



# KETO HUT

## KETO MENU

### ALL DAY BREAKFAST

#### Deluxe Masala Cheese Omelette 88

Omelette with fresh cheese, hand-shredded tandoori chicken inside and masala spices, with green salad.

印式手撕燒雞芝士奄列

#### Keto Meatball Avo All Day Breakfast 88

Scrambled eggs with cream, parmesan and cheddar cheese, avocado, creamy meatballs, bacon, mushroom and green veg.

生酮忌廉肉丸牛油果全日早餐

#### Keto Light All Day Breakfast 68

Scrambled Egg with cream, parmesan and cheddar cheese, sauteed mushroom, green veg and avocado.

生酮輕盈牛油果全日早餐

#### Basil Nutty Chicken Salad 78

Baked healthy chicken meat cubes with homemade pesto with fresh basil and mixed nuts, serve with green salad.

羅勒果仁醬拌雞肉沙拉

### RAJASTHANI GRILL

#### Grilled Lamb Strips 88

Strip size lamb marinated in Rajasthani spices and roasted become flavourful and juicy. Served with mint and keto mayo.

傳統印式烤羊肉條

#### Grilled Chicken Strips 78

Strip size tender chicken marinated in Rajasthani spices and roasted become flavourful. Served with mint and keto mayo.

傳統印式烤雞肉條

#### Tandoori Lamb Chop 98

NZ lamb chop marinated in selected ingredients and cooked in tandoori oven. Served with mint sauce and keto mayo.

窯烤紐西蘭羊排

#### Tandoori Salmon Steak 98

A modern twist of Indian tradition dishes with Salmon steak, marinated in tandoori spices and cooked in clay pot oven.

印式滋味窯烤三文魚排

#### Tandoori Chicken w/ Melting Cheese 78

Succulent chicken pieces marinated in cream cheese and spices overnight, cooked in clay pot oven.

印式滋味窯烤雞

#### Tandoori Cauliflower w/ Melting Cheese 68

Fresh cauliflower marinated with tandoori herbs and spices and cheese, and cooked in tandoori oven.

滋味窯烤椰菜花 配熱溶新鮮芝士



### CASSEROLE MAIN

#### 10-hour Beef Stew 88

Boneless beef pieces cooked in rich meat gravy with herbs, clarified butter and cheese.

生酮慢燉牛肉

#### Homemade Lamb Stew 98

Lamb cooked in selected spices in rich slow cooked gravy, clarified butter and cheese.

生酮慢燉羊肉

#### Creamy Spinach Keto Meatballs 88

Homemade meatballs cooked in creamy spinach gravy loaded with keto friendly ingredients.

生酮忌廉菠菜肉丸

#### Creamy Cheese Broccoli 68

Cook broccoli and cheese in homemade keto creamy sauce.

忌廉芝士西蘭花

#### Full Flavour Chicken 78

Our signature dish! Baked juicy chicken pieces stir-fried chopped veggies, with melted cheese.

忌廉滋味雞肉

#### Mexican Chili Con Carne 78

Slow-cooked succulent minced beef with selected mexican herbs and spices and other veggies.

墨西哥惹味燉牛肉碎

#### Creamy Tomato Butter Chicken Stew 78

Tender boneless tandoori chicken pieces cooked in rich butter chicken sauce. Served with broccoli or cauliflower rice.

生酮印式牛油蕃茄雞肉



## KETO-VEGETARIAN

### Full Flavour Zucchini w/ Cauli-Rice 78

Baked juicy fresh zucchini pieces stir-fried chopped veggies, with melted cheese, with cauli-rice.

忌廉滋味翠玉瓜

### Keto Eggplant Involtini 78

Stuffed fresh eggplant slices with Ricotta and Mozzarella cheese. Roasted with basil, parsley and red chili flakes

生酮意式雞蛋芝士茄士卷

### Creamy Spinach Zucchini Casserole 78

Zucchini pieces cooked in creamy spinach puree loaded with keto friendly ingredients.

鍋奶油菠菜翠玉瓜

### Creamy Mushroom Risotto 78

A lightened Italian comforting dish with mushroom and cauliflower rice.

忌廉蘑菇燴飯

### Hearty Broccoli Risotto 78

A creative twist to lighten a risotto with broccoli rice

豐盛西蘭花燴飯

### Creamy Veggie Balls 78

Homemade veggie balls cooked in creamy gravy loaded with keto friendly ingredients.

奶油蔬菜球

### Creamy Cottage Cheese 78

Cottage cheese cubes marinated in yogurt an selected rich spices and cooked in clay pot oven.

軟滑滋味煮原塊茅屋芝士

## NOODLES

### Creamy Chicken Stroganoff Zoodle 78

Luscious creamy Stroganoff sauce with mushroom and chicken on refreshing zucchini noodles

家鄉蘑菇雞肉汁翠玉瓜麵

### Hearty Chicken Alfredo Zoodle 78

Simple yet elegant creamy white sauce with tender chicken on refreshing zucchini noodles

白汁雞肉翠玉瓜麵

### Bacon Carbonara with Konjac Noodles 78

An Italian favorite with bacon and creamy carbonara sauce with a lightened twist with low carb konjac noodles

意式蛋黃芝士醬煙肉魔芋麵

## SOUP

### Detox Spinach Soup 38

排毒菠菜湯

### Comforting Creamy Broccoli Soup 38

自家製西蘭花忌廉湯

### Nutritious Bone Broth 48

營養大骨湯

## SIDES

### Baby Spinach Salad 38

新鮮菠菜苗沙拉

### Garlic Cauliflower & Broccoli Rice 38

蒜茸牛油椰菜花飯

### Creamy Zoodles 38

忌廉翠玉瓜麵

## SNACKS

### Wholesome Cheese Crackers 48

Unstoppable cheese cracker made with 100% cheese

百份百芝士脆片

### Broccoli Cheese Balls 48

Bite size snacks made from baked chopped broccoli with fresh mozzarella and parmasen.

西蘭花芝士球

### Keto Cottage Cheese Fritters 58

Cottage cheese cubes filled with spices, deep-fried in our keto batter with cheese, egg and psyllium husk and deep fried.

風味炸原塊茅屋芝士

### Keto Tender Chicken Fritters 58

Crispy golden chicken bites with ground spices, deep fried in our keto batter made of psyllium husk, cheese and egg.

印式鹽酥雞

## DRINKS

### Bulletproof Coffee / Chai Masala 30

湯防彈咖啡/防彈印度濃滑奶茶

### Smoothie 42

(Avocado / Blueberries / Strawberry)

鮮製奶昔 (牛油果/藍莓/草莓)

## ICE CREAM

Avocado / Vanilla / Blueberry /

Butter Pecan / Macademia 38

牛油果/雲尼拿香草/藍莓/牛油核桃/夏威夷果仁