
BLUE BEAR KETO MENU

BREAKFAST

Beef Shortrib "Keto" Hash 16

braised beef short ribs, bell peppers, onions, roasted tri-color cauliflower, two eggs

Corned Beef "Keto" Hash 15

house braised corned beef, bell peppers, onions, roasted tri color cauliflower, two eggs

Steak Benedict 19

sliced grass fed bavette steak, two eggs, sauteed asparagus, house hollandaise

Breakfast Stuffed Avocados 12

8-minute eggs, lemon aioli, bacon, diced avocado

LUNCH

Southwest Lunch Bowl 14

cauliflower rice, avocado, tomato salsa, cajun chicken, bell peppers, sour cream, chihuahua cheese, chimichurri

Keto Tuna Poke Bowl 16

cauliflower rice, seared MR tuna, pickled ginger, avocado, green onion, sesame oil

Chopped Salad 13

bacon, eggs, cucumbers, avocado, tomatoes, white cheddar, romaine lettuce, creamy herb dressing

King Keto Burger 19

grass-fed beef, pork belly, avocado, tomato, white cheddar, sauteed onions, fried egg, Romaine, served with a side salad

Chicken & Bacon Lettuce Wrap 14

roasted garlic aioli, white cheddar, avocado, tomato, zucchini chips

DINNER

Pan Seared Chicken Breast 16

boursin cream sauce, chef's choice vegetables, cauliflower mash

Chicken & Vegetable Pasta 15

zucchini noodles, lemon, mint, toasted pistachios

Pan Seared Bavette Steak 25

grass fed steak, roasted garlic, fresh herbs, sauteed asparagus, cauliflower mash

Cajun Salmon 24

avocado & red onion relish, cilantro lime cauliflower "rice"

\$1 OFF ANY KETO ITEM

Expires 9/30/18. Not valid with any other offer/coupon. Limit 1.



BLUE BEAR - 2920 TAYLOR AVENUE - BLUEBEAREATS.COM
