

Red Onion Cafe

FOOD FOR *Life*

A low carb, keto friendly,
gluten free menu***

Ensenada Chicken

Baja seasoned grilled chicken* with chipotle sauce, avocado, pico de Gallo & lime, served with a healthy vegetable and salad. 16.99

Grilled Salmon

Grilled with lemon, butter and Mediterranean seasonings, served with a healthy vegetable and salad. 18.99

Surf and Turf

6 oz. sirloin steak with grilled Roma tomato & our premium steak butter with two grilled bacon-wrapped shrimp, served with a healthy vegetable and salad. 17.99

Mushroom & Rosemary Garlic Keto Burger

Grilled burger, mushrooms sauteed in butter, rosemary garlic au jus, spinach, mayo & tomato garnish. 11.99

Chipotle Avocado Keto Burger

Grilled ground beef, Jack cheese, avocado & Chipotle mayo on greens, served with Pico de gallo. 10.99

Prairie Farms Pork Chop

Brined and grilled to order with our garlic butter topping. Served with healthy vegetable and salad. 14.99

** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

*** All items are cooked in healthy fats and oils.*

**** Please be advised that all of our foods are prepared in a common kitchen, and we cannot guarantee that cross contact with other allergens or gluters will not occur.*

