Perfect for packing in your lunch or as a quick, simple, low carb meal on those busy nights. Follow us on FB for weekly choices.

1 Serving...\$15.95 2 Servings...\$25.95 Family Style...\$40.95

**\*Based on traditional recipe. Nutritional information will vary slightly depending on added spices and flavors.**

**\*\*Nutritional Information based on Chocolate Chip flavor...NI will change based on other choices and will be noted when available**

**\*\*\*Nutritional Information based on Treasure Valley Ranch...NI will change based on other choices and will be noted when available**

**\*\*\*\* Nutritional Information based on plain muffin... NI will change based on other choices and will be noted when available**

**\*\*\*DISCLAIMER\*\*\***

**-Recipes may contain nuts/seeds, dairy, eggs, or other allergens. If you have concerns, PLEASE check with us prior to placing your order**

**BE SURE TO FOLLOW US ON FACEBOOK FOR NEW MENU ITEMS & SPECIAL OFFRINGS**

