

Completely Keto™

On the Go



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Keto on the Go

In this book we will be mentioning restaurants by name. Obviously, their names are trademarked and their rights are reserved. We are using names to provide information only, in order to help you along your completely keto journey.

One of the first big things to be cut out of your routine when eating keto is fast food. Not only is this change great for your health, it's also much easier on the wallet. Some of you may be eating keto for weight loss and some for the amazing health benefits. Regardless of your reasons, when eating the keto way, we know it's imperative to cook most of our meals from fresh ingredients ourselves. This helps to ensure that we know each and every ingredient that is used to create our meals and how it nourishes our bodies.

Eating out can be hard to navigate when eating keto, but it isn't impossible! We all get into situations where we find ourselves traveling or haven't had the time to prepare an entire day worth of food to bring on the go. Sometimes we just want a bit of a treat. Now that you've gained the knowledge that fat is fuel, it isn't a forbidden option to grab a burger from your favorite place every now and then, no bun of course.

Eating out is something to be enjoyed and doesn't have to stop once you have made the smart decision to cut carbs and sugar. It's wonderful to be able to enjoy a night out with friends or coworkers at your favorite local restaurant. When family comes

into town, taking them out to dinner is something you should be able to do on a whim. The key is making smart, informed decisions when it's time to order.

People are becoming more health conscious. This has been a gradual progression over the years, but rings true now more than ever. Many chain restaurants have taken notice and overhauled their menu items to include fewer and more natural ingredients. However, some chain restaurants have not changed with the demand for healthier options.

One of the things that inspired many chain restaurants to shape up was when a film focusing on Mc Donald's. There were many questions raised related to the ingredients in the food being served by chain restaurants. This was a documentary directed by Morgan Spurlock who starred in the film as well. Morgan ate a strictly balanced diet previous to the experiment done for the documentary, he was lean and healthy. He decided to eat only Mc Donald's food for an entire month in order to assess the effects on his health. That meant breakfast, lunch and dinner. The results were much as you'd imagine. He gained a large amount of fat while becoming sick at a compounding rate.

This was an extreme example of how damaging fast food can be, but as a result of this and public demand, Mc Donald's changed many of their ingredients and became very transparent. They are one of the few chain restaurants on our list that provides every single ingredient in their menu options on the website. Some

restaurants have a dedicated section of their website, outlining ingredients, macros and allergen's, but many of the restaurants on this list do not make this information available online. However, we spoke to managers and corporate offices in order to get complete lists of the ingredients in each menu item.

After exhaustive research, we have compiled this list of the top restaurant chains in the US and have combed through their menus to provide you with every possible keto option. On the surface it seems easy right? Pick a protein and a vegetable from the menu and you're good to go. The thing is, we discovered that most restaurant managers have no idea what goes into making the food on the menu. Knowing what goes into the food seems like it would be one of the first things one would learn when working their way up in a corporate restaurant. Even the cooks and kitchen managers had a hard time answering the question "Does this contain sugar or grain?" Many of them were as surprised as we were to find out which seemingly sugar and grain free foods contain sugar, grain or both. Allergens are clearly printed and considered, however, the presence of sugar and grain in sauces, seasonings and marinades aren't known to most of the employees and won't be indicated on the menu.

The ingredients in this book are completely grain and sugar free. Some places didn't make the cut but we made sure to include them so that you know which places to avoid.

There are some foods that are not suitable keto options that

would surprise you. The grilled chicken for example, seems like a safe, go to option almost anywhere. Unfortunately, the grilled chicken at most fast food restaurants is highly processed and does contain sugar along with many other harmful ingredients.

Even when the chicken is not processed at mid-level or upscale restaurants, it's often marinated or seasoned with sugar and grain. Bacon is another surprising keto favorite that contains sugar at many chain restaurants. Alternatively, we've found the hamburger patties at most chains to be a great option and that they usually contain only 100% USDA beef, and rarely are marinated.

We were surprised to find that many restaurants receive their meat pre marinated. So even when ordering steak or seafood at medium to high level dining establishments, the meat has often been infused with unnecessary sugar before it even arrives at the restaurant. When cooking at home, it's easy to eliminate things like sugar and carbs. But when eating out even the go to keto staples often include ingredients that can throw your body out of ketosis without you being aware they are included in your meal. That's why this information is so important to your keto journey.

The good news is that when eating out at most sit-down chains there will be something on the menu that is keto friendly.

Our list is comprised of the most popular chain restaurants and includes casual dining and upscale dining in addition to

fast food. If a menu item doesn't appear on the list, that means it contains sugar, grains or both. The exceptions are seasonal menu items. If you see something on the menu that seems like it would fit the completely keto criteria, ask an employee or manager in a specific way and have them check for you. Asking "Does this contain sugar or grain in the marinade or seasoning?" is to the point and will help the employee understand exactly what you are trying to avoid.

There are usually quite a few keto options available at most of the places you're likely to come across. Some of the restaurants on our list have an amazing keto friendly menu with plenty of choices. The best part is, now you will know for sure that the food you're ordering is completely keto approved and verified by us personally. These restaurants were chosen because they are the most popular, widely available chain restaurants according to the restaurant business report. The list is organized alphabetically and each restaurant's approved items are listed in the order of meat, cheese, vegetables, sauce/dressing/seasoning and beverages. Now eating out will be as care free as it should be. We've made it easy to take the guess work out of eating keto on the go.



5 Guys™

The 5 guys™ are the Murrell brothers. Their parents gave them 2 choices, go to college or start a business. The brothers went the business rout and opened a burger joint in Arlington Virginia. Now there are over 1500 locations worldwide. 5 Guys™ uses only fresh ground beef, peanut oil and fresh, never frozen produce. This chain has a great keto menu using few and fresh ingredients.

Best Keto Choice

Cheese burger with a fried egg on top over a bed of lettuce, onion and chopped jalapeno.

Meat

Hamburger patty

Eggs

Cheese

American cheese

Vegetables

Green peppers

Jalapeno peppers

Lettuce

Tomato

Onion

Sauce

Hot sauce

Mustard

Malt vinegar

Peanut oil

Seasoning

Cajun seasoning blend

Beverages

Water



A&W™ All American Food

A&W™ is best known for their root beer and the company has nearly 100 years of history. Most of their menu items are not keto approved. They do offer grilled chicken and hot dogs which aren't breaded but those items do contain sugar in their ingredients. However, their hamburgers are 100% beef and you can enjoy all the fixin's.

Best Keto Choice

Mushroom onion melt burger, no bun with a lettuce wrap and mustard on the side.

Meat

Hamburger patty
Eggs

Cheese

Sharp American cheese

Vegetables

Lettuce
Tomato
Onion
Grilled mushrooms
Pickle

Sauce

Mustard
Hot sauce

Beverages

Water
Unsweet tea



Arby's™

Arby's™ slogan is "We have the meat!" and they do offer plenty of meat options. Arby's™ is one of the few restaurants that lists every ingredient that goes into their food on the website. The only meat option on the menu that meets keto standards is the roast beef. All of the other meats do include grain or sugar. The sauces are also not a good keto option as they are loaded with sugar. The good news is they offer a variety of unique cheese and vegetable options to create a salad or bunless sandwich.

Best Keto Choice

Bed of lettuce layered with roast beef, grilled pepper and onion mix, topped with swiss cheese.

Meat

Roast beef

Sauce

Yellow mustard

Cheese

American cheese

Cheddar cheese

Provolone cheese

Swiss cheese

Smoked gouda cheese

Beverages

Water

Unsweet tea

Vegetables

Pepper and onion mix

Red and yellow peppers

Sauerkraut

Lettuce

Tomato

Onion



Baja Fresh Mexican Grill TM

All of Baja Fresh'sTM meats are marinated in a mixture containing sugar. The beef and chicken are pre marinated, however, the fish and shrimp are able to be ordered un marinated. Make sure to ask for un marinated meat when ordering. They hand make their menu items and stay away from processed ingredients. You can expect farm fresh produce and meat that is never frozen or microwaved. They have some great keto options!

Best Keto Choice

Grilled shrimp salad with un marinated shrimp, jack cheese, pico de gallo, avocado and fresh squeezed lime. (no dressing, tortilla strips)

Meat

Grilled fish

Grilled shrimp

Cheese

Jack cheese

Cotija cheese

Vegetables

Lettuce

Tomato

Onion

Pico de gallo

Guacamole

Avocado

Kale

Bell pepper

Jicama

Lime wedges

Beverages

Water



Bar Loui™

Bar Loui™ is a gastrobar which is a mix of craft cocktails, unique beer variety and amazing food. Even though they offer a more upscale dining experience, you are able to seat yourself, enjoy a straight forward menu and relaxed wait staff. Their menu has some very good keto options and most of their proteins are able to be prepared un marinated. Ask that all meat be made without the sauce or seasoning blend and to only use individual spices, oil, salt and pepper.

Best Keto Choice

Grilled chicken breast without seasoning blend, cooked with salt, pepper, oil and garlic, topped with roasted red peppers and provolone cheese, broccoli on the side.

Meat

Steak all cuts
Shaved ribeye
Seared ahi tuna
Grilled shrimp skewers (No mango salsa, honey adobo sauce)
Beef hamburger patty
Andouille sausage
Seared salmon
Grilled chicken breast
Traditional chicken wings (no sauce)
Eggs

Cheese

Provolone cheese
Brie
Pepper jack cheese
Cheddar cheese
Blue cheese
Provolone cheese

Beverages

Water
Unsweet tea

Vegetables

Grilled portabella mushroom
Roasted red pepper
Spinach
Romaine lettuce
Tomato
Red onion
Basil
Mushrooms
Jalapeño
Avocado
Guacamole
Broccoli

Seasoning

Salt
Pepper

Sauce

Olive oil
Vinegar
Lemon wedge
Lime wedge



Bj's Restaurant & Brewhouse TM

While Bj's RestaurantTM does have a keto menu, most of their meat options are pre seasoned with a mixture that contains sugar. The chef will be happy to substitute any of the 3 sugar free protein options on the meal you choose. Request that there be no seasoning on your vegetable options as well and substitute for salt, pepper and garlic.

Best Keto Choice

Ribeye steak seasoned with salt and pepper, topped with sautéed mushrooms and onion, grilled asparagus on the side.

Meat

Ribeye
Hamburger patty
Turkey burger

Cheese

American cheese
Cheddar cheese
Swiss cheese

Vegetables

House salad (no croutons)
House wedge salad
Caesar salad (no croutons)
Fresh tomato and mozzarella
salad (no balsamic)
Guacamole
Grilled mushrooms
Jalapeño
Grilled onion
Asparagus
Arugula
Spinach
Tomato
Avocado

Sauce

Olive oil
Vinegar
Lemon wedges

Beverages

Water
Unsweet tea



Bob Evans™

Bob Evans™ actually began as a sausage stand at founder Bob Evans farm in Rio Grande Ohio. They are committed to keeping the farm fresh heritage alive. They do use fresh ingredients, however, almost all of their meat options contain sugar or grain. The salmon is the only protein that can be made without the marinade or sauce.

Best Keto Choice

Grilled salmon topped with grilled mushrooms and broccoli on the side.

Meat

Grilled salmon

Egg

Cheese

Cheddar cheese

American cheese

Monterey Jack cheese

Swiss cheese

Vegetables

Lettuce

Onion

Tomato

Pickle

Grilled mushroom

Grilled onion

Broccoli

Sauce

Tobacco sauce

Vinegar

Mustard

Beverages

Water

Unsweet tea



Bojangles'™

When researching Bojangles' menu and nutrition the website states that everything will meet your daily requirements of deliciousness. This fast food chain isn't offering much in the way of nutritious food. To be fair, nutrition doesn't seem to be one of their goals. Breaded and Fried chicken is a cheat food for almost everyone. There aren't many keto options but are a couple of vegetable options for a salad.

Best Keto Choice

Salad made with lettuce, tomato, shredded cheddar cheese, carrot and cucumber with a squeeze of lemon

Meat

No meat

Cheese

Shredded cheddar cheese

Vegetables

Cucumber

Tomato

Lettuce

Lemon wedges

Beverages

Water

Unsweet tea



Bonefish Grill™

Aquaculture is the company that provides Bonefish Grill™ with their seafood. They farm the seafood in a natural environment and are committed to sustainability. Ask that your meal be prepared using only the individual spices available like salt, pepper, garlic, basil, cilantro and oil, instead of the pre mixed seasoning blends or sauces. 3 of the sauces are keto friendly and indicated below, any of those pair nicely with any of the meat options.

Best Keto Choice

Georges bank scallops seasoned with salt, pepper, garlic and oil and crispy brussels sprouts with ham on the side.

Meat

Chilean sea bass
Caribbean cobia
Atlantic salmon
Georges bank scallops
Grilled shrimp
Ahi tuna steak
Rainbow trout
Grilled cod
Wood grilled shrimp skewer
Cold water lobster tail
Wagyu beef hamburger patty
Steak all cuts

Sauces

Lime tomato garlic
Chimichurri sauce
Lemon butter
Lemon wedges

Beverages

Water
Unsweet tea

Vegetables

Steamed asparagus
Crispy brussels sprouts with
ham (no sauce)
Avocado
Lettuce
Tomato
Onion



Boston Market™

Boston Market™ is a classic meat and 3 chain. They offer several grilled and un-breaded proteins so we expected to be able to suggest at least the roasted chicken or the turkey. We were surprised to find that every single one of their meats contains sugar that will interrupt your ketosis. There aren't any meat options at Boston Market™ that are keto approved, however, there are enough vegetable options to create a salad.

Best Keto Choice

Salad made of lettuce, tomato, onion, avocado and parmesan cheese, topped with oil and vinegar.

Meat

No meat

Cheese

Cheddar cheese

Parmesan cheese

Vegetables

Fresh steamed broccoli

Mixed vegetables

Lettuce

Tomato

Avocado

Onion

Sauce

Oil

Vinegar

Lemon slices

Beverages

Water

Unsweet tea



Buffalo Wild Wings™

Buffalo Wild Wings™ is a keto favorite and for good reason! They don't dust their wings in flour and there are 5 sauces and 6 dry seasonings that meet completely keto standards. Of all the chicken wing restaurants, Buffalo Wild Wings™ offers the most variety. The flavor is off the charts that you won't even miss the blue cheese dressing.

Best Keto Choice

8 traditional bone in wings, ½ mild buffalo sauce, ½ salt and vinegar seasoning with extra celery sticks on the side.

Meat

Hamburger patty
Traditional bone in chicken wings

Cheese

Bleu cheese
Cheddar cheese
American cheese
Swiss cheese

Vegetables

Celery sticks
Lettuce
Tomato
Onion
Pickle
Jalapeño
Pico de gallo
Cilantro
Avocado

Sauces and seasoning

Hot buffalo sauce
Medium buffalo sauce
Mild buffalo sauce
Salt and vinegar seasoning
dry rub
Lemon pepper seasoning dry rub
Salt and vinegar seasoning
Parmesan garlic sauce
Chipotle BBQ seasoning
Spicy garlic sauce
Desert heat seasoning
Buffalo seasoning dry rub

Beverages

Water
Unsweet tea



Burger King™

As with many of the fast food restaurants on our list, there aren't many keto friendly options available at Burger King™. However, the hamburger patties are 100% beef and are sugar and grain free. There are also some fresh veggies to go along with your burger. Everything else on the menu is high in carbs, sugar and artificial ingredients, including the grilled chicken. BK is one of the most highly available fast food chains, so we're glad to report that there is at least one thing on the menu that is approved on the keto diet.

Best Keto Choice

Hamburger patty with cheese, onion, pickle, tomato and onion between 2 stacks of lettuce, mustard on the side.

Meat

Hamburger patty

Sauce

Mustard

Vegetables

Lettuce

Tomato

Onion

Beverages

Water

Coffee

Unsweet tea



California Pizza Kitchen™

California Pizza Kitchen™ is obviously an Italian restaurant specializing in pizza. But we are pleased to report that they offer several meat and vegetable options that are completely keto approved. All of the sauces and seasoning blends contain grain and sugar. Ask that your dish not be prepared with any house seasoning blend or sauce, seasoned only with salt, pepper, garlic or oil. The cauliflower pizza crust contains wheat and has over 50 carbs per serving, so stick to zucchini noodles, vegetables and proteins.

Best Keto Choice

Roasted garlic chicken and seasonal vegetables.

Meat

Grilled chicken
Grilled shrimp
Sautéed salmon
Fire grilled ribeye
Roasted garlic chicken & seasonal vegetables (no potatoes)
Pepperoni

Cheese

Monterey jack cheese
Smoked gouda cheese
Romano cheese
Parmesan cheese

Sauce

Olive oil
Vinegar

Beverages

Water
Unsweet tea

Vegetables

Avocado
Tomato
Bell peppers
Arugula
Asparagus
Lettuce
Onion
Olives
Cilantro
Broccolini
Eggplant
Mushrooms
Basil
Green peppers
Scallions
Bean sprouts
Roasted artichoke
Sautéed spinach
Serrano peppers
Zoodles
Lemon wedges



Captain D's™

Captain D's™ is best known for their breaded and fried fish and shrimp. On any of their commercials or when opening their website that's mostly what is advertised. Then we had a good look at the menu and found that there are 5 protein options that are grain and sugar free. That makes Captain D's™ the fast food restaurant on our list with the most keto options! Ask that all meats be made to order without seasoning blends, using only salt, pepper and oil.

Best Keto Choice

Grilled white fish, malt vinegar for dipping, broccoli topped with shredded cheddar cheese and a side salad with a squeeze of lemon.

Meat

Grilled shrimp
Grilled tilapia
Wild Alaskan salmon
Grilled white fish
Steak
Grilled shrimp salad
(no bread stick)

Cheese

Shredded cheddar cheese

Vegetables

Broccoli
Side salad

Sauce

Malt vinegar
Hot sauce
Lemon wedges
Mustard

Beverages

Water
Unsweet tea



Carl's Jr. TM

Carl's Jr. TM started as a hot dog cart in the 1940's in Los Angeles. In 2001 the company doubled down on its commitment to quality and announced the six-dollar burger, which is a lot for a fast food burger. However, the quality of the meat they were serving was also much better than other fast food chains at that time. This chain has a pretty extensive menu but this is another place where there are only a couple of menu items that are keto approved. Every meat option other than the hamburger patty contains sugar, grain or both including the bacon and grilled chicken.

Best Keto Choice

Chargrilled hamburger patty topped with grilled mushrooms, melted swiss cheese, onion, tomato and a lettuce wrap, mustard on the side.

Meat

Hamburger patty

Sauce

Mustard

Cheese

Swiss cheese

American cheese

Cheddar cheese

American cheese

Beverages

Water

Unsweet tea

Vegetables

Side salad

Lettuce

Tomato

Onion

Mushrooms

Lettuce wrap instead of bun



Carrabba's Italian Grill™

Carrabba's Italian Grill™ has some amazing keto options and that's saying something, considering this is an Italian restaurant. They also have 3 delicious sauces that are completely keto approved and taste great on the different protein options. Carrabba's also does its part for the community with their Carrabba's cares program. They organize events that raise money for local charity organizations which are chosen by members of the local community.

Best Keto Choice

Chicken marsala with Lombardo marsala wine sauce and grilled asparagus on the side.

Meat

Grilled chicken (no sauce)
Grilled shrimp (no sauce)
Scallops (no breadcrumbs)
Grilled tilapia (no sauce)
Tomato basil salmon (no sauce)
Tuscan grilled sirloin
Pollo Rosa Maria (basil lemon butter sauce)
Tuscan grilled chicken (no Mr. C's grill baste)
Chicken Bryan (lemon butter sauce)
Chicken marsala (Lombardo marsala wine sauce)
Italian salad with grilled chicken or shrimp
Caesar salad with chicken or shrimp (no croutons)

Cheese

Parmesan cheese
Swiss cheese
Cheddar cheese

Vegetables

Grilled asparagus with prosciutto (no balsamic glaze)
House side salad
Caesar salad (no croutons)
Romaine lettuce
Red cabbage
Kalamata olives
Pepperoncini's
Arugula
Tomato
Steamed broccoli
Sautéed spinach
Grilled asparagus

Sauce

Olive oil
Vinegar
Lemon wedges
lemon butter sauce
Basil lemon butter sauce
Lombardo marsala wine sauce

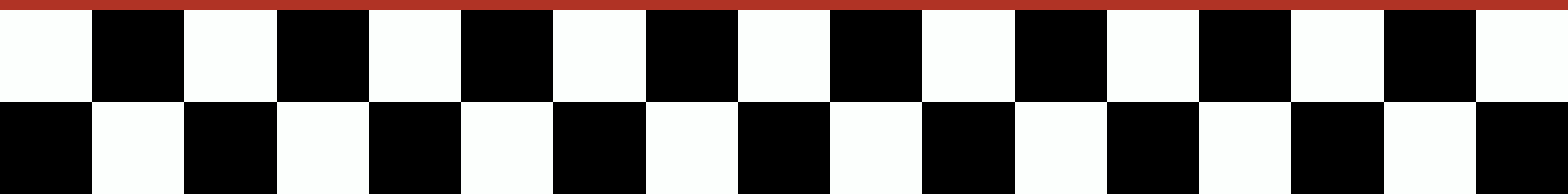
Beverages

Water
Unsweet tea



Checkers Drive-In™ & Rally's™

Checkers Drive In™ and Rally's™ were originally 2 separate restaurants. One serving the south east US and the other serving the Midwest. They merged in 1999. They are a part of the company that owns Carl's Jr.™ and Hardee's™ so you'll find that the menu options are similar as well as the keto options available. Similarly, the menu is mostly comprised of high carb and high sugar foods but the hamburger patty is 100% beef.



Best Keto Choice

2 hamburger patties layered with 2 slices of cheese, onion, tomato and pickle wrapped in a lettuce wrap.

Meat

Hamburger patty

Sauce

Mustard

Cheese

American cheese

Beverages

Water

Unsweet tea

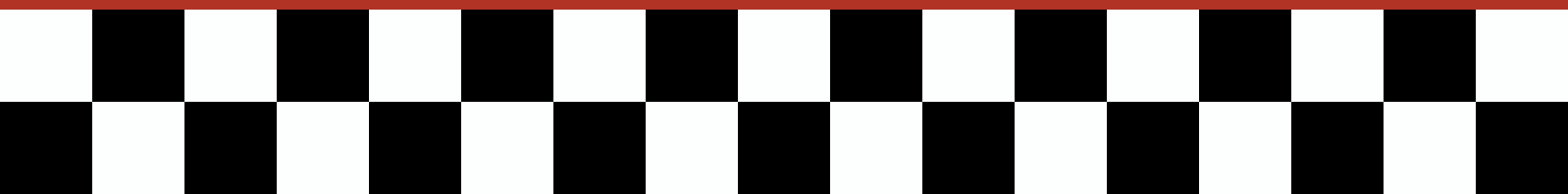
Vegetables

Lettuce

Tomato

Red onion

Dill pickle





Cheddar's™

Cheddar's™ signature is a made from scratch kitchen. They say that your meal is prepared and cooked fresh to order. Fortunately, that means that most of their meats do not come pre marinated, which is great when following the keto way of eating. Many of their menu items are filled with carbs but they also have quite a few protein and vegetable options that are keto approved.

Best Keto Choice

Lemon pepper white fish and broccoli sprinkled with shredded cheddar cheese on the side.

Meat

Grilled blackened salmon

Lemon pepper grilled chicken

Herb grilled chicken

Grilled shrimp

Steak all cuts (no seasoning, no glaze)

Lemon pepper or blackened white fish

Beef hamburger patties (no seasoning)

Grilled tilapia

Cheese

Shredded cheddar cheese

Cheddar cheese

Jack cheese

Parmesan cheese

Vegetables

Broccoli

Grilled mushrooms

Lettuce

Tomato

Onion

Meals

Grilled chicken pecan salad (no glazed pecans, honey mustard) sub olive oil and red wine vinegar.

Blackened salmon salad (no glazed pecans, croutons, pomegranate vinaigrette) sub olive oil and Red wine vinegar

Seasoning

Lemon pepper

Cajun seasoning

Avoid all other seasoning blends

Beverages

Water

Unsweet tea



Chick-Fil-A™

Chick-Fil-A™ boasts a healthier alternative to other fast food. In 2008 they became the first fast food company to have an entirely trans-fat free menu. Of course this was at a time when “fat free” was said to be the way to a smaller waist line. Chick-Fil-A™ may not have trans-fat in their menu items but they also don't offer any meat option that is keto approved. Surprisingly the grilled tenders didn't make the cut because of the sugar included in the marinade. They do offer a few good vegetable options for salads.

Best Keto Choice

Mixed green salad with a hard-boiled egg, shredded Monterey jack cheese, tomato, onion and lemon juice.

Meat

No meat
Egg whites
Scrambled eggs
Hard-boiled egg

Cheese

American cheese
Shredded Monterey jack &
cheddar cheese

Vegetables

Mixed greens
Lettuce
Tomato
Onion

Sauce

Hot sauce
Lemon juice

Beverages

Water
Coffee
Unsweet tea



Chili's™

Chili's™ is one of the most popular Tex Mex restaurant chains in the world. They have locations in 32 different countries and are soon to be opening in Asia. Mexican food and keto are a match made in heaven and there are plenty of tasty keto options at this chain. The fajitas are excellent but only the steak and shrimp fajitas are keto approved, the chicken contains sugar in the marinade

Best Keto Choice

Shrimp fajita meat and vegetables topped with shredded cheese, cilantro and pico de gallo.

Meat

Bone in wings (no sauce)
Steak all cuts
Hamburger patty
Smoked brisket
Smoked sausage
Grilled salmon (no sauce)
Seared shrimp (no seasoning)
Grilled chicken
Shrimp fajita meat and vegetables (no rice, beans, tortillas)
Steak fajita meat and vegetables (no rice, beans, tortillas)
Santa Fe chicken salad (no tortilla strips, dressing) sub olive oil and vinegar.

Cheese

Pepper jack cheese
Swiss cheese
Cheddar cheese

Beverages

Water
Unsweet tea

Vegetables

Grilled mushroom
Avocado
Red onion
Pickles
Tomato
Cilantro
Spring mix
Lettuce
Guacamole
Pico de gallo
Broccoli
Asparagus
Lemon wedges

Sauce

Oil
Vinegar

Spices

Salt
Pepper
Garlic

Chipotle's™ menu is very keto friendly. They use fresh and only essential ingredients in the preparation of their food. The founder is a classically trained chef and it shows in the quality and flavor. You definitely won't miss the tortilla when you order your grain free burrito bowl.

Best Keto Choice

Chicken, fajita vegetables, pico de gallo, Monterey jack cheese, cilantro, lettuce and guacamole topped with tomatillo green chili salsa.

Meat

Steak

Chicken

Barbacoa beef

Cheese

Monterey jack cheese

Vegetables

Fajita vegetables

Romaine lettuce

Guacamole

Cilantro

Pico de gallo

Salsa

Fresh tomato salsa

Tomatillo green chili salsa

Tomatillo red chili salsa

Beverages

Water

Unsweet tea



Churches Chicken TM

There are only a few restaurants on our list where there isn't a single thing on the menu that we can recommend. We researched the entire Churches ChickenTM menu, unfortunately there is nothing on the menu that is keto approved. All of the chicken and fish is breaded and fried. The sides are also not keto friendly and consist of mostly carbohydrate heavy ingredients while the cole slaw is heavy in sugar.



Chuy's

Every dish is made from scratch daily at Chuy's™. The ingredients they use are fresh and never frozen. Each location receives fresh produce every morning and they make their salsa fresh throughout the day in small batches without the use of any canned ingredients. They serve oven roasted whole chicken pulled from the bone in house daily. They also source their chilis from the Hatch Valley in New Mexico which has a unique climate for growing the best green chilis. Chuy's™ even holds a 3-week green chili festival every year for harvest.

Best Keto Choice

Seasoned ground sirloin salad with lettuce, red cabbage, cilantro, cheddar cheese, guacamole and Tex Mex sauce.

Meat

Grilled shrimp
Pulled white meat chicken
Seasoned ground sirloin
Egg

Cheese

Cheddar cheese

Vegetables

Lettuce
Tomato
Onion
Jalapeno
Cilantro
Green bell pepper
Red bell pepper
Red cabbage

Sauce

Tex mex sauce
Tomato salsa
Green chili sauce
Boom boom sauce
Creamy jalapeno sauce
Guacamole

Beverages

Water
Unsweet tea



Cracker Barrel™

If you've ever been to a Cracker Barrel™ the first thing you notice is the fun country store and the second is the amazing historical décor filling the walls. You'd think with so many locations nationwide that they are all replicas. Well Cracker Barrel™ says it's all authentic and if you've ever watched an episode of American pickers, you know one of those cool metal advertisement signs can go for hundreds of dollars. It really is like stepping into a history museum of how America used to do things. Their food is amazing as well and they have a great keto menu. Our recommended meat order isn't on the menu anymore, but is secretly still available. If your server is new, let them know it's in the computer and to ask a more seasoned employee. We can't wait for you to try it.

Best Keto Choice

Low carb roast beef with grilled mushrooms and onions, boiled cabbage and broccoli on the side.

Meat

Grilled sirloin steak
Hamburger patty
Hamburger steak with grilled onion and mushroom
Lemon pepper grilled rainbow trout (no seasoning)
Low carb grilled roast beef with onion and mushroom (not on the menu anymore, but still available)
Turkey (no gravy)
Eggs
Deviled eggs

Cheese

Cheddar cheese

Vegetables

Boiled cabbage
Broccoli
Lettuce
Tomato
Cucumber
Onion
Mushroom

Sauce

Mustard
Pepper vinegar
Malt vinegar

Beverages

Water
Unsweet tea



Culver's™

Even though Culver's™ only has hamburger patties as a recommended keto protein option it's a high quality hamburger. Culver's™ was founded by the son of a cheese maker and grandson of a dairy farmer. He spent his early career actually grading dairy farms.

Best Keto Choice

Double hamburger patty layered with swiss cheese, topped with grilled mushrooms and onion on a bed of lettuce.

Meat

Hamburger patty

Sauce

Mustard

Cheese

Swiss cheese

American cheese

Beverages

Water

Unsweet tea

Vegetables

Grilled mushroom

Onion

Tomato

Sauerkraut

Broccoli

Lettuce



Dairy Queen™

Dairy Queen™ has the most sugar laden menu of any chain on our list. They offer dozens of unique treats that we obviously stay away from but, like many of the other fast food restaurants, the hamburger patty is A-OK.

Best Keto Choice

Double hamburger patty layered with American cheese, lettuce tomato, onion, pickle with a lettuce wrap.

Meat

Hamburger patty

Cheese

American cheese
Swiss cheese

Vegetables

Lettuce
Tomato
Onion
Side salad

Sauce

Mustard

Beverages

Water
Unsweet tea



Dave And Busters[™]

The food at Dave And Busters[™] is mediocre but definitely better than what you'll find at most bowling allys and arcades. The company was not very forthcoming with the information about their ingredients however, we were able to eventually speak to a manager who gave us a few keto options. Ask that all dishes be prepared un marinated and with no sauce or seasoning blend. All of their sauces and seasonings contain sugar or grain. Only use salt, pepper, garlic and oil.

Best Keto Choice

Grilled salmon seasoned with salt, pepper and garlic over zoodles and a side salad with romaine lettuce, tomato, onion, parmesan cheese topped with olive oil and vinegar.

Meat

Steak all cuts
Hamburger patty
Grilled shrimp
Grilled salmon

Cheese

Parmesan cheese
American cheese
Cheddar cheese
Swiss cheese

Vegetables

Zoodles
Romaine lettuce
Tomato
Onion
Lettuce wraps for any sandwich
Grilled salmon and baby kale
Caesar salad with parmesan crisp (no dressing)
Fire grilled steak salad (no fried onions, dressing)
Sautéed zucchini noodles
side
Seasonal vegetables

Sauce

Olive oil
Vinegar
Mustard
Lemon wedges

Beverages

Water
Unsweet tea



Del Taco™

Del Taco™ is a California staple that is a mix of several fast food types. They have tacos, burgers, fried fish and chips, ice cream as well as breakfast. Even though most things on the menu are not keto friendly, you can enjoy a cheese burger or taco salad guilt free.

Best Keto Choice

Carne asada salad with lettuce, cheddar cheese, tomato, avocado and pico de gallo.

Meat

Hamburger patty
Carne asada
Bacon pieces
Egg

Beverages

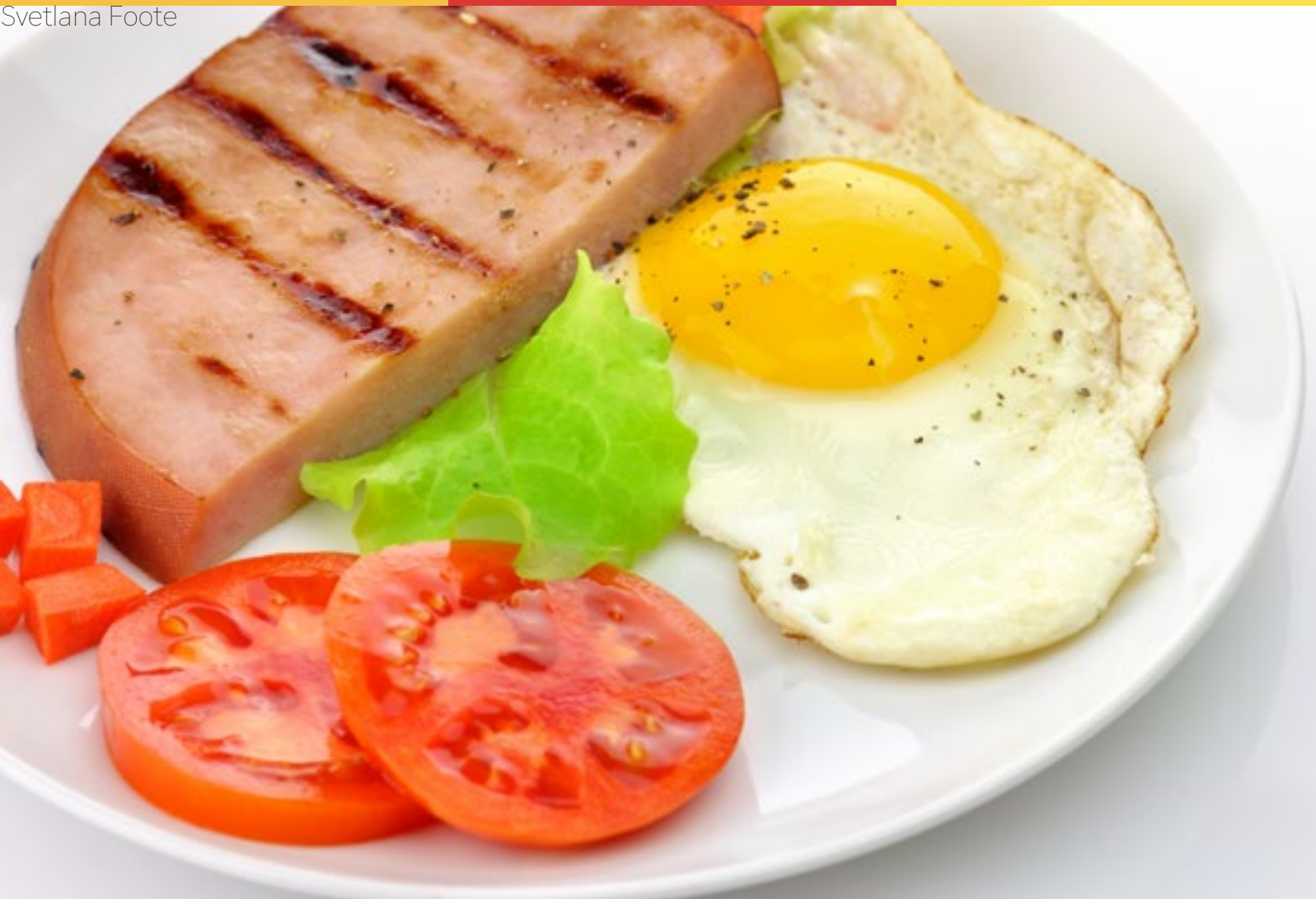
Water
Coffee
Iced coffee
Heavy cream

Cheese

Grated cheddar cheese

Vegetables

Diced tomato
Lettuce
Avocado
Guacamole
Pico de gallo
Onion



Denny's™

Denny's™ is a breakfast, lunch and dinner chain, popular all over the US. This is a place you'll come across often on road trips as well as in your home town, so it's great that they offer some keto options. We were pleasantly surprised to find that several of their meat options are not pre marinated and are already made sugar and grain free.

Best Keto Choice

Grilled chicken and vegetable skillet with zucchini, broccoli, mushroom and onion topped with melted cheddar cheese.

Meat

Sirloin steak
Wild Alaska salmon
Grilled haddock
Ham
Hamburger patty
Grilled chicken
Eggs

Cheese

Cheddar cheese
American cheese
Swiss cheese

Vegetables

Broccoli
Zucchini
Lettuce
Tomato
Avocado
Onion
Cucumber
Mushroom
Lemon wedges

Sauce

Mustard

Beverages

Water
Unsweet tea
Coffee
Heavy cream



Dunkin Donuts™

Dunkin Donuts™ main attraction is of course the doughnuts. If there was ever an anti keto food, the doughnut would be it. It doesn't matter what food plan someone follows we can all agree that doughnuts are universally pretty unhealthy. When researching this chain's ingredients, we found that a simple glazed doughnut contains over 30 ingredients. Most of those ingredients are artificial and negative on the nutrition scale. But Dunkin Donuts™ is famous for something else, the coffee! It's delicious and even available at the grocery store to be made in your own kitchen.

Best Keto Choice

2 eggs topped with American cheese and an iced coffee with heavy cream.

Meat

No meat

Egg

Cheese

American cheese

Beverages

Coffee

Heavy cream

Iced coffee

Cold brew

Espresso

Heavy cream

Hot tea

Iced tea



El Pollo Loco™

El Pollo Loco™ has an amazing keto menu. They cook their chicken exactly the same way you will find it cooked in the country side in Mexico. Over an open fire on the bone. Those two simple methods of preparation make all the difference in the flavor and quality of the meat. Your chicken is cut straight from the bone when you order, the same way founder Pancho did when he opened the first location in the 1970s.

Best Keto Choice

Fire grilled chicken bowl with queso fresco, lettuce, tomato, cilantro, shredded cabbage, avocado and pico de gallo.

Meat

Chopped Chicken

Fire grilled chicken legs, breasts, thighs and wings

Cheese

Queso fresco

Vegetables

Organic spinach

Lettuce

Tomato

Shredded red cabbage and carrot blend

Avocado

Cilantro

Onion

Pick de gallo salsa

Broccoli

Avocado

Beverages

Water



Famous Dave's™

Famous Dave's™ has won over 700 awards for their BBQ. They use high quality meat and fresh seasonings and their meat is smoked on site daily. That's something we value at Completely Keto, few and fresh ingredients with in house preparation. The BBQ sauce obviously isn't keto approved but there are several meat options that are sugar and grain free.

Best Keto Choice

Hot link sausage with a side of broccoli.

Meat

Hamburger patty
Traditional wings (no sauce)
Hot link sausage (no sauce)
Cajun seasoned grilled chicken breast
Bacon
Brisket without the sauce

Beverages

Water
Unsweet tea

Cheese

Pepper jack cheese
Monterey Jack cheese

Vegetables

Celery stick
Broccoli
Side salad



Firehouse Subs[™]

Firehouse Subs[™] was founded by a family with decades of combined fire and police service. Even though this is a sandwich restaurant there are plenty of fresh veggies and a few meat options to make a delicious salad or a meat and veggie melt.

Best Keto Choice

Beef brisket and peppers melt with beef brisket layered with onion, sautéed bell peppers, sautéed mushrooms, fresh onion and covered with Monterey jack cheese, then ask that they steam your order like they would a sandwich.

Meat

Bacon
Grilled chicken
Beef brisket

Sauce

Olive oil
Vinegar

Cheese

Provolone cheese
Cheddar cheese
Monterey Jack cheese
Swiss cheese

Beverages

Water
Unsweet tea

Vegetables

Sautéed bell peppers
Sautéed mushrooms
Fresh onion
Lettuce
Tomato
Cherry peppers
Pepperoncini
Lemon wedges



Fleming's Steakhouse™

You can expect an experience as well as an amazing meal. Fleming's has been the recipient of numerous awards and when you dine with them it's easy to understand why. The seasoning blends, as well as proteins change often at Flemings as their menu is seasonal. The chef says they generally do not add sugar to the seasoning blends. Ask your server if the protein you are interested in contains sugar in the accompanying seasoning, if so, it can easily be replaced with salt and pepper only or a sugar free seasoning.

Best Keto Choice

Cold water king crab with clarified butter, Campari tomatoes and seasonal vegetables on the side.

Meat

Roasted bone marrow (no croutons)
Steak all cuts
Roasted lamb rack
Cold water king crab
Ahi tuna poke
Chilled shrimp
North Atlantic lobster tail
Seared pork belly
Ahi tuna poke stack
Caviar

Sauce

Vinegar
Olive oil
Clarified butter

Beverages

Water
Unsweet tea

Cheese

Blue cheese
Parmesan cheese
-Vegetables
Avocado
Cucumber
Onion
Campari tomato



Friendly's™

Friendly's™ is the one of the only restaurant on our list that includes sugar in their hamburger meat as well as their turkey burger meat. Unlike many of the other places the grilled chicken is sugar free but it is processed. Even though the grilled chicken does meet the sugar and grain free standards for keto, it still includes quite a few artificial ingredients.

Best Keto Choice

Salad with tomato, lettuce, onion and avocado topped with vinegar.

Meat

Grilled chicken

Cheese

Swiss cheese

American cheese

Vegetables

Grilled mushroom

Lettuce

Tomato

Onion

Avocado

Sauce

Mustard

Vinegar

Beverages

Coffee

Iced coffee

Heavy cream

Water

Unsweet tea



Hard Rock Café™

You may not know that Hard Rock Café™ was started in London. One restaurant began covering its walls in rock a7 roll memorabilia. Once that caught on, the other locations did the same. Now Hard Rock I all over America as well as in 74 countries. They have an extensive menu with plenty of keto options and the chef is happy to prepare your dish without the seasoning or sauce.

Best Keto Choice

Grilled chicken topped with bacon and melted Monterey jack cheese with a side of fajita vegetables.

Meat

Steak burger patty
Grilled chicken (no seasoning, marinade)
Grilled salmon (No seasoning, marinade)
Grilled shrimp (no seasoning, marinade)
Steak all cuts (no seasoning, marinade)
Fajita grilled steak, chicken, shrimp (no seasoning, marinade)
Bacon

Cheese

Cheddar cheese
Bleu cheese
Four cheese blend
Parmesan crisp
Monterey jack cheese

Vegetables

Fajita vegetables
Avocado
Kale
Lettuce
Tomato
Onion
Red peppers
Mixed greens
Romaine lettuce
Green onion
Jalapeno peppers
Pickle

Sauce

Mustard
Olive oil
Vinegar

Beverages

Water
Unsweet tea



Hardee's™

Hardee's™ went from being a burger and fries joint to having so many choices, no one really knew what to order. A few years ago, they decided to minimize their menu options and started making fewer items and making them better. They have a low carb menu option which allows you to have any sandwich on the menu wrapped in a large lettuce wrap and served to you in a convenient box.

Best Keto Choice

Hamburger patty with cheese, onion and tomato wrapped in large leaf lettuce.

Meat

All angus hamburger patties
Roast beef
Ground beef taco seasoning
Egg
Loaded omelet

Cheese

Swiss cheese
American cheese

Vegetables

Grilled mushrooms
Side salad
Lettuce
Tomato
Onion

Sauce

Mustard
Texas Pete hot sauce

Beverages

Water
Coffee
Unsweet tea



Hooters™

Hooters™ is known for something a bit different than their wings but the wings are completely keto approved, with the right sauce that is. There are 5 sauces at Hooters™ that meet the keto standards of being sugar and grain free. They don't have as many keto sauces as buffalo wild wings. But considering most restaurants on our list have zero sauces to choose from that are keto friendly, we think 5 is pretty good.

Best Keto Choice

4 naked wings in 3 mile wing sauce, 4 naked wings in mild wing sauce with extra celery sticks on the side.

Meat

Naked wings

Hamburger patty (no seasoning)

Blackened mahi mahi (no seasoning)

Oysters (no cocktail sauce)

Alaskan snow crab legs (no seasoning)

Grilled chicken (no seasoning)

Grilled blackened shrimp with avocado and pico de gallo

Cheese

Provolone cheese

Cheddar cheese

Vegetables

Grilled onion

Grilled green bell peppers

Spinach

Spring mix

Chopped red peppers

Fresh onion

Tomato

Lettuce

Sauce

3 mile wing sauce

911 wing sauce

Mild wing sauce

Medium wing sauce

Hot wing sauce

Mustard

Dressing

Blue cheese dressing

Beverages

Water

Unsweet tea



IHOP™

Most places that serve omelets mix pancake batter with the fresh cracked eggs in order to help the omelet hold together better. It does work wonders but adds unnecessary carbs where they wouldn't be expected. When ordering an omelet at IHOP™ ask for fresh cracked eggs, not the omelets egg mix which has added flour.

Best Keto Choice

Sausage and pepper omelet with cheddar cheese, bell peppers, onion and mushroom.

Meat

Bacon
Sausage patty
Sausage links
Ham
Hamburger patties
Tilapia
Sliced turkey

Cheese

American cheese
Swiss cheese
Cheddar cheese

Vegetables

Lettuce
Tomato
Avocado
Onion
Pickle
Fajita veggies
Bell peppers
Mushroom
Lettuce
Cucumber
Broccoli

Sauce

Mustard
Hot sauce

Beverages

Water
Unsweet tea



In And Out Burger™

In and out burger uses 100% whole chuck roast, ground specifically for In and Out Burger restaurants. Their beef is overnighted to each location so that it never has to be frozen and contains no additives, filler or preservatives. In And Out Burger does not use heat lamps, microwaves or even a freezer for any of their ingredients. Everything is fresh and made to order. They offer an option called protein style where your burger is wrapped in large leaf lettuce instead of a bun.

Best Keto Choice

Hamburger patty with American cheese, tomato, onion and a lettuce wrap.

Meat

Hamburger patty

Cheese

American cheese

Vegetables

Lettuce

Tomato

Onion

Sauce

Yellow Mustard

Beverages

Water

Unsweet tea



J. Alexander's TM

J. Alexander's is a mix between casual and fine dining. The prices are a bit more than a place like Logan's RoadhouseTM but not as expensive as a place like Fleming'sTM. the atmosphere is absolutely lovely and this company pays close attention to detail with respect to their overall vibe as well as their food. All spice blends and sauces are made in house and they use only the most high quality meat and vegetables. If you've never eaten at this restaurant, we suggest you try it out.

Best Keto Choice

If you'd like to order an appetizer the fire grilled artichoke is delicious. ½ rotisserie chicken with seasonal vegetables on the side.

Meat

Filet mignon

Sliced prime rib (no au jus)

Slow roasted prime rib (no au jus)

Hamburger patty

Bacon

Ahi tuna (no Toro sauce)

Grilled salmon

Rotisserie chicken

Egg

Cheese

Tillamook cheddar cheese

Swiss cheese

Reggiano parmesan cheese

Bleu cheese

Feta cheese

Vegetables

Fire grilled artichokes with re-moulade or clarified butter

Avocado

Olives

Tomato

Onion

Field greens

Mint

Kosher dill pickles

Roasted red peppers

Seasonal green vegetable

Sauce

Olive oil

Vinegar

Beverages

Water

Hot tea

Unsweet tea

Espresso

Coffee

Heavy cream



Jack In The Box™

Jack in the box includes cornstarch and sugar in their hamburger meat and if you've ever tasted one of their burgers you can absolutely taste the high levels of filler and artificial ingredients that go into their meat. However, they do have a few fresh vegetables to create a salad.

Best Keto Choice

Salad made of lettuce, tomato, cucumber, onion and carrot topped with a squeeze of lemon.

Meat

No meat
Scrambled eggs

Cheese

American cheese
Cheddar cheese
Provolone cheese
Swiss cheese
White cheddar cheese

Vegetables

Broccoli
Lettuce
Cucumbers
Whole jalapenos
Sliced jalapenos
Pickles

Sauce

Mustard

Beverages

Water
Unsweet tea
Coffee



Jason's Deli TM

Jason's Deli began removing artificial and harmful ingredients starting in 2005. Their menu is now free of hydrogenated oil, MSG, artificial flavors and artificial colors. Their produce is never frozen and is delivered fresh 6 days a week. Only 3 of their meat options are keto friendly.

Best Keto Choice

Bunless corned beef melt with extra corned beef, extra sauerkraut and melted swiss cheese.

Meat

Pastrami
Corned beef
Roast beef

Vegetables

Avocado
Guacamole
Tomatoes
Onion
Lettuce
Lettuce
Tomato
Onion
Pepperoncini's
Pickles
Steamed veggies
Sauerkraut

Cheese

Swiss cheese
Cheddar cheese
Provolone cheese
American cheese
Provolone

Sauces

Vinegar
Hot sauce
Mustard
Lemon wedges

Beverages

Water
Unsweet tea



Jersey Mikes™

With all of the meat. Options available at Jersey Mikes™, one would think there would be plenty of protein options to choose from. We researched the ingredients in their menu options and found that the roast beef is the only meat on the menu that does not contain sugar, however, they do have some great vegetable options to make a salad.

Best Keto Choice

Salad made with roast beef, lettuce, onion, tomato, jalapeño, red and green peppers topped with salt, pepper, oil and vinegar.

Meat

Roast beef

Cheese

Provolone cheese

Cheddar cheese

Pepper jack cheese

White American cheese

Sauce

Oil

Vinegar

Beverages

Water

Unsweet tea

Vegetables

Lettuce

Onion

Jalapeño

Tomato

Red and green peppers



Jimmy John's™

Jimmy Johns™ does a great job of catering to people who follow the keto way of eating with their “unwich”. Any sandwich can be made using a large lettuce wrap instead of a sandwich roll. There are 3 meat options on their menu that meet the keto standards and no cheese that doesn't include sugar. Jimmy John's™ corporate refused to divulge the ingredients in their processed meat. We did not see that as a good sign, as every other restaurant was happy to provide that to us. However, we were assured that these 3 meat options are grain and sugar free.

Best Keto Choice

Ham and salami unwich with onion, sprouts, tomato, cucumber, oil and vinegar wrapped in large leaf lettuce.

Meat

Ham
Salami
Roast beef
Turkey
Capicola

Cheese

No cheese

Vegetables

Oregano
Basil
Lettuce
Lettuce wrap
Tomato
Cucumber
Onion
Sprouts
Avocado spread

Sauce

Jimmy mustard
Yellow mustard
Oil
Vinegar

Beverages

Water
Unsweet tea



Joe's Crab Shack TM

Joe's uses a secret seasoning blend that may include sugar. Ask to have your dish made without house seasoning and to only use salt, pepper and garlic. The good news is the clarified butter and malt vinegar is great to use on your fish dishes. Their steam buckets come with corn and potatoes steamed in the net with the crab. You are able to substitute these out for keto friendly sides.

Best Keto Choice

Dungeness crab steam pot with broccoli and seasonal vegetables on the side and clarified butter for dipping.

Meat

Muscles
Clams
Shrimp skewer
Snow crab
Queen crab
Dungeness crab
Sweet snow crab
Cold water lobster
Tilapia
Cedar roasted salmon
Seared red fish
Mahi
Hamburger patty
Bacon
Top sirloin
NY strip
Grilled chicken

Cheese

Shredded cheddar cheese

Vegetables

Lettuce
Tomato
Pickle
Onion
Seasonal vegetables
Broccoli

Sauces

Malt vinegar
Clarified butter
Mustard
Hot sauce

Beverages

Water
Unsweet tea



Johnny Rockets™

Johnny Rockets™ is an American 50s style diner chain that serves things like burgers, fries and milk shakes. Their team is retro dancing and nostalgia. Their hamburger is the only protein available that meets keto standards.

Best Keto Choice

Thin sliced sirloin steak topped with grilled mushrooms, grilled onion and green pepper, topped with swiss cheese melted on the grill.

Meat

Hamburger patty
Thin sliced sirloin steak

Sauce

Mustard

Cheese

American cheese
Swiss cheese
Cheddar cheese
Pepper jack cheese
Bleu cheese

Beverages

Water
Unsweet tea

Vegetables

Lettuce
Tomato
Onion
Jalapeno
Grilled mushrooms
Grilled onion
Green pepper



Kentucky Fried Chicken TM

KFC is the world's second largest restaurant chain after McDonald's. Colonel Sanders started selling fried chicken during the Great Depression from a road side stand and now KFC is in 136 countries. They were one of the first American food chains to expand internationally. Lucky for us KFC began to serve grilled chicken alongside its signature fried chicken. The grilled chicken is completely keto approved but they don't offer any side items that meet the keto standard.

Best Keto Choice

1 grilled chicken breast and one grilled chicken thigh with hot sauce on the side.

Meat

Grilled chicken

Sauce

Hot sauce

Cheese

Shredded cheddar cheese

Beverages

Water

Unsweet tea

Vegetables

No vegetables



Krispy Kreme™

The founder of Krispy Kreme™ purchased a yeast based recipe from a chef in New Orleans. Parts of the recipe is still a secret. As you may have guessed there are not any food items on the Krispy Kreme™ menu that are keto approved. But feel free to enjoy the coffee.

Beverages

Iced coffee

Rich brewed coffee

Smooth brewed coffee

Heavy cream



Logan's Roadhouse [™]

Logan's is based in Nashville Tennessee and owned by the same company as Cracker Barrel[™]. Both use high quality ingredients and have quite a few options that are keto approved. The seasoning blends at Logan's do include sugar. Ask that any meat you choose be made without the seasoning blend and to only use salt, pepper and garlic.

Best Keto Choice

Mesquite grilled pork chops seasoned with salt, pepper and garlic with grilled vegetable skewer on the side.

Meat

Steak all cuts (no gravy, bourbon bacon glaze)

Prime rib

Mesquite grilled pork chops

Cedar plank grilled salmon

Hamburger patty

Santa Fe chicken (no corn, black beans, rice)

Grilled chicken breast

Sauce

Olive oil

Vinegar

Lemon and lime wedges

Beverages

Water

Unsweet tea

Cheese

Swiss cheese

Cheddar cheese

American cheese

Vegetables

Grilled vegetable skewer

Broccoli

Asparagus

Avocado

Lettuce

Tomato

Onion

Pickle



Long Horn Steakhouse™

Longhorn Steakhouse™ is a Western/Texas themed restaurant with locations all around the US. The first Long Horn used train cars as the dining area. There are several meat options to choose from. All of the seasoning blends and sauces do contain sugar so ask that your proteins and sides be seasoned using only individual spices like salt, pepper and garlic.

Best Keto Choice

Grilled salmon with broccoli on the side topped with parmesan cheese.

Meat

Steak all cuts except the flat iron steak (no seasoning)

Hamburger

Grilled shrimp (no marinade or sauce)

Grilled salmon (no marinade)

Sauce

Olive oil

Vinegar

Beverages

Water

Unsweet tea

Cheese

Parmesan cheese

Swiss cheese

Cheddar cheese

Blue cheese

Vegetables

Field greens

Grilled mushrooms

Broccoli no seasoning

Asparagus no seasoning

Lettuce

Tomato

Green peppers

Onion

Lemon wedges



Mc Donald's™

Mc Donald's is one of the largest, most popular food chains in the world. There is a very interesting feature length film about Mc Donald's™ beginnings as well as a few documentaries. With the increased focus on the obesity epidemic Mc Donald's™ added more healthy options to their menu, eliminated super sizing and became very transparent about their ingredients.



Mellow Mushroom™

Did you know that Mellow Mushroom™ brings their pizza on the road to festivals, breweries and sporting events in a mobile pizza party they call the bake bus? They play music and bring their fun atmosphere wherever they go. Obviously, the traditional pizza is not keto approved but there are plenty of fresh ingredients to create a great salad.

Best Keto Choice

Shaves ribeye steak salad with feta cheese, romaine lettuce, portobello mushroom and roasted red pepper topped with olive oil and vinegar.

Meat

Anchovies
Salami
Pepperoni
Grilled shaved ribeye steak

Cheese

Parmesan
Feta cheese
Cheddar cheese
Mont amore cheese
Provolone cheese

Sauce

Olive oil
Vinegar

Beverages

Water
Unsweet tea

Vegetables

Spinach
Artichoke hearts
Avocado
Basil
Portobello mushroom
Roasted red pepper
Roma tomato
Green pepper
Mushrooms
Romaine lettuce
Iceberg lettuce
Cucumber
Black olives
Kalamata olives
Green olives
Banana peppers
Pepperoncini
Onion
Bruschetta



MOE's Southwest Grill™

MOE's™ actually stands for Musicians Outlaws and Entertainers. Moe's places great importance on music and they play a carefully curated playlist of legends and poets. They encourage customers to create their own meal from any of their ingredients. All of the protein options at Moe's Southwest Grill contain sugar. Order a salad from their fresh vegetable options.

Best Keto Choice

Fresh vegetable salad with lettuce, grilled peppers, grilled onion, grilled mushroom, guacamole, jalapeño and cilantro topped with hot sauce and organic sour cream.

Meat

No meat

Cheese

Shredded Cheese

Vegetables

Lettuce

Tomato

Fresh diced onion

Grilled onion

Grilled peppers

Grilled mushrooms

Guacamole

Jalapeño

Black olives

Cilantro

Sauces

Organic sour cream

Lemon wedges

Hot sauce

Beverages

Water



Morton's Steakhouse™

Morton's™ is one of our top picks for keto friendly, upscale dining. They offer a wide variety of protein options that are already, or can be made to keto's sugar and grain free specifications. This chain began as a hamburger restaurant where they created a signature "million dollar burger". They now have 74 locations across the US.

Best Keto Choice

Espresso crusted Zabuton steak with garlic cream and gremolata, sautéed brussels sprouts cooked plain with no sauce.

Meat

Zabuton steak, espresso

Ahi tuna tower (no sauce, tuna marinade) crusted, garlic cream, gremolata (no seasoning, au jus)

Colossal crab meat cocktail SRF wagyu gold Manhattan (no au jus)

Bacon wrapped sea scallops Miso marinated sea bass (no miso)

Oysters on the half shell Ora king salmon (no balsamic glaze)

Nueske's bacon wrapped steak (no glaze, plain)

Prosciutto wrapped mozzarella (no balsamic glaze or vinaigrette)

Maine lobster tail

Red king crab legs

USDA prime steak, all cuts (no au jus)

Angus steak, all cuts (no au jus, served plain)

Coulotte steak, porcini dusted, wild mushrooms (no au jus, served plain)

Baseball cut sirloin steak, black and blue (no au jus, onion)

Cheese

Blue cheese
Parmesan cheese
Smoked gouda cheese

Vegetables

Sautéed brussels sprouts (no sauce, serve plain)
Sautéed broccoli florets (no bread crumbs)
Sautéed spinach and button mushrooms (no seasoning)
Jumbo asparagus (served plain, no hollandaise sauce)
Wedge of iceberg
Romaine lettuce

Steak and fish sauces

Blue cheese butter
Black truffle butter

Beverages

Water
Unsweet tea
Coffee
Espresso
Heavy cream



Noodles & Co.

Noodles & Co. offers zoodles and an amazing fresh menu. That means a lot of the food available is keto friendly. They also have caulifoodles which are noodles made with cauliflower, however, they are around 50% wheat flour and aren't keto friendly. Make sure to ask that your meal is cooked with only oil and the spices listed.

Best Keto Choice

Grilled shrimp zoodles with tomato, spinach and green onion cooked with Italian seasoning.

Meat

Grilled shrimp
Grilled chicken
Braised pulled pork
Steak
Bacon
Egg

Cheese

Parmesan
Feta cheese
MontAmore cheese

Vegetables

Tomato
Cucumber
Spinach
Onion
Green onion
Zucchini
Mushrooms
Black truffle
Napa and red cabbage
Broccoli
Kalamata olives

Spices

Italian seasoning
Parsley
Garlic
Cilantro
Black sesame seeds

Sauce

Buffalo sauce

Beverages

Water
Unsweet tea



O'Charley's™

O'Charlies™ has changed owners quite a few times over the past few years. They've also closed several of their locations. They still have a very popular chain across the southern US. Many of their meats are able to be prepared without the use of sugar or grain.

Best Keto Choice

Grilled Atlantic salmon seasoned with only salt and pepper with grilled asparagus on the side.

Meat

Hamburger patty

Filet

Ribeye

Cedar planked salmon

Grilled Atlantic salmon

Grilled shrimp (only salt, pepper and oil)

Shaved prime rib (no au jus)

Sauce

Oil

Vinegar

Beverages

Water

Unsweet tea

Cheese

Cheddar cheese

Swiss cheese

Monterey jack cheese

Vegetables

Broccoli

Grilled asparagus

Lettuce

Tomato

Onion

Pickle



Olive Garden™

Olive Garden™ is an Italian restaurant with lots of pasta options. They have reported a decline in sales in the past year. The popularity of keto is no doubt a part of that. Surprisingly there are several menu items offered at Olive Garden™ that meet the keto standard. Ask that your meal be prepared with only individual seasonings like salt, pepper and garlic instead of the seasoning blends or sauces.

Best Keto Choice

Italian sausage zoodles with tomato seasoned with salt, crushed red pepper and olive oil topped with fresh grated parmesan cheese.

Meat

Grilled chicken
Italian sausage
Shrimp
Herb grilled salmon (no sauce)
Steak all cuts (no sauce)

Cheese

Parmesan cheese
Cheddar cheese

Vegetables

Lettuce
Tomato
Onion
Broccoli
Grilled zucchini
Zoodles
Pepperoncini's
Garden veggies (no seasoning)

Sauce

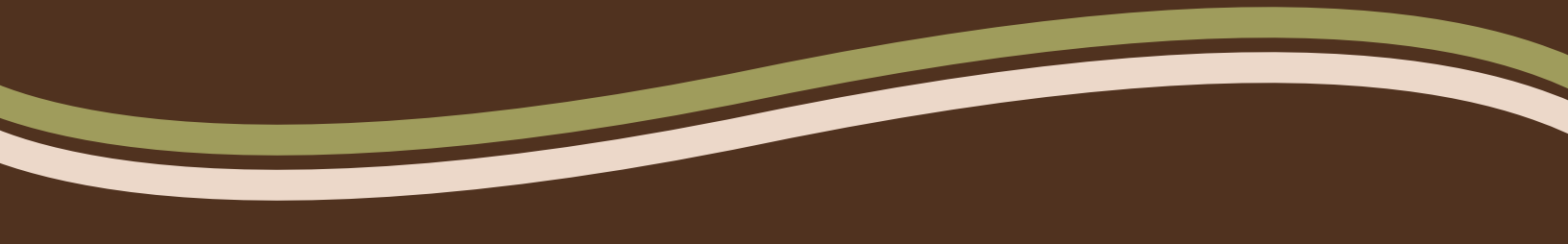
Olive oil
Vinegar
Lemon slices
Lime slices

Spices

Crushed red pepper
Garlic powder

Beverages

Water
Unsweet tea





Outback Steakhouse™

Outback Steakhouse™ partners with Heineken™ USA to raise funds for various organizations in the communities where their restaurants are located. They are also the second largest donors to the republican party in the food and beverage sector. They are famous for their bloomin' onion which coincidentally is able to be made deliciously and completely keto at home, but definitely steer clear of that signature dish at the restaurant. They do have quite a few high quality, fresh protein options and a few side items that are keto approved.

Best Keto Choice

Pork porterhouse seasoned with salt, pepper and garlic,
grilled asparagus on the side

Meat

Steak all cuts (no seasoning)

Steamed lobster tail

Grilled shrimp on the Barbie (no seasoning)

Grilled chicken on the Barbie (no BBQ sauce, no seasoning)

Alice springs chicken (no honey mustard sauce, seasoning))

Bacon bourbon salmon (no smoky bourbon glaze)

Perfectly grilled salmon (no seasoning)

Grilled tilapia (no seasoning)

Pork Porterhouse (no seasoning)

Steakhouse Philly shaved beef

All hamburger patties

Cheese

Monterey Jack cheese

Cheddar cheese

White cheddar cheese

Vegetables

Green pepper

Fresh seasonal mixed veggies

House salad (no croutons)

Caesar salad (no croutons, dressing)

Broccoli (sub shredded cheese for cheese sauce)

Grilled asparagus

Blue cheese wedge salad (no sweet balsamic glaze, dressing)

Lettuce

Tomato

Onion

Pickle

Lemon slices

Seasoning

80/10/10 seasoning (salt, pepper, garlic)

Woodfire seasoning (salt, pepper)

Sauce

Mustard

Oil

Vinegar

Beverages

Water

Unsweet tea



P.F. Chang's™

All of P.F. Chang's™ sauce blends contain sugar. When ordering, ask for no sauce and that only olive oil, truffle oil, vinegar, garlic, ginger, salt or pepper be used to season your dish. Seaweed wraps are available instead of rice for sushi.

Best Keto Choice

Seabass seasoned with salt, pepper and vinegar with a side of brussels sprouts, no glaze, topped with truffle oil and garlic.

Meat

Grilled shrimp
Flank steak
New York strip steak
Un-marinated chicken
Prawns
Sea bass
Grilled salmon

Cheese

Parmesan cheese
Cheddar cheese

Meals

Lobster avocado seaweed roll (no rice, curry aioli) sub seaweed wrap
Spicy tuna seaweed roll (no rice, spicy sriracha) add avocado, cucumber, sub seaweed wrap
Ahi poke bowl (no mango, mandarin vinaigrette, wonton crisps)

Beverages

Water
Unsweet tea

Vegetables

Bell peppers
Spinach
Bok choy
Asian mushrooms (avoid shi-take mushrooms)
Asparagus
Avocado
Onion
Romaine lettuce
Broccoli
Fresno peppers
Fresh greens
Bean sprouts
Green onion
Tomato
Brussels sprouts (no glaze)

Seasoning

Olive oil
Truffle oil
Vinegar
Garlic
Ginger
Salt/Pepper

Panda Express™

Panda Express™ serves exactly what everyone has come to expect from Chinese takeout. They have all of the breaded, sugar laden staples like sweet and sour chicken and hot and sour soup. We do not recommend anything at Panda Express. We analyzed the entire menu and its ingredients. All of the proteins and sides contain sugar, grain or both. Nothing on the menu is available to be prepared without the seasoning and sauce blends. The Chinese and Japanese restaurants you are likely to come across in your area probably won't be a nationwide chain like Panda Express™ but in many cases you will be able to order food to keto specifications. When ordering chicken at your local Chinese restaurant ask that it be steamed or sautéed using only salt, black pepper, red pepper flakes, ginger and oil. At Japanese restaurants, ask that your sushi be prepared without rice, using a thin cucumber wrap or seaweed wrap.

Panera Bread™

It's important to remember how fortunate we are to be able to carefully choose what we eat. Many people are not able to do this because of food insecurity. Panera Bread™ provides a program called Day-End Dough-Nation. They donate unsold bread and baked goods to local organizations serving those in need. At the end of the day most sub sandwich restaurants throw away multiple full trash bags each of fresh made bread every single day. The reason for this wasteful practice is that it's legally quite difficult to routinely donate food from a restaurant to charity organizations. While we don't eat bread on keto, we support Panera's contribution to the community and the unseen effort it takes to be allowed to do so.

Best Keto Choice

Sliced beef sirloin tip and eggs with avocado, red bell pepper and cherry tomato topped with cheddar cheese.

Meat

Steak

Sliced beef sirloin tip

Egg

Egg whites

Cheese

Swiss cheese

Cheddar cheese

Emmental cheese

White cheddar cheese

Smoked gouda

Feta cheese

Vegetables

Avocado

Red bell pepper

Olives

Cherry tomato

Pepperoncini

Kalamata olives

Cucumber

Mediterranean veggies

Romaine lettuce

Kale

Arugula

Spinach

Fruit

Strawberries

Blueberries

Beverages

Water

Unsweet tea

Any hot tea without fruit

Coffee

Iced coffee



Penn Station East Coast Subs™

The founder of Penn Station East Coast Subs™ was already running a delicatessen in Ohio when he took a trip to Philadelphia and discovered the cheese steak sandwich. He brought this recipe back to his own restaurant and the customers loved it. The Philly cheese steak was one of only 4 sandwiches offered when this franchise began and remains a signature item. Unfortunately, the steak includes sugar in its recipe, but there are 3 meat options that meet keto standards.

Best Keto Choice

Bunless chicken breast Philly with grilled green peppers, sautéed onion, mushrooms and melted provolone cheese.

Meat

Chicken breast (no seasoning)
Pepperoni
Hard salami

Sauce

Brown mustard
Yellow mustard
Olive oil
Red wine vinegar

Cheese

Provolone cheese
Swiss cheese
Parmesan cheese
American cheese

Spices

Salt
Pepper
Oregano

Vegetables

Avocado
Banana peppers
Sautéed onions
Roma tomato
Lettuce
Fresh mushrooms
Fresh green peppers
Artichoke hearts

Beverages

Water
Unsweet tea



Pei Wei™

Pei Wei™ was created by P.F. Chang's™ in order to compete in the fast-casual food trend. Though many menu items are pre made, Pei Wei™ claims to offer made to order dishes where we can choose to eliminate the sauces and seasonings that contain sugar. All of their sauces include sugar, ask that the cook use only olive oil, salt, pepper and vinegar when ordering.

Best Keto Choice

Grass fed steak with cauliflower rice on the side.

Meat

Grass fed steak (no sauce)

White meat chicken (no sauce)

Grilled shrimp (no sauce)

Vegetables

Cauliflower rice

Sautéed mushroom

Scallions

Sauce

No sauce

Olive oil

Vinegar

Beverages

Water

Tea

Popeyes Chicken™

When you hear the name Popeye, your mind probably goes right to the comic strip and cartoon character Popeye the sailor man. Founder Alvin C. Copeland actually named Popeyes Chicken™ after a character in the movie The French Connection, Jimmy “Popeye” Doyle. Popeyes Chicken™ has been in the news recently concerning their chicken sandwich. On the day after the re-release of their chicken sandwich, this chain suddenly found its self the subject of increasingly outrageous events. There were multiple bootlegging operations and violent episodes centered around their fried chicken sandwich. There have been rumors that the whole thing was a publicity stunt that accidentally got way out of hand. We researched the entire menu and there is not anything on the Popeyes Chicken™ menu that is keto approved. All of the chicken is breaded and fried. The sides are also not keto friendly.



Qdoba Mexican Eats™

Qdoba Mexican Eats™ was originally owned by Jack In The Box™ and they have something in common. At both restaurants All of the meat options contain sugar, grain or both. Order a salad made from their fresh vegetable options.

Best Keto Choice

Salad with lettuce, guacamole, tomato, pickled jalapenos, cilantro, and fajita vegetables.

Meat

No meat

Sauce

No sauce

Cheese

Shredded cheese blend

Beverages

Water

Unsweet tea

Vegetables

Fajita veggies

Guacamole

Pickled jalapeños

Romaine lettuce

Chopped cilantro

Red onion

Pico de gallo

Tomato

Lettuce



Quiznos™

Quiznos™ was founded by a trained Italian chef, Jimmy Lambatos in Denver Colorado. The toasted subs inspired by sandwiches Lambatos enjoyed growing up quickly earned a following. The company began to place more focus on serving quality ingredients in 2012. There are several protein options on the menu and plenty of fresh vegetables to create a salad or bunless sub.

Best Keto Choice

Italian melt made salad with pepperoni, salami, capicola, banana peppers and black olives topped with melted cheddar cheese.

Meat

Pepperoni
Salami
Capicola
Turkey
Chicken

Cheese

Cheddar cheese
Swiss cheese
Provolone cheese

Vegetables

Spring salad mix
Guacamole
Black olives
Banana peppers
Pickle
Cucumber
Mushroom
Green pepper
Lettuce
Tomato
Onion

Sauce

Red wine vinegar
Oil

Beverages

Water
Unsweet tea



Red Robin™

Red Robin™ began as a burger joint in Seattle Washington frequented by college students. This chain was known for its gourmet burgers and eventually began to offer other protein options that usually aren't placed between two buns. At this chain there is more than a hamburger patty to choose from.

Best Keto Choice

Tuscan salmon seasoned with salt and pepper with steamed broccoli on the side.

Meat

Tuscan salmon (no seasoning blend)
Hamburger patty (no seasoning blend)
Fried egg

Sauce

Mustard
Oil
Vinegar

Cheese

Blue cheese
Swiss cheese
Cheddar cheese

Beverages

Water
Unsweet tea

Vegetables

Sautéed mushroom (no seasoning)
Lettuce
Mixed greens
Tomato
Fresh onion
Avocado
Bottomless house salad
Steamed broccoli



Red Lobster™

This chain is known for its lobster. They only serve wild caught lobster which is a real undertaking considering their many locations. They partner with fishing communities and are committed to conservation and sustainability.

Best Keto Choice

Snow crab legs with clarified butter and broccoli on the side.

Meat

Main lobster tail
North American snow crab legs
Fresh Atlantic salmon
Tilapia
Oven broiled white fish

Vegetables

Broccoli
Tomato
Lettuce
Onion
Side salad (no croutons)

Sauce

Oil
Vinegar
Lemon wedges

Beverages

Water
Unsweet tea



Romano's Macaroni Grill ™

Did you know that buffalo mozzarella is made from the milk of water buffalo? Romano's sources all of their mozzarella from the Lupara family who believe happy water buffalo produce the best cheese. All meats on this list can be ordered without sauce, and grilled with only oil, salt and pepper. The rosemary butter sauce is the only keto friendly sauce on the menu and pairs well with all of the meat options. Some of the dishes listed come with pasta, the pasta can be substituted for asparagus or broccolini.

Best Keto Choice

Grilled salmon with sauteed broccolini and mushrooms

Meat

Grilled shrimp
Grilled mahi mahi (no pasta, sauce) sub asparagus
Grilled salmon
Scallops
Muscles
Roasted chicken
Italian sausage
Sirloin steak
Porterhouse steak
Grilled bone in pork chop

Cheese

Feta cheese
Parmesan cheese

Vegetables

Fresh spinach
Asparagus
Sautéed broccolini
Capers
Olives
Mushrooms
Caprese salad

Cucumber

Crispy brussels sprouts
Romaine lettuce
Roma tomatoes

Meals

Chicken scaloppini (no lemon butter)
Pollo Caprese (no pasta, no sauce) sub asparagus
Lamb Braciola (no pasta, sauce) sub asparagus

Sauce

Rosemary butter

Beverages

Water
Unsweet tea



Ruby Tuesday™

This chain was named after the Rolling Stones song "Ruby Tuesday". They have a great keto menu with 14 meat options that are keto approved and an extensive salad bar with plenty of fresh vegetables. All of Ruby Tuesday's™ meats are un-marinated, order all meat without sauce.

Best Keto Choice

Blackened tilapia grilled zucchini on the side.

Meat

Blackened tilapia
Turkey burger patty
Beef hamburger patty
Grilled chicken
Steak all cuts
Salmon
Grilled shrimp
Chicken Bella no (no sauce)
Blackened fish
Grilled tilapia
Bison patty
Turkey burger patty
Grilled lobster tail
Trout almonidine

Cheese

Blue cheese
Cheddar cheese
White cheddar cheese

Vegetables

Steamed broccoli
Grilled zucchini
Avocado
Sautéed portabella mushrooms

Salad bar

Romaine lettuce

Baby spinach
Field greens
Iceberg lettuce
Grape tomatoes
Shredded kale
Diced cucumber
Broccoli
Bell pepper
Mushrooms
Black olives
Artichoke hearts
Sunflower seeds
Celery
Banana peppers
Diced ham
Diced chicken
Tuna salad
Hard boiled chopped egg
Blue cheese
Cheddar cheese
Parmesan cheese

Sauce

Red wine vinegar
Olive oil

Beverages

Water
Unsweet tea



Schlotzsky's™

You may have noticed that Schlotzsky's™ sandwiches look a bit different than other sub sandwiches. That's because they use a unique Italian bread called muffuletta. The ingredients in Schlotzsky's™ menu items are not available on the website, so we worked closely with one of the kitchen managers to find out exactly what is in the meat offered. We found that all of the meat available on the Schlotzsky's menu contains sugar. However, there are plenty of fresh vegetables available for salads.

Best Keto Choice

Salad with lettuce, tomato, jalapeno, onion, black olives and avocado, topped oil with a squeeze of lemon.

Meat

No meat

Cheese

Cheddar cheese

Parmesan cheese

Provolone cheese

Swiss cheese

Vegetables

Black olives

Jalapeno

Red onion

Lettuce

Tomato

Avocado

Roasted red pepper

Cilantro

Black olives

Field greens (make a salad from any of the ingredients listed)

Lemon wedge

Sauce

Mustard

Beverages

Water

Unsweet tea



Shoney's™

Shoney's™ is known for their breakfast, lunch and dinner bar. We suggest that you steer clear of the food bar, however the salad bar has quite a few options that are keto friendly. Order your meal from the main menu, there are several protein and side options that are keto approves.

Best Keto Choice

Chicken breast seasoned with salt, pepper and garlic with broccoli on the side.

Meat

Hamburger patty
Sirloin steak
Grilled chicken breast (no sauce, seasoning)
Salmon (no glaze, seasoning)
Eggs

Cheese

American cheese
Cheddar cheese
Swiss cheese
Parmesan cheese

Vegetables

Spinach
Tomato
Green peppers
Onion
Mushroom
Celery
Romaine lettuce
Cucumber
Green onion
Broccoli

Cauliflower

Green olives
Black olives
Lemon wedges

Sauce

Olive oil
Vinegar

Beverages

Water
Unsweet tea



Sonic™

Sonic™ until recently Sonic's™ hamburger patty contained grain and filler. They have now changed their ingredients to 100% beef that does meet keto standards. Feel free to enjoy a bunless cheese burger and a fresh salad.

Best Keto Choice

2 hamburger patties layered with swiss cheese and topped with grilled mushrooms on a bed of lettuce.

Meat

Hamburger patty
Egg

Cheese

American cheese
Swiss cheese

Vegetables

Lettuce
Tomato
Onion
Grilled mushrooms

Sauce

Mustard
Lime wedges
Lemon wedges

Beverages

Water
Unsweet tea
Coffee
Cold brew coffee
Heavy cream



Starbucks™

Starbucks™ is the largest coffee house chain in the world and is named after the first mate in the book Moby Dick. Most of the food on the Starbucks™ menu like the Danish and sandwiches are not keto approved. But there are a few things to choose from for a snack to go along with your coffee or tea.

Best Keto Choice

Iced white tea with prosciutto, hard-boiled egg and white cheddar cheese.

Meat

Prosciutto
Hard-boiled egg

Cheese

Cheddar cheese
White cheddar cheese
Brie cheese
Cream cheese
Whisps cheese crisps
Moon cheese bites

Vegetables

Red bell peppers
Mixed nuts

Beverages

Café Americano
Blonde café Americano
Blonde roast coffee
Dark roast coffee
Heavy cream
Pike place roast coffee
Espresso
Cold brewed pike place roast coffee
Teavana chai tea
Earl grey tea
Royal English breakfast tea
Rev up brewed wellness tea
Emperor's clouds & mist tea
Mint majesty tea
Comfort brewed wellness tea
Defense brewed wellness tea
Iced black tea
Iced green tea
Iced white tea



Steak 'n Shake TM

The company's slogan "Famous for Steakburgers" is technically true. In the original recipe they used T-bone, sirloin and round steak, ground up to make their burgers. This is no longer the case however; they do use high quality ground beef.

Best Keto Choice

2 steakburger patties layered with American cheese topped with onion, tomato and pickle between 2 stacks of lettuce.

Meat

Bacon
Steak burger
Eggs

Cheese

American cheese
Swiss cheese

Vegetables

Garden salad
Guacamole
Mushroom
Onion
Pickle
Tomato
Lemon wedges

Beverages

Water
Unsweet tea
Coffee
Heavy cream



Subway™

Subway™ has far more fresh vegetable options than most other sub sandwich shops. Their toppings station looks much like a healthy salad bar. Though we don't eat sub sandwiches on keto, Subway™ is number one for a fast salad. If you order your salad with spinach instead of lettuce, ask that it not be chopped to keep the spinach leaves whole so that your salad doesn't get soggy.

Best Keto Choice

Salad with a mix of lettuce and spinach, rotisserie style chicken, cucumbers, banana peppers, green peppers, olives, tomato and onion topped with oil and vinegar.

Meat

Turkey breast
Black forest ham
Turkey ham

Cheese

American cheese
Cheddar cheese
Monterey
Pepper jack Cheese
Provolone Cheese
Smoked Cheddar Cheese
Swiss Cheese

Vegetables

Banana peppers
Cucumbers
Green Peppers
Jalapeño Pepper Slices
Pickles
Lettuce
Spinach
Olives
Spinach
Tomatoes

Onion

Guacamole

Sauce

Mustard
Brown Mustard
Red Wine Vinegar
Subway Herb Garlic Oil
Lemon wedges
Oil
Sub spice
Buffalo sauce

Beverages

Water
Unsweet tea



TGI Fridays™

Alan Stillman opened TGI Fridays™ because he didn't know of a place where young adults could get together after work and have drinks and food. He wanted to merge socializing at cocktail parties and hanging out at bars together. They were also one of the first to use promotions like "ladies' night". They have some good, keto approved options and plenty of veggies for salads.

Best Keto Choice

Filet steak un-marinated with broccoli on the side.

Meat

Grilled chicken
Hamburger patty
Filet steak no marinade
Salmon
Eggs

Cheese

White cheddar cheese
Sharp cheddar cheese
American cheese
Swiss cheese
Blue cheese
Parmesan cheese
Mixed shredded cheese
Romano cheese
Parmesan crisps

Vegetables

Lettuce
Tomato
Onion
Avocado
Red bell pepper
Green bell pepper

Jalapeño

Cilantro

Pico di Gallo

Green onion

Spinach

Broccoli

Sauce

Olive oil

Vinegar

Lemon wedges

Lime wedges

Beverages

Water

Unsweet tea

Hot tea

Coffee

Heavy cream



Taco Bell™

Taco Bell™ originally served hamburgers and hotdogs before they began serving tacos. Eventually they converted their menu into all Americanized Mexican food. All of the meat and sauce options available at Taco Bell contain sugar, however, there are plenty of fresh vegetables for a salad.

Best Keto Choice

Salad with iceberg lettuce, tomato, guacamole, onion and cilantro.

Meat

No meat

Cheese

Mexican blend cheese

Vegetables

Cilantro

Iceberg lettuce

Jalapeños

Guacamole

Tomatoes

Onion

Pico de gallo

Sauce

No sauce

Beverages

Coffee

Heavy cream

Water

Unsweet tea



Taco Cabana™

Taco Cabana™ has a great keto menu and the meat contains no sugar or grain in its preparation. Most of their menu items are made fresh, on site daily. This is one of the best places to get a keto, taco or fajita salad.

Best Keto Choice

Beef brisket fajita salad with lettuce, cilantro, pico de gallo, grilled red and green peppers and cheddar cheese.

Meat

Fajita steak
Diced beef
Fajita chicken
Ground beef
Beef brisket
Egg

Sauce

No sauce

Beverages

Unsweet tea
Water

Cheese

Shredded cheddar cheese
blend

Vegetables

Cilantro
Onion
Lettuce
Tomato
Grilled red and green peppers



Texas Road House TM

Texas Road HouseTM is known for the buckets of peanuts placed all over the restaurant. You are even encouraged to throw the shells on the floor! That's all part of their charm of-course. They serve fresh, high quality meat and create all of their seasoning blends in house. The seasoning blends do contain sugar so ask that all meat is made without the seasoning blend and to only use salt, pepper, individual spices like garlic and oil.

Best Keto Choice

Grilled salmon seasoned with salt, pepper and garlic with a side of sautéed mushrooms.

Meat

Steak all cuts (no seasoning)
Grilled shrimp
Grilled salmon
Grilled pork chops (no seasoning)

Beef tips with mushroom and onion (no gravy)
Caesar salad (no croutons)
Steakhouse filet salad (no croutons)
House salad (no croutons)

Cheese

Cheddar cheese
Swiss cheese

Sauce

Mustard
Hot sauce
Lemon wedges
Lime wedges
Olive oil

Vegetables

Lettuce
Tomato
Onion
Pickle
Celery
Broccoli
Fresh vegetables
Sautéed mushrooms

Beverages

Water
Unsweet tea
Coffee
Heavy cream

Meals



The Cheesecake Factory™

The Cheesecake Factory* has an extensive menu that spans far beyond cheesecake. It began with one woman making cheesecake for local restaurants from her own kitchen. They have a great keto menu with plenty of options but the house seasoning blends do contain sugar. Ask that your meal be prepared using only salt, pepper, garlic and oil, no seasoning blends or sauces.

Best Keto Choice

Tuna Poke appetizer, grilled shrimp salad with red onion, avocado, blue cheese and fresh spinach topped with olive oil and vinegar.

Meat

Grilled chicken
Grilled shrimp
Steak all cuts
Hamburger patty
Mushroom burger (no bun)
sub lettuce wrap
Grilled turkey burger (no bun)
sub lettuce wrap
Carne asada steak
Grilled pork chop
Grilled salmon
Tuna poke
Eggs

Cheese

Cheddar cheese
Swiss cheese
Blue cheese

Vegetables

Romaine lettuce
Fresh spinach
Tomato
Cucumber

Kalamata olives

Red onion

Green onion

Avocado

Broccoli

Blueberries

Almonds

Sunflower seeds

Greek salad (no dressing)

Sauce

Olive oil

Vinegar

Lemon wedges

Beverages

Water

Unsweet tea

Hot tea

Coffee

Heavy cream



The Habit Burger Grill™

The Habit Burger Grill™ specializes in charbroiled hamburgers which turns up the taste of a hamburger 10 fold, they taste much nicer than when they are cooked on a flat top grill. In 2014 they won the "Best burger in America" award by consumer reports. The burger is 100% keto approved and so is the ahi tuna flet. Be sure to ask that no sauce be included in the preparation of your meal and if you'd like to have a burger, they will wrap it in large leaf lettuce.

Best Keto Choice

Ahi tuna filet seasoned with salt and pepper and a side salad with lettuce, tomato, cucumber and avocado.

Meat

Hamburger patty
Ahi tuna filet (no teriyaki glaze)

Cheese

White American cheese

Vegetables

Tomato
Lettuce
Onion
Cucumber
Avocado
Portabella mushrooms
Lettuce wraps

Meals

Garden salad
Caesar salad (no croutons)

Sauce

Mustard

Beverages

Water
Unsweet tea



The Melting Pot™

There are several ways to cook the meats and vegetables fondue style at The Melting Pot™. Their protein selections are amazing quality and they offer great keto friendly side items as well. Of the fondue cooking styles available there are 4 that are keto approved. This is a unique way to dine and cooking your meal fondue style is great for digestion as it slows your pace.

Best Keto Choice

Filet mignon and cold water lobster tail cooked fondue style in cort bouillon with asparagus on the side.

Fondue cooking styles

Cast iron grilling

Cort bouillon (seasoned vegetable broth)

Coq au vin (burgundy wine, mushrooms, scallions, garlic)

Classic alpine (gruyere, raclette, fontina, white wine, garlic, nutmeg)

Meat

Bacon

Shrimp

Filet mignon

Garlic pepper sirloin

Atlantic salmon

All-natural chicken breast

Cold water lobster tail

Egg

Cheese

Parmesan cheese

Gorgonzola cheese

Vegetables

Scallions

Cilantro

Red onion

Asparagus

Zucchini

Mini sweet peppers

Mushrooms

Artichoke hearts

Romaine lettuce

Baby spinach

Tomato

Mixed greens

Sauce

Olive oil

Vinegar

Lemon wedges

Lime wedges

Beverages

Water

Unsweet tea

Hot tea

Coffee

Heavy cream



Tim Hortons™

Tim Hortons™ is a northern chain with many breakfast and snack options. You won't find much that meets keto standards. They offer mostly doughnuts and breakfast sandwiches. All of the meat options include sugar, however, eggs, cheese and tomato are a nice breakfast to go along with their signature coffee.

Best Keto Choice

2 eggs layered with American cheese and tomato with coffee and heavy cream.

Meat

No meat

Egg

Cheese

American cheese

Vegetables

Lettuce

Tomato

Onion

Sauce

Mustard

Beverages

Coffee

Cold brew coffee

Heavy cream

Hot tea

Water



Twin Peaks™

Twin Peaks™ doesn't have a wholesome atmosphere but they do have several keto approves meats and vegetables. Their food quality is surprisingly high and the chef is able to make most this thing to your keto specifications. Ask that all meat be made without the seasoning blend and to only use salt, pepper and oil.

Best Keto Choice

Grilled haddock seasoned with salt and pepper with a side of asparagus.

Meat

Hamburger patty
Steak all cuts
Smoked and grilled naked wings
Grilled chicken
Grilled shrimp
Chargrilled salmon
Grilled haddock
Eggs

Cheese

Swiss cheese
Smoked Gouda cheese

Vegetables

Avocado
Arugula
Tomato
Onion
Pico de gallo
Cilantro
Asparagus
Iceberg wedge

Sauce

Oil
Vinegar
Lemon wedges

Seasoning

Salt
Pepper

Beverages

Water
Unsweet tea



Waffle House™

Most of Waffle Houses™ locations are found in the south and in certain states you'll find one off of every exit. The only meat option at Waffle House™ that doesn't contain sugar is the hamburger patty. Also ask for fresh cracked eggs in your omelet.

Best Keto Choice

2 egg omelet with grilled onion, grilled mushroom, tomato and jalapeno with American cheese.

Meat

Angus hamburger
Eggs

Sauce

Hot sauce
Lemon wedge

Cheese

American cheese

Beverages

Water
Unsweet tea
Coffee

Vegetables

House salad
Grilled onion
Grilled mushrooms
Tomato
Jalapeno
Fresh onion
Pickle



What A Burger™

The signature orange and white striped A frame design of What A Burger's™ logo was inspired by the founders love of flying. They have a very large number of locations but most of them are concentrated toward the bottom half of the US. They use high quality 100% beef and offer a lettuce wrap for your sandwich.

Best Keto Choice

Double hamburger patty layered with American cheese, topped with a slice of tomato and an over medium egg.

Meat

Beef patty

Egg

Cheese

American cheese

Vegetables

Onion

Tomato

Lettuce

Guacamole

Grilled vegetables

Sauce

Mustard

Beverages

Water

Unsweet tea



White Castle™

White Castle™ is one of America's first successful hamburger chains with its roots dating back to the 1940s. It has even been cited as the USA's first fast food chain. Back in the 40s a slider only cost 5 cents. The White Castle™ slider actually tastes pretty good with the carb laden bun but this isn't a burger we would recommend you eat keto style. We suggest that if you eat at this chain, choose a breakfast meal.

Best Keto Choice

2 egg patties layered with American cheese and topped with grilled onion.

Meat

Hamburger patty

Egg

Cheese

American cheese

Vegetables

Grilled onion

Sauce

Mustard

Beverages

Water

Unsweet tea

Coffee

Heavy cream



Wendy's™

Wendy's™ iconic logo and name were in tribute to his daughter. Another interesting thing about Wendy's™ is, in 1970 they were the first to have a modern drive through. Their hamburgers are 100% beef and are keto approved but none of the rest of their meat options meet our no grain or sugar standards. When you order, ask that your burger be made with a lettuce wrap and they will provide it to you in a convenient container with a fork and knife.

Best Keto Choice

2 hamburger patties layered with American cheese topped with onion and tomato with a lettuce wrap.

Meat

Hamburger patties

Egg

Cheese

American cheese

Muenster cheese

Blue cheese crumbles

Parmesan

Vegetables

Spring salad mix

Salad blend

Avocado

Tomato

Lettuce

Onion

Sauce

Mustard

Beverages

Cold brew iced coffee

Fresh brewed coffee

Unsweet tea

Water



Wing stop TM

When you step into a Wing StopTM location you'll notice that their décor is a 1930s and 40s wing jet theme. It has a nice, welcoming vintage feel. Many of Wing Stop'sTM sauces are not keto friendly but fortunately the hot sauce meets the completely keto standards. The Cajun seasoning is also approved and is very tasty.

Best Keto Choice

8 classic bone in wings with ½ hot sauce and ½ Cajun seasoning, celery and carrot sticks on the side.

Meat

Classic bone in naked chicken wings

Sauce

Hot sauce

Vegetables

Celery sticks

Beverages

Water

Unsweet tea

Seasoning

Cajun seasoning



Zaxby's™

Zaxby's™ calls its self "The official Chicken Of Sports Fanz®". They sponsor race car drivers, college basketball, and college football teams. None of Zaxby's meat options meet keto standards. They are all breaded and fried, however, they do have a nice salad mix and several fresh vegetable options to add.

Best Keto Choice

Salad with romaine lettuce, hard-boiled egg, parmesan cheese, cucumber and tomato with a squeeze of lemon.

Meat

No meat

Hard-boiled egg

Cheese

Cheddar cheese

Parmesan

Vegetables

Celery sticks

Cucumber

Tomato

Pickle

Romaine lettuce

Spring salad mix

Sauce

No sauce

Lemon wedge

Beverages

Water

Unsweet tea