

Keto Menu

Available all day



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Bulletproof Coffee \$5.5

Breakfast plate \$22

Featuring streaky bacon, house made beef rissole, scrambled eggs with cream, tomato, spinach, mushroom.

Eggs Benedict

Poached free range eggs sitting on toasted bun, with spinach, finished with house made hollandaise sauce, topped with either choice of:

Cured streaky bacon \$20.5

Smoked Salmon and lemon \$21

Button mushroom sautéed on spinach with diced tomato \$19.5

LB Keto Omelette \$19

(Choose your fillings x3)

Tomato, ham, mushroom, cheddar, cream cheese, salmon.

Keto Waffles \$20

With sugar free maple syrup and topped with your choice of either:

Mixed berry compote, unsweetened whipped cream *or*

Marinated spicy grilled chicken strips and streaky bacon.

Bacon Butty \$12

Bacon Butty, grilled streaky bacon, fried egg, house made aioli, lettuce in a toasted Keto Bap.

Beef Burger \$18

Prime grilled beef pattie, melted swiss cheese, tomato, house slaw and salad greens.

Creamy Mushrooms & Bacon \$21.5

Thinly sliced mushrooms tossed in a cream sauce, over keto toast and topped with streaky bacon and a poached egg.

Keto Frittata \$15

Bacon chunks, mushroom, leek, spinach green beans, and Cheddar cheese, on a Mushroom sauce, garnished with a mesclun salad.

Sides

Sautéed mushrooms \$4.5

Avocado smash \$4

Grilled tomato \$4.5

Toasted Keto Bun \$4

Basil pesto \$4

Dessert selection, served with a generous dollop of fresh cream

Chocolate mousse \$10

Cheese cake \$10

Berry rhubarb tarte \$10