

# SPECIAL DIETS MENU



We understand that many people have special dietary needs, so we created this menu to help you choose options that fit your lifestyle.

Before placing your order, please inform a team member if a person in your party has any food allergies. Please be aware that many of our products, even those considered gluten-free, may contain or come into contact with common allergens, including but not limited to **wheat, soy, dairy, fish, corn, eggs, and nuts.**

## PALEO OPTIONS\*

### *Fresh Salads*

#### **COBB SALAD**

Order with no blue cheese.  
24g protein • 16g carbs • 63g fat

#### **MEDITERRANEAN SALAD**

Order with no feta cheese.  
4g protein • 17g carbs • 27g fat

#### **ADD TO ANY SALAD**

##### **4 oz. Tenderloin**

24g protein • 0g carbs • 8.5g fat

##### **5 oz. Chicken**

28g protein • 0g carbs • 7g fat

##### **4 oz. Ahi Tuna**

33g protein • 0g carbs • 0.6g fat

##### **7 oz. CAB<sup>+</sup> Burger Patty**

22g protein • 0g carbs • 25g fat

### *Plated Classics/Dinners*

#### **ROBERT'S CHICKEN & VEGGIES**

34g protein • 25g carbs • 15g fat

#### **JULIE'S AHI TUNA & VEGGIES**

37g protein • 25g carbs • 7.6g fat

#### **8 OZ. CENTER CUT CERTIFIED ANGUS BEEF FILET**

Order with fresh garden salad and assorted grilled veggies as the side options.  
57g protein • 33g carbs • 28g fat

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## KETO/LOW CARB OPTIONS\*

### *Burgers & Sandwiches*

#### **BACON CHEESEBURGER LETTUCE WRAP**

10g carbs • 38g fat

#### **CALIFORNIA BURGER LETTUCE WRAP**

14g carbs • 44g fat

### *Fresh Salads*

#### **CAESAR SALAD**

Order with no croutons.

14g carbs • 54g fat

#### **COBB SALAD**

17g carbs • 68g fat

#### **ADD TO ANY SALAD**

##### **4 oz. Tenderloin**

0g carbs • 8.5g fat

##### **5 oz. Chicken**

0g carbs • 7g fat

##### **4 oz. Ahi Tuna**

0g carbs • 0.6g fat

##### **7 oz. CAB<sup>+</sup> Burger Patty**

0g carbs • 25g fat

### *Plated Classics*

#### **THE VOLCANO**

9g carbs • 76g fat

## VEGAN OPTIONS\*

### *Fresh Salads*

#### **QUEEN OF HEARTS SALAD**

Order with no egg.

#### **MEDITERRANEAN SALAD**

Order with no feta cheese.

### *Fries & Sides*

#### **SWEET POTATO FRIES**

#### **HAND-CUT IDAHO FRIES**

#### **SIDE OF RICE & SIDE OF VEGGIES**

Our long grain & wild rice and mesquite grilled vegetables are a perfect pair.

### *Plated Classics*

#### **BECKS FAJITAS - VEGGIES**

Order with no sour cream, cheese, guacamole, tortillas (substitute with tortilla chips). Add picante sauce and sliced avocado.

VEGAN  
MEDITERRANEAN SALAD



# SPECIAL DIETS MENU



## HEART HEALTHY/LOW FAT OPTIONS\*

### *Sandwiches*

#### **CHICKEN SANDWICH**

Order with no mayo.  
12g fat • 382mg sodium

### *Plated Classics*

#### **ROBERT'S CHICKEN & VEGGIES**

15g fat • 684mg sodium

#### **JULIE'S AHI TUNA & VEGGIES**

7.6g fat • 674mg sodium

#### **FOWL BALL**

10g fat • 451mg sodium

## GLUTEN FREE OPTIONS\*

Please note that Becks Prime is not a gluten-free kitchen.

### *Burgers & Sandwiches*

Order any of our burgers or sandwiches bun-less or in a lettuce wrap. If the item is served with blue cheese or Asian spread place order without it.

### *Fresh Salads*

#### **MEDITERRANEAN SALAD**

#### **QUEEN OF HEARTS SALAD**

#### **ADD TO ANY SALAD**

##### **4 oz. Tenderloin**

24g protein • 0g carbs • 8.5g fat

##### **5 oz. Chicken**

28g protein • 0g carbs • 7g fat

##### **4 oz. Ahi Tuna**

33g protein • 0g carbs • 0.6g fat

##### **7 oz. CAB<sup>+</sup> Burger Patty**

22g protein • 0g carbs • 25g fat

#### **CALIFORNIA BURGER LETTUCE WRAP**



### *Plated Classics*

#### **CHICKEN STUFFED POTATO**

### *Fries & Sides*

#### **SWEET POTATO FRIES**

#### **HAND-CUT IDAHO FRIES**

# SPECIAL DIETS MENU



## WEIGHT WATCHERS OPTIONS\*

### *Burgers & Sandwiches*

#### **HAMBURGER**

19 SmartPoints

#### **CHICKEN SANDWICH**

Order with no mayo.

15 SmartPoints

### *Salads*

#### **MEDITERRANEAN SALAD**

Order with chicken added.

17 SmartPoints

### *Plated Classics*

#### **FOWL BALL**

8 SmartPoints

#### **JULIE'S AHI TUNA & VEGGIES**

8 SmartPoints

### *Fries & Sides*

#### **Sweet Potato Fries (side)**

18 SmartPoints

† Mesquite-grilled, house-ground Certified Angus Beef Chuck

\* We grill our burgers medium (pink in the middle). Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.



**JULIE'S AHI TUNA  
& VEGGIES**