

The Goods Denver • A La Carte Keto Menu

PROTEINS

ITEM	OUNCES	QTY
• shrimp \$6	4 oz	_____
• ground turkey \$5	4 oz	_____
• smoked salmon \$5	4 oz	_____
• pulled pork \$5	4 oz	_____
• grilled chicken \$5	4 oz	_____
• bacon 2 slices \$3	4 oz	_____
• curry chicken salad 6	4 oz	_____
• 1 egg \$1.25	NA	_____
• 2 eggs \$2.50	NA	_____
• 3 eggs \$3.75	NA	_____

How would you like your eggs prepared?
Please circle one:
HARD BOILED | OE | OM | OH | SCRAMBLED

WOOD OVEN ROASTED VEGGIES

ITEM	OUNCES	QTY
• Brussels sprouts \$5	6 oz	_____
• cauliflower \$5	6 oz	_____
• portobello mshrms \$5	6 oz	_____
• cremini mshrms \$5	6 oz	_____
• acorn squash \$5	6 oz	_____
• eggplant \$5	6 oz	_____
• butternut squash \$5	6 oz	_____
• red peppers \$5	6 oz	_____
• tomatoes \$5	6 oz	_____
• castro olives \$5	6 oz	_____
• kale (wilted) \$5	6 oz	_____

GREENS & COLD VEGGIES

ITEM	OUNCES	QTY
• avocado \$5	4 oz	_____
• spinach \$5	6 oz	_____
• green cabbage \$5	6 oz	_____
• Napa cabbage \$5	6 oz	_____
• romaine \$5	6 oz	_____
• arugula \$5	6 oz	_____
• cucumbers \$5	6 oz	_____

CHEESES

ITEM	OUNCES	QTY
• pecorino romano \$3	2 oz	_____
• blue cheese \$3	2 oz	_____
• swiss cheese \$3	2 oz	_____
• feta \$3	2 oz	_____
• cheddar \$3	2 oz	_____

THE GOOD STUFF

ITEM	OUNCES	QTY
• aioli 0.50	2 oz	_____
• lemon aioli 0.50	2 oz	_____
• rosemary vin 0.50	2 oz	_____
• balsamic vin 0.50	2 oz	_____
• balsamic reduction .50	1 oz	_____
• ranch 0.50	2 oz	_____
• miso ginger 0.50	2 oz	_____
• caesar 0.50	2 oz	_____
• whl grn mustard drsing	2 oz	_____
• vegan black garlic aioli	2 oz	_____
• black garlic aioli 0.50	2 oz	_____
• vegan sour cream 0.50	2 oz	_____
• sour cream 0.50	2 oz	_____
• secret sauce 0.50	2 oz	_____
• rosemary olive oil 0.50	2 oz	_____
• olive oil 0.50	2 oz	_____

FRUITS

ITEM	OUNCES	QTY
• raspberries \$3	2 oz	_____
• blackberries \$3	2 oz	_____
• strawberries \$3	2 oz	_____

NUTS & SEEDS

ITEM	OUNCES	QTY
• sunflower seeds \$3	2 oz	_____
• sesame seeds \$3	2 oz	_____
• walnuts \$3	2 oz	_____

FRESH VEGGIE BROTH

ITEM	OUNCES	QTY
• mug 6	6 oz	_____
• bowl 9	12 oz	_____

BONE BROTH

ITEM	OUNCES	QTY
• mug 6	6 oz	_____
• bowl 9	12 oz	_____

Circle two items to accompany your broth.

Green onions, lemon, lime, red radish, cilantro, pickled onions, basil, mint, rosemary, garlic, ginger, cayenne, sea salt, butter

Additional items \$0.50 each.