

*Christie's*

# SUGGESTED GUIDE TO KETO-FRIENDLY MENU ITEMS

*Congratulations On Your Journey!*

**PLEASE INFORM YOUR SERVER YOU ARE DOING KETO.**

So many customers have asked us so we made this guide. By no means are we the experts. Everyone has their level and this is a only a guide. The basic no-no's are not on this list: fried and blackened foods, anything with a roux or bread, cocktail sauce, tartar sauce, remolaude sauce, most dressings except bleu cheese, ranch, and Italian.

## WAYS TO ORDER/PREPARATION STYLE

**YES TO:**

**Greek-Style:** Olive oil, lemon, oregano

**Keto Blackened:** No flour

**Broiled:** Lightly seasoned and broiled

### Oyster stew

Heavy cream, fresh oysters, seasoning

**Raw Oysters • Chipotle Broiled Oysters**

**Shrimp Cocktail • Cold-Boiled Shrimp**

### Sauteed Crabfingers with Peppers

No french fries , no marinara

### Greek Salad

No tomatoes. Feta on the side. Add a protein from below.

### House Dinner Salad

Dressings: bleu cheese, ranch, italian. Add bacon

**Snapper Fillet • Catfish Fillet • Shrimp • Chicken**

### Hamburger • Cheeseburger

No bun, add bacon, add bleu cheese or any cheese

### Ribeye • Strip Sirloin

Yes to mushrooms

### Jumbo Lump Crabmeat Sautee

Does have a touch of wine

### Alaskan King Crab Legs

### Vegetables

Steamed Broccoli • Sautéed Spinach (With onion and butter)  
Green Beans (Braised in a light tomato sauce with herbs)

**YOU CAN ADD SAUTÉED PEPPERS, BACON  
OR ANY EXTRA PROTEIN TO ANY ITEM AS A SIDE.**