

# Low Carbohydrate Meals

## Low Carb Breakfast

Low Carb Breakfast Entrées include Tomato Slices and Low Carb Bread (Optional at no extra Charge).

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| <b>American Cheese Omelet</b> .....8.99                       | <b>Egg and Meat Breakfast</b> .....7.99 |
| <b>Popeye Omelet</b> .....9.99                                | <i>Two Eggs with Bacon and Sausage.</i> |
| <i>Spinach and Cheddar cheese.</i>                            | <b>Eggs and Ham Breakfast</b> .....7.99 |
| <b>Western Omelet With Cheese</b> .....10.99                  | <i>Two Eggs and Sliced Ham .</i>        |
| <i>Filled with Ham, Onions, Peppers, Mushrooms and Cheese</i> |   |

## Low Carb Lunch and Dinner

Low Carb Entrées are served a la Carte and include *Broccoli With Melted Cheese on Top.*

- Corned Beef and Cabbage**.....14.99  
*Sliced Corned Beef atop Savory Cabbage with Celery and Served with Broccoli With Melted Cheese on Top. An Irish Dream...*
- Cheesy Charbroiled Chopped Steak** ...13.99  
*Served over Sautéed Onions and Peppers and Topped with Melted Mozzarella and Cheddar Cheeses. Served with Broccoli With Melted Cheese on Top.*



- Sizzling Rib Eye Steak /Blue Cheese**....18.99  
*Topped with Crumbled Blue Cheese. Served with Broccoli With Melted Cheese on Top.*

- Cheesy Charbroiled Chicken Breast** ....13.99  
*Served over Sautéed Onions and Peppers and Topped with Melted Mozzarella and Cheddar Cheeses. Served with Broccoli With Melted Cheese on Top.*



- Mediterranean Herb-Roasted Chicken** 12.99  
*Half a chicken marinated in our secret recipe and slowly roasted in its own juices. Served with Broccoli With Melted Cheese on Top.*

- Grilled Salmon Fillet**.....14.99  
*Topped with Capers and Served with a Lemon-Butter Sauce. Served With Broccoli and Melted Cheese on Top.*

## Low Carb Salads



- Cobb Salad**.....11.99  
*Tomatoes, Chopped Cucumbers, Bacon Bits, Chicken Chunks and Egg on Top of Salad Greens. Choice of Dressing.*

- Salad Trio Lettuce Wraps**.....9.99  
*Make Your own Wraps with lettuce wrapped around Tuna and Chicken and Egg Salads, Red Onions, Cucumbers, Tomato and Peppers. Served with a side of Vinaigrette.*

- Caesar Salad**.....8.99  
*Anchovies on request.*

- Chicken or Mahi-Mahi Caesar Salad**.....11.99

- Charbroiled Steak Caesar Salad**.....18.99



- Black and Blue Salad**.....11.99  
*Blackened Mahi-Mahi on Top of Salad Greens with Crumbled Blue Cheese, Baby Tomatoes, Chopped Cucumbers with a Balsamic Vinaigrette.*

- Greek Salad**.....10.99  
*Lettuce, tomato, onion, green peppers, feta cheese, olives . Anchovies on request.*

- Chef's Salad**.....11.99  
*Lettuce, Tomato, Cucumber, Onion, Green Pepper, Turkey, Ham, American Cheese, Swiss cheese, Hard Boiled egg .*