



# KETO CAFE

## Keto Meals



<b>GRASS FED BRAISED BRISKETS</b> -----	86.47
<i>Slow braised beef with avocado and French style ratatouille, pumpkin seeds and feta cheese, mushroom sauce</i>	
<b>CHIA, FLAX SEEDS &amp; CUMIN CRUSTED SALMON</b> -----	83.68
<i>Salmon fillet, cauli rice, broccoli, lemon butter sauce Chipotle Prawns</i>	
<b>CHIPOTLE PRAWNS</b> -----	80.89
<i>Grilled chipotle prawns, stir fried vegetable noodles, green beans, pesto sauce</i>	
<b>BEEF TENDERLOIN</b> -----	89.26
<i>Grass fed beef tenderloin, spinach, mushroom, cream sauce, bacon rolled asparagus</i>	
<b>ROASTED BABY CHICKEN</b> -----	80.89
<i>Slow roasted Half chicken , asparagus, artichoke, parmigiana.</i>	
<b>CAULIFLOWER MAC &amp; CHEESE</b> -----	72.53
<i>Baked cauliflower, bacon in creamy cheddar and mozzarella sauce</i>	
<b>COCONUT GARLICKY PORTOBELLO</b> -----	75.32
<i>Oven roasted Portobello with full fat creamy spinach and herbs</i>	
<b>SMOKED CHICKEN WINGS</b> -----	68.34
<i>Smoked wings with chipotle Louisiana sauce</i>	
<b>SMOKE SALMON WITH KALE</b> -----	75.32
<i>Smoked salmon, cucumber, cream cheese, kale, sundried tomato</i>	
<b>LEMONY COD</b> -----	78.11
<i>Pan seared cod, zoodle, spinach and balsamic reduction</i>	
<b>PERI PERI SALMON</b> -----	83.68
<i>Peri peri salmon, broccoli rice, almond and parmesan sauce</i>	
<b>SAFFRON RICOTTA</b> -----	72.53
<i>Roasted saffron ricotta with baby spinach, braised cabbage, walnuts, balsamic reduction, roasted flax seeds</i>	