



Keto Menu Items

FODMAP Menu Items

ENTREES

Frenched Chicken
with Spanish Romesco

Roasted Chicken

Wagyu Flank Steak

Wild Bass

Honey Garlic Smoked Pork Loin

Seared Salmon
with either sauce: Lemon Chimichurri
or Rubbed with Smoked Chili-Rosemary
Mustard.

SIDES

Caramelized Broccoli

**Brussels Sprouts with Roasted
Garlic**

Winter Squash

SALADS

Kale Salad

CAK Standard

**Table Salad with any dressing
option**

FARMS AND VENDORS

Coto Family Farms, Burton Farms, Anson Mills Grains, Boy & Girl Farm, Glory Farms, Freshlist,
Fair Share Farm, Shipley Farms Beef, Inland Seafood, Springer Mountain Chicken, Smiling Hara Tempeh

☎ (704) 817-7568
✉ 4001-C Yancey Road #100
Charlotte, NC 28217

🍴 chefalyssaskitchen.com
📷 @chefalyssaclt
@ info@chefalyssaskitchen.com

ENTREES

Roasted Chicken*

Wagyu Flank Steak

Wild Bass

Seared Salmon
with Lemon Chimichurri Sauce.
Please choose the no garlic option
when ordering lemon chimichurri

*Chicken brine contains small amount of
garlic.

SIDES

Steamed Rice

Winter Squash

SALADS

**Table Salad with either
Tahini-Balsamic Vinaigrette
or Lemon Vinaigrette**

Kale Salad