



Mid Ohio Valley Keto Restaurant Guide

Fast Food

Arbys – Roast turkey farmhouse salad with ranch dressing

Burger King – Double Whopper with cheese and no ketchup, low carb (if you ask for low carb, they automatically leave the bun off and put the burger in a plastic container)

Chick-Fil-A – Spicy Southwest Salad with no corn, beans, or tortilla strips - avocado ranch dressing

Dunkin Donuts – Wake up wraps (eat the filling with a fork), -OR- a sausage egg and cheese sandwich and remove the bread

Hardees – Frisco thickburger low carb (if you ask for low carb, they automatically wrap any burger in lettuce and leave the bun off)

Jimmy Johns – Beach club unwich

McDonalds – Two sausage patties, two slices of cheese, and two round eggs on a plate

Moes – Chicken bowl with no rice or beans, add shredded cheese, lettuce, black olives, bacon, sour cream, guacamole, cilantro, and jalapeño

Penn Station – Italian Sub as a salad – lettuce, ham, salami, pepperoni, provolone, banana peppers, olive oil & red wine vinegar, salt and pepper

Popeyes – Blackened tenders with green beans and ranch

QDOBA - Taco salad in a regular bowl with chicken, no rice, no beans, add lettuce, pico, 3 cheese queso, shredded cheese, sour cream, guacamole, cilantro, bacon, jalapenos

Sonic – Super sonic bacon double cheese burger with lettuce, tomato, mayo (I have never asked for no bun here so I just remove it myself) -OR- I also like to get a sausage, egg and cheese breakfast burrito, unwrap it, and eat the filling with a fork

Starbucks – Grande cold brew with 1 pump sugar free vanilla and heavy cream, no classic

Stoked Coffee – Iced Latte with sugar free caramel syrup and half&half instead of milk

Subway – Spicy Italian as a salad, add bacon, spinach and lettuce, shredded mozzarella cheese, green peppers, jalapeño, black olives, banana peppers, oil and vinegar dressing



Taco Bell – Chicken or Steak Power Bowl with no rice or beans

The Original Pizza Place (Marietta and Mall locations)– Cauliflower Crust Pizza with pepperoni and black olives

Tim Hortons – Sausage egg and cheese sandwich with no bread

Tudor’s Biscuit World – Low carb platter

Wendy’s – Dave’s triple with no ketchup, wrapped in lettuce - no bun

Dine In

Applebees – Shrimp ‘n parmesan sirloin with with broccoli and side salad w ranch – no croutons -OR- sometimes I get their loaded fajitas with no rice or tortilla

Bob Evans – Goat cheese veggie omelet, no potatoes or biscuit

Buffalo Wild Wings – Traditional wings with any dry rub, celery, and ranch

Georges Place – Antipasto salad with olive oil and vinegar on side

JP Henry’s – 12 oz char-grilled ribeye with asparagus or broccoli

Mexican (most have same) – taco salad with no beans, no tortilla

North End Tavern – Salami and cheese basket or NET burger with no bun

Olive Garden – Zucchini noodles with shrimp, scallops and alfredo sauce (Olive Garden has zucchini noodles for a limited time and you can substitute them in most pasta dishes)

Outback – Steak with grilled shrimp on the barbie, asparagus, side salad with ranch – no croutons

Red Lobster – Create Your Own Combo – Wild Caught Oven Broiled Flounder, Wood Grilled Sea Scallops with broccoli or asparagus, side salad w ranch – no croutons

Rubi's Pizza & Grill – Antipasti salad with olive oil and vinegar on side

Shogun – red snapper sashimi and beef kushiyaki, -OR- tuna tataki, kani su, and clear soup



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The Coffee Bar – Salmon salad with ranch dressing

Third Street Deli - Third Street Cobb salad with ranch