

*Perth Keto Retreat Dinner Menu
~ September 15th, 2018 ~*

Hors d'oeuvres

Bar-b-que lamb meatballs

Mary Vickers, a classic favourite with sweet onion, bacon and cheese on a keto pizza crust

Cheese crisps with tuna and dill

Salad

Classic Caesar salad with keto-cROUTONS

Entrée

Boneless chicken thighs in a marinara sauce

Served on zucchini noodles with a sweet pepper medley

Wines available at extra charge:

Casa~Dea's Cabernet Franc, 2017 Reserve, Prince Edward County

Casa~Dea's Pinot Grigio, 2017, Prince Edward County

Dessert

Dark chocolate truffle loaf

Served with tea or coffee

Catering By:

