

ORDERING KETO AT A RESTAURANT

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RESOURCES



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ORDERING KETO AT A RESTAURANT

Regardless of where you're going, there's a little for everyone. I've never had an issue ordering a keto-friendly meal at a restaurant... except for the time we went to a premade sandwich shop. That was absolutely impossible, and for obvious reasons. Rest assured, eating out doesn't have to mean frustration and complexity. In fact, it's quite enjoyable. Here are some overall tips to gain confidence in your next restaurant visit, especially if it's a local place that doesn't come with its own nutrition facts sheet.



GENERAL TIPS

- Look for meat, veggies and dishes without grains.
- The nicer the restaurant, the easier it is to make substitutions
- Look for restaurants that have a gluten-free menu. Many of the items on a gluten-free menu will be grain-free, then it's just about swapping the sugars for fats
- Add fat! Ask for additional avocado, olive oil, fried eggs, olives, mayo (if you're trying to avoid vegetable oils skip this one) or bacon.
- There may not be enough fat in your meal so there's an option to take the fat with you. Coconut oil is my choice.
- Watch the sauces and dressings! Many are loaded with sugar.
- Opt for water with your meal.
- For breakfast, if they have eggs and bacon, you're usually set! Omelets, total win.

MEAL TIPS



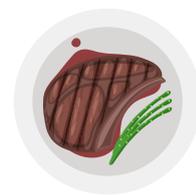
Breakfast

4 eggs, sunny side up with 2 sides of bacon and house made mayonnaise (if it's made with olive oil) or fresh olive oil.



Lunch

The highest-fat burger on the menu with a double order of coleslaw (usually made with dairy-free ingredients) or a spinach-based side salad if I'm concerned that the coleslaw has a bunch of sugar.



Dinner

The highest-fat steak on the menu, grilled salmon, or dark-meat covered in olive oil with a side of avocado and greens.

SPECIFIC DISHES

Burgers

Check that the patty is just meat (no oats, wheat germ, etc), then ask for the burger with the bun replaced with a lettuce wrap, or on a bed of large lettuce leaves. Swap the fries for a side salad.

Cafes

Ask if they have unsweetened coconut or almond milk, or unsweetened brewed tea hot/cold. As for food to eat, I've never had any luck in a café. Wouldn't it be crazy if the café you went to tomorrow sold fat bombs?!



My favorite, Decaf Americano Misto with coconut milk. At least, that's how us Canadians order a coffee with only a touch of milk.

Chicken

Choose grilled, broiled or roasted.

Chinese

Tricky as everything has sauce, and likely sugar. When we go for Chinese, I ask for dry meat (duck is always safe), sautéed and served over raw bean sprouts or a fresh salad.

Indian

Ask for curry options that are not thickened with flour. Replace bread and rice with fresh vegetable sticks. Watch for the vegetable-based curries as they're often packed with high carbohydrate items.



Try Cauliflower or Mushroom Bhaji, Chicken Korma*, Shahi Paneer*, and Chicken Shorba.
*dairy

Mexican

Order just about everything low-carb by asking for X without the corn tortillas, rice, beans, or flour tortillas. Guacamole can be served with raw vegetables, and meat platters are always a great option. Enchiladas are generally a no-go as they are cooked in the tortillas and can't be separated.



Try taco fillings served overtop a bed of romaine.

Pasta

Swap the pasta for a bed of vegetables (arugula, spinach, zucchini, etc.). Watch for sugar added to tomato-based sauces.

Proteins

Choose fatty proteins like salmon, duck, lamb, or pork short ribs.

Salads

Ask for extra avocado and bacon as a replacement for the fruit, dried fruit, or chilled grains. For dressing, your best bet is oil and vinegar.



Cobb Salad is always a winner. Simply ask for it without corn or cheese (if you're dairy-free), and you're good to go.

Fat is where toxins are held in animal protein. If the meat quality's a little shoty, go for lean meats and add plant-based fats like avocado or olive oil instead.

Sushi

Get anything without the rice! They'll roll up all the ingredients and, if you ask, will include additional avocado in place of the rice.



Do you have a carb up practice?
Sushi is great for it!

Steak

The fattiest cuts are filet mignon, new york strip, T-bone or rib eye steaks



Sides with your steak and a dairy allergy? Ask for the veggies to come without butter.

Wings

Are they breaded or coated in rice flour, potato starch or the like? If no, order salt and pepper or hot wings.



If you're trying to avoid vegetable oils skip this one... unless you've found a restaurant that uses tallow in its fryers?!

Tapas

Generally a win as they're usually pretty low in carbohydrates and more meat-based. Avoid bread-based dishes and look for plates made up of meat and vegetables.



Build your own sandwiches and salads

Type:



Fast Food

Highlights:

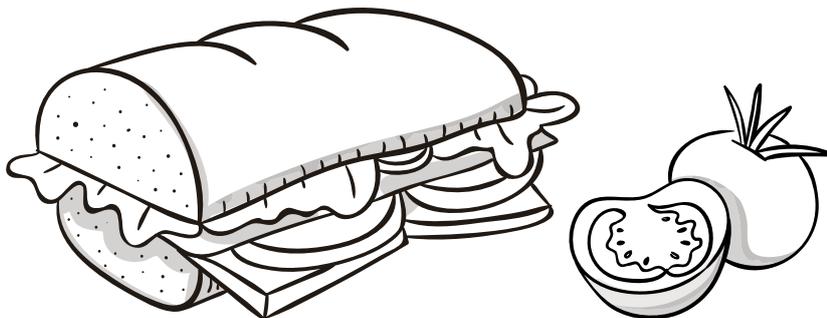
- Overall experience: Fair
- It's hit and miss whether Subway employees are willing to help
- You can build your own salad, however that doesn't leave you with a ton of options

Menu Items:

Build your own chopped salad (free of gluten, dairy, and soy unless otherwise noted)

- **Protein:** bacon, black forest ham, oven roasted chicken (contains soy), chicken strips (contains soy), cold cut combo meats, Italian BMT meats, roast beef, steak (contains soy), tuna (*note: it is pre-mixed with mayo, contains soy & egg), turkey breast (contains soy), egg white omelet (contains soy *note: regular egg omelet contains milk/lactose)
- **Veggie toppings:** lettuce, spinach, tomatoes, cucumbers, pickles, green peppers, black olives, red onions, jalapenos, banana peppers
- **Dressing:** mayonnaise (contains soy), yellow mustard, deli brown mustard, olive oil blend, red wine vinegar, or bring your own
- **Seasonings:** salt, pepper, oregano

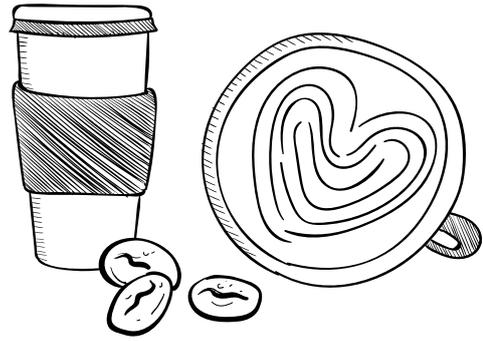
Boost the fat: Add extra mayo, oil, or bacon





STARBUCKS[®]

Coffee, tea, light meals & snacks



Type:



Fast Food

Highlights:

- Overall experience: Great
- More drink options if you can tolerate dairy
- Most Starbucks employees are very friendly & willing to help. If your drink is made incorrectly, they will remake it free of charge

Menu Items:

- **Espresso**
- **Caffe Americano**
- **Drip Coffee**
- **Hot or Iced Tea**, unsweetened
- **Caffe Latte** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Cappuccino** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Espresso Macchiato** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Latte Macchiato** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Flat White** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Starbucks Double Shot on Ice** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Tea Latte** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Espresso Frappuccino Blended Coffee** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Coffee Frappuccino Blended Coffee** - order it unsweetened, bring your own stevia or add ground cinnamon, nutmeg, or unsweetened cocoa for flavor
- **Snacks:**
 - **Rhythm Kale Chips**
 - **Roasted Nut Mix**, brand varies by location (make sure it is unsweetened)
 - **Moon Cheese** (if you tolerate dairy)
 - Some locations might let you purchase **hardboiled eggs** (they're normally sold inside Protein Bistro box)



Applebee'sSM

GRILL & BAR

Neighborhood Bar & Grill Restaurant with Steaks, Burgers, Salads, Sandwiches, etc.

Type:



Fast Food

Highlights:

- Overall experience: Great
- Employees are usually willing to help and make menu substitutions
- Lots of simple protein + veggie options

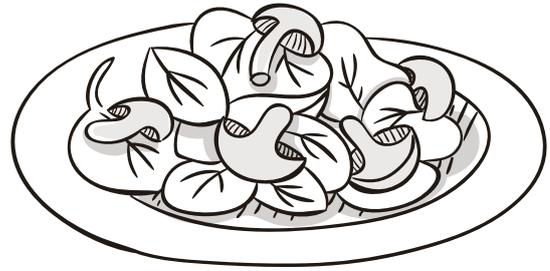
Menu Items:

Free of gluten, dairy, soy unless otherwise noted

- **Wood Fired Grill**
 - **Bone-In Pork Chop**
 - **Cedar Grilled Salmon**
 - **Grilled Chicken Breast**
 - **Broccoli**
 - **Garlicky Grilled Green Beans** - ask for it to be prepared without dairy
 - **Seasonal Wood-Fired Grilled Veggies** - check to make sure these are low-carb veggies and ask for it to be prepared without dairy
 - **House Salad** - order without croutons and choose oil/vinegar/lemon juice as dressing
- **Grilled Chicken, Avocado, and Grapefruit Salad** - order without grapefruit and ask for oil/vinegar as dressing
- **Classic burger** - order lettuce wrapped instead of a bun, without cheese, choose mayo & mustard as condiments, add bacon, add avocado, and sub fries for broccoli or house salad

Boost the fat: Ask for a side of avocado, bacon, or mayo to add to your meal





Olive Garden is an American casual dining restaurant chain specializing in Italian-American cuisine.

Type:



Fast Food

Highlights:

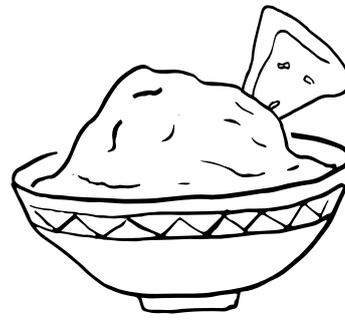
- Overall experience: Great
- Employees are usually willing to help and make menu substitutions
- Many options, and they are always willing to replace any sides with vegetables

Menu Items:

Free of gluten, dairy, soy unless otherwise noted

- **Herb Grilled Salmon** on its own - ask for it to be prepared without dairy and pair it with one of the sides below
- **Tuscan Sirloin** on its own - ask for it to be prepared without dairy and pair it with one of the sides below
- **Grilled Chicken** on its own - ask for it to be prepared without dairy and pair it with one of the sides below
- **Marinara sauce** (contains soy) over broccoli, asparagus, or spinach instead of pasta
- **Meat sauce** (contains soy, slightly higher carb option) over broccoli, asparagus, or spinach instead of pasta
- **Tomato Sauce** over broccoli, asparagus, or spinach instead of pasta
- **Pasta Toppings:** Grilled chicken (ask for it to be prepared without dairy), Italian Sausage, Sautéed Shrimp
- **Sides:**
 - **Garden Salad** - order without croutons and choose oil/vinegar/lemon juice as dressing
 - **Any side can be replaced by Fresh Vegetables** - ask to make sure they are low-carb veggies

Boost the fat: Ask for a side of olive oil or parmesan (if you can tolerate dairy) to add to your meal



CHILI'S GRILL & BAR

Casual dining restaurant that features Tex-Mex-style cuisine, like steaks, ribs, burgers, etc.

Type:



Sit-down

Highlights:

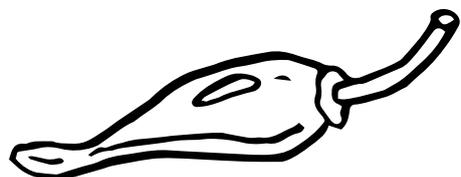
- Overall experience: Great
- Employees are usually willing to help and make menu substitutions

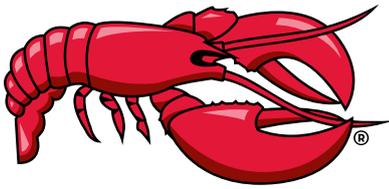
Menu Items:

Free of gluten, dairy, soy unless otherwise noted

- **Classic Sirloin** on its own - order without garlic butter, add broccoli, asparagus & tomatoes, or salad as a side
- **Classic Ribeye** on its own - order without garlic butter, add broccoli, asparagus & tomatoes, or salad as a side
- **Ancho Salmon** on its own - order ask for it to be prepared without dairy, add broccoli, asparagus & tomatoes, or salad as a side
- **Babyback Ribs** - order without sauce, sub sides for steamed broccoli or salad
- **Grilled Steak**, Chicken, Pork Carnitas, or Prime Rib Fajitas with peppers & onions - order without the tortillas, ask for lettuce instead, order without the cheese, sour cream, and chipotle garlic butter, ask for guacamole instead
- **Classic Bacon Burger** - order it lettuce wrapped instead of a bun, choose grass-fed beef patty, skip the cheese, choose mayo & mustard as condiments, add bacon, add avocado, and sub fries for broccoli, asparagus & tomatoes, or salad
- **Guacamole Burger** - lettuce wrapped instead of a bun, choose grass-fed beef patty, skip the cheese, choose mayo & mustard as condiments, add bacon, and sub fries for broccoli, asparagus & tomatoes, or salad
- **Asparagus & Garlic Roasted Tomatoes**
- **Steamed Broccoli**
- **House Salad** - ask for low carb version, order without croutons and cheese, choose oil/vinegar/lemon juice as dressing
- **Side of celery sticks** from kids menu - order without dressing

Boost the fat: Ask for avocado, bacon, guacamole, mayo, olive oil to add to your meal





RED LOBSTER

Casual dining restaurant specializing in fresh, never frozen seafood.

Type:



Sit-down

Highlights:

- Overall experience: Great
- Employees are almost always willing to help and make menu substitutions
- Choose from wild-caught or farm-raised seafood
- VERY handy online "allergy wizard" that lets you choose all allergens you're trying to avoid (i.e. gluten, wheat, soy, dairy, MSG), and then it finds the foods you can eat for you. You can then cross-reference this list with their "interactive nutrition guide" to find the lowest carb options

Menu Items:

Free of gluten, dairy, soy unless otherwise noted

- **Sides & Additions:** Garden Salad - order without croutons or cheese, choose oil/vinegar/lemon juice as dressing, Fresh Broccoli, Snow Crab Legs, Maine Lobster Tail (may contain soy)
- **Entrees:** safe fish preparations= blackened or broiled
 - **CYO combo-** steamed snow crab legs
 - **CYO Broiled Bay Scallops** (contains soy)
 - **North Pacific King Crab** 1.5 lb.
 - **Snow Crab Leg** 1 lb.
 - **Maine Lobster Steamed** 1 ¼ lb.
 - **Fresh Sole**
 - **Gulf Snapper**
 - **Halibut**
 - **Lake Whitefish**
 - **Ona/Wahoo**
 - **Opah**
 - **Pacific Snapper**
 - **Perch**
 - **Rainbow Trout**
 - **Red Rockfish**
 - **Salmon**
 - **Tilapia**
 - **Tuna**
 - **Blackened Canadian Walleye Lunch**
 - **Farm Raised Catfish** (may contain soy)
- **Dressings/Sauces:** Pico de Gallo, Marinara Sauce, Mayonnaise (contains soy). Mustard, 100% Pure Melted Butter (If you can tolerate dairy)

Boost the fat: Ask for a side of olive oil or melted butter (if you can tolerate dairy) to add to your meal



Simple, fresh Mexican fare sourced from farms rather than factories, without artificial flavors, fillers, or GMO's

Type:



Fast Food

Highlights:

- Highlights: Overall experience: Good
- Employees are sometimes willing to help and make menu substitutions

Menu Items:

Free of gluten, dairy, soy unless otherwise noted

- **Chicken, Steak, Carnitas, or Barbacoa Salad** and fill with...
 - Romaine lettuce
 - Fajita vegetables
 - Fresh Tomato Salsa
 - Tomatillo Green-Chili Salsa
 - Tomatillo Red-Chili Salsa
 - Guacamole
 - Skip the vinaigrette

Boost the fat: Ask for extra guac and a side of olive oil for your meal





P.F. Chang's offers a casual dining atmosphere to experience authentic Chinese food & Asian Cuisine

Type:



Sit-down

Highlights:

- Overall experience: Fair
- Employees are usually willing to help and make menu substitutions. However, there are not very many options for low-carb at all

Menu Items:

Free of gluten, dairy, soy unless otherwise noted

- **GF Egg Drop Soup Cup** (may contain corn)
- **GF Shanghai Cucumbers** (may contain soy and legumes)
- **GF Wok Seared Spinach with Garlic**
- **GF Buddha's Feast** (contains legumes)
- **Moderate Carb**
 - **GF Ginger Chicken with Broccoli** - ask for it to be made without dairy (may contain soy, corn, and legumes)
 - **GF Pepper Steak** - ask for it to be made without dairy (may contain soy, corn, and legumes)

Boost the fat: Ask for a side of olive oil, avocado, sesame oil, or sesame seeds





With more than 250 menu items and more than 50 signature cheesecakes and desserts, there is truly "Something for everyone" at The Cheesecake Factory. International cuisine. Pizza, salad, sandwiches, steak, seafood, chicken, pork, etc.

Type:



Sit-down

Highlights:

- Overall experience: Great
- Employees are almost always willing to help and make menu substitutions
- Lots of choices

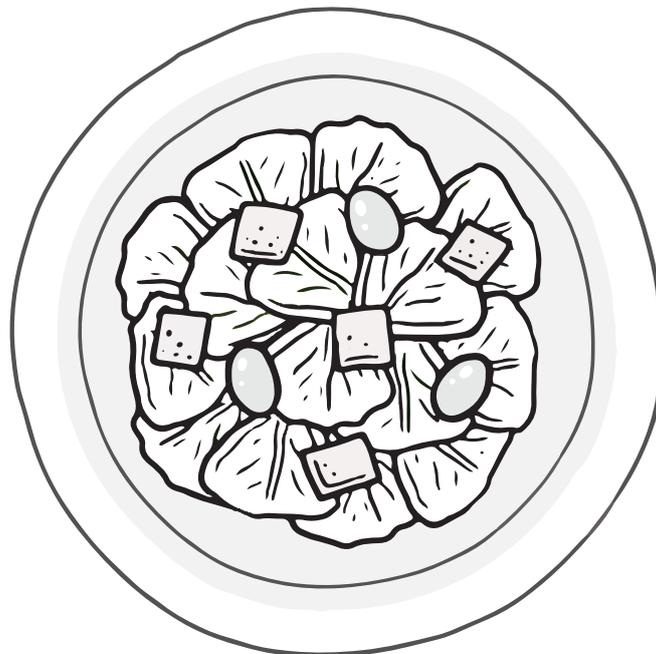
Menu Items:

Free of gluten, dairy, soy unless otherwise noted

- **House Salad** - order without Balsamic Vinaigrette and ask for oil/vinegar/lemon juice instead
- **Endive Salad** - order without blue cheese, glazed pecans, and vinaigrette. Ask for oil/vinegar/lemon juice instead
- **Arugula Salad** - order without parmesan cheese and raisins
- **Fire Roasted Fresh Artichoke** - order without butter unless you can tolerate dairy, order without spicy vinaigrette
- **Guacamole Made To Order** - order without sour cream and chips, ask for veggies instead
- **Tossed Green Salad** - order without croutons, choose oil/vinegar/lemon juice for dressing
- **BLT Salad** - order without Bleu Cheese, choose oil/vinegar/lemon juice for dressing
- **Fresh Vegetable Salad** - ask for "plain chicken," order without the edamame, cheddar cheese, and choose oil/vinegar/lemon juice for dressing
- **Factory Chopped Salad** - ask for "plain chicken," order without the corn, blue cheese, apple, and balsamic vinaigrette, ask for oil/vinegar/lemon juice for dressing
- **Burgers** - order it lettuce wrapped, order without the bun and cheese, choose mustard, mayonnaise, and avocado as sauces, add bacon, choose fresh salad with oil/vinegar/lemon juice as a side
- **Lemon Herb Roasted Chicken** - order without butter and mashed potatoes, ask for a fresh salad with oil/vinegar/lemon instead
- **Weight Management Grilled Chicken** - order without the parmesan, sub white rice for fresh salad with oil/vinegar/lemon juice as a side
- **Fresh Grilled Salmon** - order without tartar sauce, sub potato for extra veggies
*check to make sure they are low carb veggies

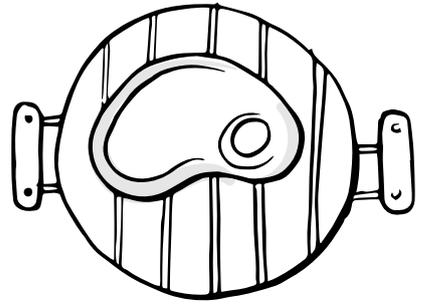
- **Fresh Grilled Mahi Mahi** - order without the tartar sauce, sub potato for extra veggies
*check to make sure they are low carb veggies
- **Grilled Pork Chops** - order without apple sauce, mashed potatoes, and butter. Ask for extra spinach
- **Steak Diane** - order without madeira sauce, mashed potatoes, Dijon Mustard Blend, and ask for fresh salad with oil/vinegar/lemon juice as a side
- **Green Beans** - order without butter
- **Sauteed Spinach** - order without butter
- **Fresh Broccoli** - order without gluten
- **Fresh Asparagus**
- **Sliced Tomatoes**
- **Farm Fresh Eggs** - if scrambled, request that no milk be added and ask that it is not cooked in margarine, ask that it is cooked in olive oil instead or butter if you can tolerate it
- **Bacon**
- **Factory Create An Omelette** (request that no milk be added and ask that it is not cooked in margarine) - use toppings: bacon, ham, avocado, mushrooms, asparagus, spinach, tomato, red or green onion
- ***Note:** there is a low-carb cheesecake, but it is full of dairy, gluten, and sucralose

Boost the fat: Ask for a side of avocado, olive oil, mayo, or bacon to add to your meal



CARRABBA'S

ITALIAN GRILL®



Chain eatery & bar serving a diverse menu of classic Italian fare in a family-friendly setting.

Type:



Sit-down

Highlights:

- Overall experience: Great
- Employees are usually willing to help and make menu substitutions
- Dishes are made to order, so they can accommodate allergy requests

Menu Items:

Can be made gluten free and dairy-free upon request

- **Grilled Asparagus with Prosciutto** - order without the fontina and balsamic glaze. Ask for oil/vinegar/lemon instead
- **Grilled Asparagus**
- **Plain Steamed Broccoli, Green Beans, Spinach, or Asparagus**
- **Italian Lettuce Wraps** - order without ricotta, and port wine reduction. Ask for oil/vinegar/lemon juice instead
- **Italian Side Salad** - order without carrots and dressing. Ask for oil/vinegar/lemon instead
- **Johnny Rocco Salad** - order without red peppers, ricotta, and vinaigrette. Ask for oil/vinegar/lemon instead
- **Italian Chopped Salad** - order without fontina, vinaigrette, and balsamic glaze. Ask for oil/vinegar/lemon instead
- **Tuscan-Grilled Chicken** - Choose grilled asparagus, plain steamed veg., or side salad as a side
- **Prosciutto-Wrapped Pork Tenderloin** - order without port wine fig sauce, choose side grilled asparagus, plain steamed veg., or side salad as a side
- **Tuscan-Grilled Sirloin, Filet, Pork Chop, or Veal Chop** - order without toppings. Choose side grilled asparagus, plain steamed veg., or side salad as a side
- **Wood-Grilled Tilapia** - order without balsamic glaze. Choose side grilled asparagus, plain steamed veg., or side salad as a side
- **Salmon Cetriolini** - Choose side grilled asparagus, plain steamed veg., or side salad as a side

Boost the fat: order a side of olive oil, prosciutto, or olives to add to your meal



Boisterous Australian-themed chain serving steaks, seafood & other hearty steakhouse fare

Type:



Sit-down

Highlights:

- Overall experience: Great
- Employees are almost always willing to help and make menu substitutions
- Offers a "no rules" approach so you can order to accommodate your dietary/allergy needs
- Online interactive nutritional tool is especially helpful for figuring out carb count
- Lots of choices

Menu Items:

Gluten free unless otherwise noted. Be sure to indicate to your server if you have other food allergies/preferences

- **Steakhouse Salad** - order without Aussie crunch, cinnamon pecans, Caesar dressing, and ask for oil/vinegar/lemon juice instead
- **Burgers** - order without cheese and bun, order lettuce wrapped, choose mayo and mustard as condiments, add bacon. Order vegetables without seasonings as a side, but check to make sure they are low-carb veggies
- **Signature Steaks** - request dairy-free preparation
- **Grilled Chicken on the Barbie** - order without BBQ sauce, choose fresh seasonal veggies without seasonings, but check to make sure they are low carb veggies
- **New Zealand Lamb** - order without Cabernet sauce, mashed potatoes, and choose extra seasonal vegetables without seasonings
- **Baby Back Ribs** - order without BBQ sauce, order without fries, choose seasonable vegetables without seasonings
- **House Salad** - order without croutons and cheese, ask for olive oil/vinegar/lemon juice as dressing
- **Filet & Grilled Shrimp** - order without baked potato, choose seasonal veggies without seasonings instead
- **Sirloin and Grilled Shrimp** - choose seasonal veggies without seasonings and house salad as sides
- **Filet & Lobster Tail** - choose seasonal veggies without seasonings and house salad as sides
- **Perfectly Grilled Salmon** - order vegetables without seasonings as side
- **Simply Grilled Mahi Mahi** - order vegetables without seasonings as side, order without rice garnish
- **Hearts of Gold Mahi** - order veggies without seasonings as side, order without lemon butter sauce, order without rice garnish
- **Lobster tails** - choose seasonal veggies without seasonings and house salad as sides

Boost the fat: Ask for a side of olive oil to add to your meal



GOURMET BURGERS AND MORE

Chain for gourmet burgers and other American comfort fare.

Type:



Sit-down

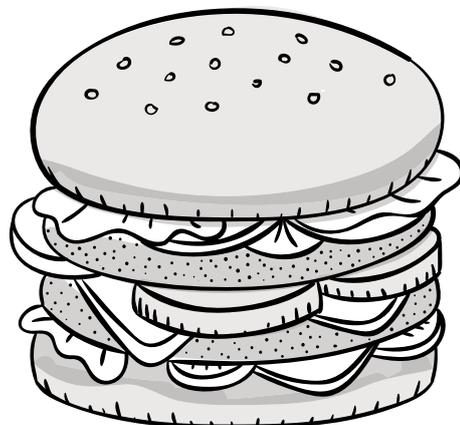
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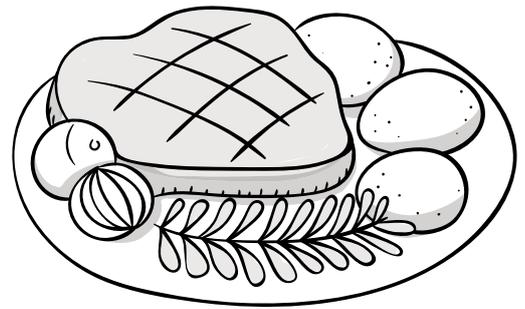
- Overall experience: Great
- Employees are usually willing to help and make menu substitutions
- Online interactive allergen menu and nutrition customizer which is very helpful to figure out carb count and foods without gluten & dairy

Menu Items:

- **Guacamole and Salsa** - order without chips, ask for veggies or lettuce
- **Burgers** - Lettuce wrapped/"protein style," order without the cheese, choose mayo and mustard for condiments, add guacamole or avocado, and bacon. Order without fries and order side salad or steamed broccoli instead
- **Avo-Cobb-O Salad** - order without chicken breast, bleu cheese, cheesy bread crouton, and dressing. Ask for oil/vinegar/lemon instead
- **Side Salad** - order without cheddar cheese, cheesy bread crouton. Ask for oil/vinegar/lemon juice as a dressing

Boost the fat: Ask for a side of guacamole, avocado, bacon, mayo and/or oil to add to your meal





Steakhouse that serves quality beef, ribs, chops, and more

Type:



Sit-down

Highlights:

- Overall experience: Good
- Employees are usually willing to help and make menu substitutions
- Many low-carb options

Menu Items:

Dairy and gluten free unless otherwise noted. Most menu items contain soy

- **Sides:**
 - **Sauteed Mushrooms**
 - **Sauteed Onions and Mushrooms**
 - **Mixed Greens Salad** - order dairy-free, gluten-free, order without dressing and ask for oil/vinegar/lemon juice instead
 - **Fresh Steamed Asparagus** - order dairy-free
 - **Fresh Steamed Broccoli** - order dairy-free
- **Steakhouse Burger** - order without bun, ask for lettuce wrap, order without cheese, choose mayo and mustard as condiments, add bacon, choose Mixed Greens Salad as side
- **Longhorn Salmon** - order dairy-free
- **Cowboy Pork Chops**
- **Renegade Sirloin**
- **Flo's Filet**
- **New York Strip/Kansas City Strip**
- **Ribeye**
- **Fire Grilled T-Bone**
- **Outlaw Ribeye**
- **LongHorn Porterhouse**
- **Texas Ribeye**
- **New York Strip**
- **USDA Prime Delmonico**
- **USDA Prime Bone-In Strip**

Boost the fat: Ask for extra bacon, olive oil, mayo, or butter (if you can tolerate dairy) to add to your meal



Great food and amazing drinks, from burgers to steak and beer to mixed drinks

Type:



Sit-down

Highlights:

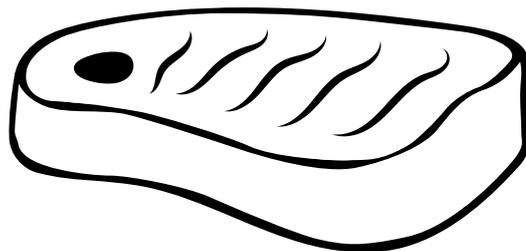
- Overall experience: Fair
- Employees are sometimes willing to help and make menu substitutions
- Not many options

Menu Items:

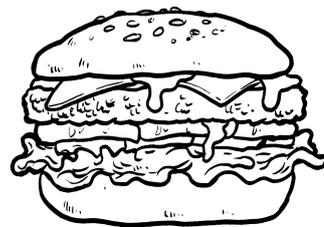
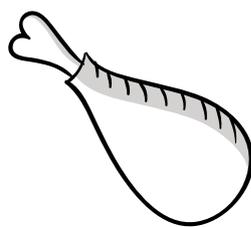
Gluten free and dairy free unless otherwise noted. Most menu items contain soy

- **Sides:**
 - **Broccoli**
 - **Vegetable Medley** - ask to make sure they are low-carb veggies
 - **House Salad** - order without cheese, croutons, breadstick, and dressing. Ask for oil/vinegar/lemon juice instead
- **Premium Black Angus** - order dairy-free and choose one of the above sides
- **Cobb Salad with Grilled Chicken, Steak, or Norwegian Salmon** - ask for dairy-free and gluten-free preparation, order without the bleu cheese, order without the dressing, ask for oil/vinegar/lemon juice instead
- **Your Call Burger** - order without bun, ask for it to be wrapped in lettuce, order without cheese, choose mayo and mustard as condiments, add avocado, bacon, and skip fries. Choose one of the above sides instead

Boost the fat the fat: Ask for an extra side of oil, mayo, or avocado to add to your meal



Ruby Tuesday



American fare featuring burgers, a salad bar, cocktails, and more

Type:



Sit-down

Highlights:

- Overall experience: Great
- Employees are almost always willing to help and make menu substitutions
- Almost all of the Fit & Trim options are low-carb

Menu Items:

- **Create Your Own Garden Bar** - choose low-carb veggies, nuts, seeds, olives, bacon bits, diced eggs, and olive oil and vinegar as dressing
- **Grilled Chicken Salad** - order without croutons, skip the cheese, carrots, peas, and dressing. Choose olive oil and vinegar instead
- **Seafood** - order without garlic cheese biscuits, choose sides below or create your own salad
 - **Blackened Tilapia**
 - **Grilled Salmon**
 - **New Orleans Seafood** - no Parmesan cream sauce
 - **Jumbo Skewered Shrimp** - no scampi butter, unless you can tolerate dairy
- **Chicken** - order without garlic cheese biscuits, choose sides below or create your own salad
 - **Chicken Fresco** - order without lemon-butter sauce
- **Steak** - order without garlic cheese biscuits, seasoned steak butter unless you can tolerate dairy, and choose sides below or create your own salad
 - **New York Strip**
 - **Petite Sirloin**
 - **Top Sirloin**
 - **Rib Eye**
- **Ribs** - order without garlic cheese biscuits, sauce, and choose sides below or create your own salad
- **Sides**
 - **Fresh grilled zucchini**
 - **Fresh steamed broccoli**
 - **Fresh green beans**
 - **Fresh grilled asparagus**
 - **Roasted Spaghetti Squash**
- **Burgers** - order without bun, ask for it to be wrapped in lettuce, skip cheese, choose mayo and mustard as condiments, add avocado, bacon, and skip fries. Choose one of the above sides instead

Boost the fat: Ask for extra olive oil, mayo, avocado, or bacon to add to your meal

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