



# AVOCADO FRIES 9

served with sriracha aioli\* *Amazing!*

POWER PROTEIN PANCAKE BOWL



## KETO FRIENDLY FAVORITES

### BLACKENED SALMON BREAKFAST\* KF/GF 20

3 eggs any style / avocado / blackened salmon / bacon bits / jalapeños / sriracha / sriracha aioli

### SPICY EGG WHITE CHICKEN SCRAMBLE\* KF/GF 17

egg whites / grilled chicken / spinach / yellow squash / mushrooms / broccoli / asparagus / zucchini / avocado / ranchero sauce / mozzarella cheese / jalapeños / sriracha / sriracha aioli

### AVOCADO SMASH BOWL\* KF/GF 16

2 eggs any style / broccoli & cauliflower cakes / avocado / pico de gallo / cotija cheese

+ bacon 1 + organic chicken sausage 2 + smoked salmon 3

### CARNE ASADA BREAKFAST BOWL\* KF/GF 19

scrambled eggs / diced tenderloin / broccoli & cauliflower cake / sriracha coleslaw / sriracha aioli / cilantro / bacon bits / avocado / sriracha / jalapeños

### BLACKENED SALMON COLESLAW BREAKFAST BOWL\* KF/GF 20

scrambled eggs / blackened salmon / broccoli & cauliflower cake / sriracha coleslaw / sriracha aioli / cilantro / bacon bits / avocado / sriracha / jalapeños

### PISTACHIO MOUSSE FRUIT BOWL\* KF/GF 10

sugar free pistachio mousse / blueberries / strawberries / pistachios / flaxseeds



KF BLACKENED SALMON COLESLAW BREAKFAST BOWL

## HEALTHY OPTIONS

### BROCCOLI & CAULIFLOWER BREAKFAST CAKES\* GF 16

2 eggs / basil pesto / portobello mushrooms / sliced tomatoes / fresh mozzarella cheese / broccoli & cauliflower cakes

### AVOCADO TOAST\* 13

2 eggs any style / sourdough bread / avocado / cotija cheese

+ bacon 1 + organic chicken sausage 2 + smoked salmon 3

### SWEET POTATO AVOCADO TOAST\* 17

2 eggs any style / 2 sweet potato hash cakes / avocado / cotija cheese / cilantro

### POWER PROTEIN PANCAKES\* GF 16

rolled oats flour / flaxseed / chia seeds / protein powder / granola / bananas / fresh blueberries / honey ricotta whip

### POWER PROTEIN PANCAKE BOWL\* GF 17.5

protein pancake bites / fresh berries / peanut butter / flaxseed / gluten free granola / all-natural no sugar added banana & berry puree

### POWER 5 BREAKFAST STEEL CUT OATS\* 10

oatmeal / quinoa / almonds / cranberries / blueberries / strawberries / raisin / bananas / candied pecans

### BERRY YOGURT BLISS\* 10

low fat yogurt / fresh berries / bananas / almond granola / chia seeds / all-natural berry puree

### EGG WHITE WRAP\* 15

2 egg whites / sautéed spinach / yellow squash / mushrooms / broccoli / asparagus / ranchero sauce / avocado / cilantro / avocado crema / zucchini / sun-dried tomato tortilla / pico de gallo

## SANDWICHES & BURGERS



Served with BKB potatoes, waffle fries or green salad

### PASTRAMI SANDWICH\* 16

6 oz pastrami / fried egg / swiss cheese / sriracha coleslaw / horseradish dijon mayo / brioche bun

### SPICY GRILLED CHICKEN SANDWICH\* 16

grilled chicken breast / bacon / lettuce / tomatoes / red onions / avocado / spicy remoulade / brioche bun

### CHICKEN FRIED CHICKEN SANDWICH\* 16

fried breaded chicken breast / bacon / sriracha coleslaw / tomato garlic aioli / brioche bun

### ALL-NATURAL CHEESEBURGER\* 16

8 oz beef patty / cheddar cheese / lettuce / tomatoes / onions / tomato garlic aioli / brioche bun

## HEALTHY LUNCH BOWLS

### GRILLED CHICKEN QUINOA FIESTA BOWL\* 17

grilled chicken / quinoa / black bean relish / diced tomatoes / cheddar cheese / ranchero sauce / avocado / pico de gallo / cotija cheese

### BLACKENED SALMON QUINOA SPINACH BOWL\* 20

grilled blackened salmon / spinach / bacon / pine nuts / quinoa / goat cheese / basil pesto / drizzle of balsamic glaze / cilantro garlic / onions / tomatoes / cucumbers / lemon vinaigrette

### AVOCADO QUINOA CHICKEN BOWL\* 17

grilled chicken breast / roasted bell peppers / avocado / quinoa / cucumbers / pine nuts / tomatoes / yellow corn / cilantro / raisins / onions / feta cheese

## HEALTHY BREAKFAST BOWLS

### SALMON SPINACH BREAKFAST BOWL\* GF 20

smoked salmon / 2 broccoli & cauliflower cakes / 2 eggs any style / spinach / pine nuts / cilantro / garlic / bacon / goat cheese / basil pesto / drizzles of balsamic glaze

### SPICY SWEET POTATO EGG WHITE BREAKFAST BOWL\* 17

2 sweet potato cakes / egg whites / avocado / pico de gallo / bacon bits / jalapeños / sriracha / sriracha aioli

### FARMERS MARKET\* 17

2 eggs any style / mushrooms / asparagus / zucchini / yellow squash / spinach / quinoa / cilantro garlic / basil / balsamic glaze / goat cheese / tomatoes / sun-dried tomato pesto

## KF PROTEIN PLATE

2 eggs\* any style, choice of protein & 3 veggies GF

### PROTEIN

grilled chicken	chicken sausage	grilled tenderloin*
13.75	13.75	16
blackened salmon*	tofu	all-natural burger patty
19	13	13.75

### VEGGIES

broccoli / asparagus / zucchini / eggplant / spinach / cauliflower / avocado / mushrooms / yellow squash / cauliflower mash

additional item +2



PISTACHIO MOUSSE FRUIT BOWL

## SALADS

### SOUTHWEST CHICKEN COBB\* 15

grilled chicken / tomatoes / black beans / avocado / crispy bacon / cotija cheese / boiled egg / tortilla strips / mixed greens / roasted pepper vinaigrette

### CHICKEN AVOCADO SALAD\* 15

grilled chicken / fresh avocado / cilantro / lime juice / mixed greens / tomatoes / cucumbers / lemon vinaigrette

### BLACKENED SALMON SALAD\* 19

blackened salmon / mixed greens / tomatoes / cucumbers / lemon vinaigrette / roasted peppers

## ALL-NATURAL SMOOTHIES

no sugar added, nonfat yogurt based 1 scoop gluten free protein powder 2

### GREEN DAY\* 10

banana / avocado / nonfat yogurt / all-natural harvest green puree

### SCOTTSDALE BUFF\* 11

banana / nonfat yogurt / almond milk / sugar free chocolate syrup / all-natural sunny banana / omega-3 peanut butter

### SUNRISE SMOOTHIE\* 10

nonfat yogurt / very berry puree / banana / all-natural sunny banana



SUNRISE SMOOTHIE

\*For Keto friendly options Please note that we are not medical or nutritional professionals. Nothing we express here should be taken as medical advice and you should consult with your doctor before starting any diet or exercise program. We do our best to be as accurate as possible but due to the handmade nature of our products, nutrition information may vary slightly. We expressly disclaim that we will absolve ourselves from any and all liability of any kind with respect to any act or omission wholly or in part in reliance on anything contained in this restaurant.

