

Drinks

Coffee Bottomless \$2.00

House blend of rich and smooth coffee refilled to your satisfaction!

Small to-go Coffee \$1.25

Large to-go Coffee \$1.75

Flavored Creamer \$.30

Add Rocket block 1 - \$.75 2-\$1.39 3-\$1.89

Add a little punch to your cup of joe with our specialty Rocket Blocks. The perfect blend of almond butter, coconut oil, Collagen Peptides. Ghee and cacao butter that are lightly sweetened; blended into your coffee for extra energy and satiety!

Served 1, 2, 3 blocks at a time.

Organic Milk \$1.85

Honest 100% Juice Organic \$1.85

100% juice with no High Fructose Corn Syrup

Goodness Grapeness - Super Fruit Punch - Berry Berry Good Lemonade - Appley Ever After

Hot Tea Cup \$1.35

**Constant Comment - Lemon Lift-
English Teatime - Green Tea - Earl Grey -
Green Tea w/Pomegranate**

Add a Rocket Block to tea for +.75 cents

Iced Tea Bottomless \$1.75

Water

We value your health and do not serve any item with High Fructose Corn Syrup or Corn Syrup in our Restaurant.

Breakfast

Saturdays Only

Pancake Lasagna *LCHF, GF **\$6.49**

Breakfast Sausage and fluffy egg between 3 layers of GF, LCHF pancakes, finished with sweet maple cream sauce.

Breakfast Sandwich *LCHF, GF **1-4.65 2-\$8.79**

2 different kinds of cheese, sausage and egg between our house made LCHF, GF biscuit.

Breakfast Bierocks **Large \$6.59**

A soft and sweet roll stuffed to capacity with sausage, egg and cheese

Coconut Almond Porridge *GF, P,V **\$4.79**

Our breakfast blend of coconut, heart healthy Chia and Hemp seeds, warmed and served with an optional garnish of berries* and pepitas (+.50 each. This is Oatmeal upgraded!

Biscuits N' Gravy *LCHF, GF **\$5.25**

*2 House made biscuits OR our house made LCHF & GF biscuits (+1.00) w/ our LCHF, GF sausage gravy!.

Appetizer Items

Parmesan Nachos *LCHF, GF **\$5.19**

Crispy parmesan "chips" served with our melty, creamy cheese sauce, loaded with: bacon, jalapeño and banana peppers!

Bottomless Salad with Dressing **\$6.75**

***LCHF, GF**

Our best blend of greens refilled to your satisfaction, served with our signature scratch dressing. *No side.

Mashed Potato (sweet or regular) **\$4.95**

***GF, P, V** *please indicate VEGAN

Our regular potatoes are gently baked and mixed with everything that makes mashed potatoes so delicious!

Our sweet potato is topped with cinnamon, coconut sugar and maple!

Sides

Cheesy "Mac" *LCHF, GF **\$3.75**

Cauliflower florets seasoned and baked with our creamy cheese blend.

Side Salad w/Scratch Dressing **\$3.25**

***LCHF, GF**

Side portion of our signature house blend of greens with our scratch dressing.

Mashed Sweet Potato / Regular **\$3.75**

Potato *GF, P, V

Baked and served with your choice of butter or cinnamon/sugar *please indicate Vegan

Parmesan Crisp *LCHF, GF **\$3.25**

Our signature carb-free chips

Lunch

(comes with your choice of side)

Meatloaf Sliders *LCHF, GF **\$9.89**

Everything you love about a cheeseburger baked into our specialty meatloaf. Served on our house-made LCHF, GF Bread.

Pulled Pork Sandwich or Salad **\$9.99**

***LCHF, GF**

Our perfectly seasoned pork served on your choice of our blend of crunchy house greens or our homemade bread. Served with our signature BBQ Sauce, no added sugar!

Philly Cheese Steak Sandwich or Salad **\$9.99**

***LCHF, GF**

Grilled Philly steak, mixed peppers and onions topped with melty provolone cheese, on your choice of our house-made Hoagie bun, or our blend of crunchy greens!

Bottomless Salad *LCHF, GF **\$8.25**

Seasoned Diced Chicken atop our best blend of greens refilled to your satisfaction. Served with our signature scratch dressing! *NO SIDE*

Soup of the Week

Ask what the special is today!

We strive to continually offer a variety of delicious soups and the soup is never the same week to week! Always delicious, made from scratch and always gluten free! Call in for today's offering!

Desserts

Mom's Cinnamon Rolls **\$3.89**

Large enough for two, these rolls are heaven on a plate! Soft, melt in your mouth and perfectly dressed with our signature glaze.

Grandma's Cookies **\$1.59**

Take yourself back to your Grandma's kitchen with our homemade specialty cookies, the perfect sweet treat!

Coconut Pecan Cookie Ball **\$1.50**

***LCHF, GF, P, V**

A blend of coconut and pecans, lightly sweetened with a natural no-sugar sweetener. Garnished with a Paleo and Vegan friendly chocolate sauce.

LCHF=Low carb High Fat GF=Gluten Free

P=Paleo V=Vegan

*Looking for meal delivery
for breakfast or lunch?*

We offer delivery to your door through Fitn-Fresh Express LLC!

*Call us for more information and to place
your order!*