

graziano's low carb menu

IF YOU ARE FOLLOWING ATKINS, IDEAL PROTEIN OR PALEO WE OFFER OPTIONS TO MEET YOUR DIETARY GUIDELINES. PLEASE NOTIFY YOUR SERVER THAT YOU ARE ORDERING FROM THE LOW CARB MENU. PLEASE BE SURE TO TELL YOUR SERVER ABOUT ANY ADDITIONAL SPECIAL NEEDS YOU MAY HAVE.

appetizers

grilled calamari, arugula, lemon, olive oil, oregano (skip the polenta for low carb)	8.95
roasted sausage and peppers, caramelized onions, tri-color peppers	7.95

salads

skip the croutons and request the balsamic vinaigrette dressing

	half	full
chopped chicken salad, avocado, tomatoes, scallions, cucumber,	10.95	12.95
simple green salad, candied walnuts, dried cranberries, green goddess dressing	9.95	11.95
antipasto salad, genoa salami, prosciutto, provolone,	10.95	12.95
classic chicken cobb salad, bacon, avocado, tomatoes, eggs, scallions,	10.95	12.95
chicken caesar salad, romaine, creamy caesar dressing, parmesan,	10.95	12.95
salmon cobb salad, scallions, avocado, egg, tomato cucumber,		14.95

sandwiches

unlimited soup or salad, \$4 per person

burger no bun grass fed burger, served over lettuce with fresh broccoli (low carb, gluten free)	9.95
turkey burger no bun, all natural white meat, ground in house, cheddar cheese,	9.95
turkey-avocado wrap, provolone cheese, reduced carb multigrain tortilla, chipotle mayonnaise	9.95

chicken

served with bottomless salad

all natural. locally raised chicken from harrisons poultry farm in glenview

	half	full
tuscan brick chicken,* pan seared chicken breast, balsamic marinade, roasted potatoes	14.95	17.95
rosemary grilled chicken,* (gluten free & low carb) zucchini, spinach, mushrooms, peas, tomatoes	14.95	17.95
low carb grilled chicken parmesan,* broccoli, mozzarella, marinara sauce	14.95	17.95
wood roasted chicken,* a half chicken with broccoli instead of potatoes	one size only	16.95
low carb chicken vesuvio,* peas, lemon, garlic, oregano, white wine ask for broccoli instead of potatoes		16.95

*gluten free for low carb substitute broccoli for potatoes

fresh fish and seafood

served with bottomless salad

wood roasted atlantic salmon,* avocado, grape tomatoes, red onion, fresh lemon, basil, olive oil	22.95
wild caught lake superior whitefish,* pan roasted with fresh spinach, sliced almonds	21.95

steaks, chops and veal

served with bottomless salad

low carb rib eye steak delmonico,* 14 ounce cut, char broiled, with grilled asparagus	28.95
low carb grilled skirt steak,* char broiled with wood roasted peppers	24.95
low carb grilled boneless pork loin,* fresh spinach,	17.95