

WINGS & (KETO) THINGS

SANDWICH'ISH

All items listed are 5g Net Carbs or Less All items listed are 7g Net Carbs or Less

SPECIALTY WINGS

No Breading, Fried without Sauce

(Small Size ; 1st & 2nd Wing Parts)



6PC
\$7.99

12PC
\$13.99

BIG BONELESS WINGS

No Breading, Grilled without Sauce

(Full Size ; White Meat Tenderloins)



2PC
\$4.99

4PC
\$9.99

BIG BODY WINGS

NO Breading, Fried without Sauce

(Full Size ; ALL 3 Parts of a Wing)



5PC
\$9.99

10PC
\$19.99

CHICKEN

No Breading, Grilled without Sauce

Thigh
1PC
\$2.50



Breast
1PC
\$2.50



Ditch the Bread and Get It....

“In the Grass” – On a bed of Kale or Lettuce

“In the Snow” – On a bed of Kale or Lettuce with Shredded Cheese

“On the Field” – Side of Sauteed Cabbage

Blue Cheese, Ranch or Mayo Included

Pesto Chicken \$11.99

Grilled Chicken, Basil Pesto, Roasted Red Peppers

Veggie Burger \$11.99

Grilled Chicken \$11.99

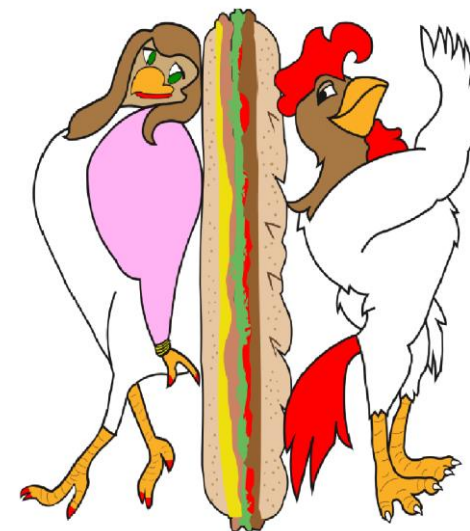
Chicken, Cheese, Lettuce, Tomato, Mayo on a Roll

Philly Cheese Steak Grinder \$12.99

Carved Grilled Steak, Grilled Onions, Grilled Red Peppers

Chicken Philly Grinder \$12.99

Grilled Chicken, Grilled Onions, Grilled Red Peppers



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Stay connected with us
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Total Carbs – Fiber = Net Carbs

DELIVERY AVAILABLE