

Red Onion Cafe

FOOD FOR *Life*

A low carb, keto friendly, gluten free menu

Keto Starters

Stuffed Mushrooms

Fresh mushrooms stuffed with a creamy blend of cheeses, bacon & green onions. 10.00

Bacon Wrapped Grilled Shrimp

Jumbo shrimp & smoky bacon, charbroiled and served with Chipotle lime creme. 12.95

Keto Specialties

Ensenada Chicken

Baja seasoned grilled chicken* with Chipotle sauce, avocado, tomato, onion & lime, served with vegetable and salad. 21.00

Grilled Salmon

Grilled with lemon, butter & Mediterranean seasonings, served with vegetable and salad. 21.00

Surf and Turf

6 oz. C.A.B. sirloin steak with grilled Roma tomato & premium steak butter with two grilled bacon-wrapped shrimp, served with vegetable and salad. 21.00

Prairie Farms Pork Chop

Brined & grilled to order with sautéed mushrooms and rosemary cream, served with vegetable & salad. 17.00

*Choice of grilled vegetable medley or butter fondue broccoli
Loaded broccoli casserole +3.00*

Mushroom & Rosemary Garlic Keto Burger

Grilled double burger, mushrooms sautéed in butter, rosemary garlic au jus, spinach, mayo and tomato garnish. 14.00

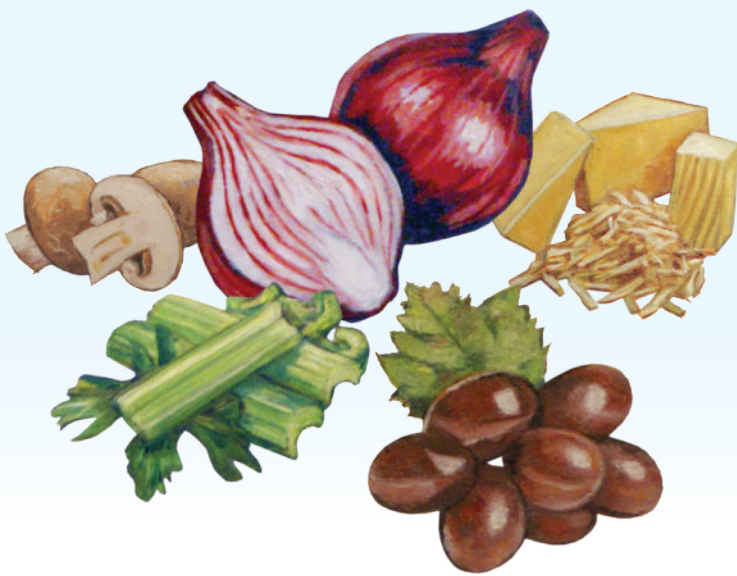
Chipotle Avocado Keto Burger

Grilled double burger, Jack cheese, avocado & Chipotle mayo on greens, served with tomato and onion. 14.00

** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

*** All items are cooked in healthy fats and oils.*

**** Please be advised that all of our foods are prepared in a common kitchen, and we cannot guarantee that cross contact with other allergens or glutes will not occur.*



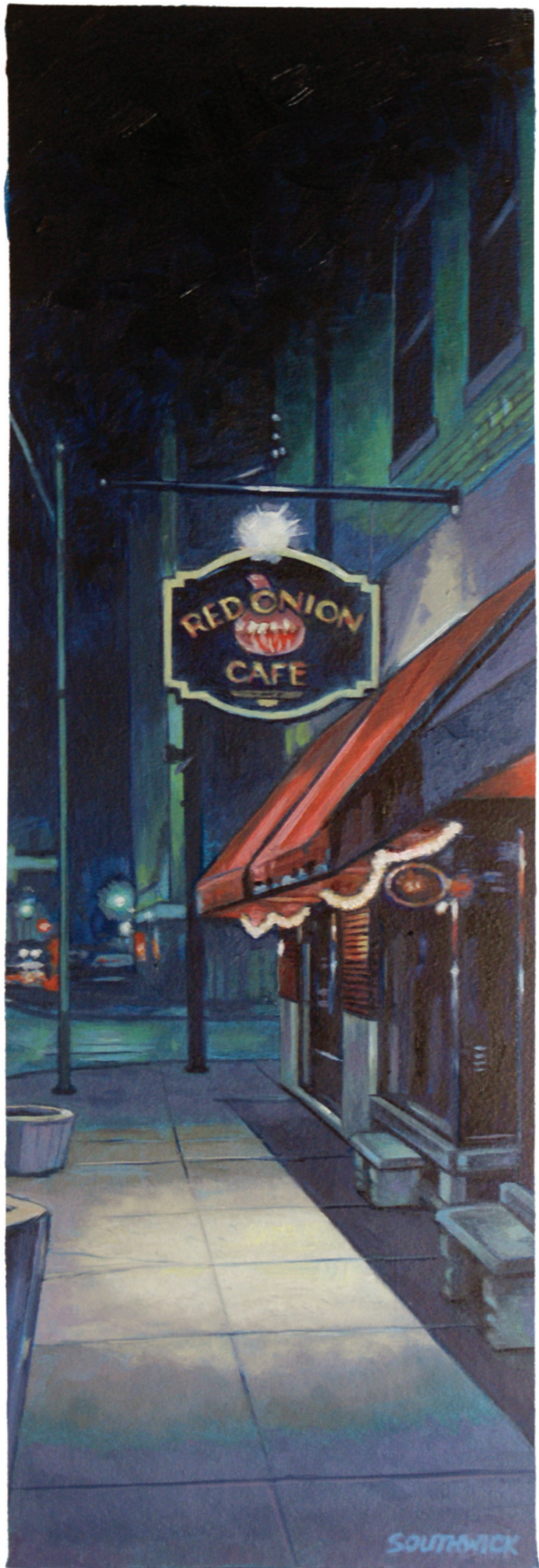
About the artist -

Ken Southwick is an artist and illustrator living in Carthage, MO. His fine art has been shown in galleries, fairs, and universities throughout the Midwest. Ken has produced series of paintings from his travels in Europe, Asia, and Africa, as well as of the Ozarks and Missouri wildflowers. He paints in oil, gouache, and acrylic. His commercial client list includes Marvel Comics, Fleer Flair Trading Cards, Hallmark Cards, Lee Jeans, and Leggett & Platt. He was an early adopter of computer illustration and spent his career giving presentations and demonstrations in the educational system.

203 E. 4th Street
Historic, Downtown Joplin
417.623.1004
RedOnionRestaurants.com



01/2023



Artwork by Ken Southwick

Lunch

STARTERS

Smoked Chicken Dip

Smoked chicken, cream cheese, mild Anaheim peppers, tomato, red onion, jalapeno, and corn tortillas. 7.95

⑤ Bruschetta Misto

Grilled focaccia bread, fresh tomato with basil & garlic, herbed cream cheese and marinated olive salad. Enough for the whole table! 12.50

FFL Bacon Wrapped Grilled Shrimp

Jumbo shrimp & smoky bacon, charbroiled & served with Chipotle lime creme. 12.95

Coconut Fried Chicken

With 6 strips & honey mustard dressing. 12.50
Add a side salad 4.00

⑤ Cucumber Dill Spread

Cucumber & baby dill in cream cheese, lahvosh, celery & carrot sticks. 12.00

NEW Smoked Chicken & Chipotle Lime Nachos

Smoked chicken on tortillas with salsa, melted Jack Cheddar cheese. Topped with chipotle lime creme, green onions, jalapenos, tomato and sour cream. 13.50

FFL Stuffed Mushrooms

Fresh mushrooms stuffed with a cream blend of cheeses, bacon & green onion. 10.00

⑤ Toasted Cheese Ravioli

St. Louis style ravioli with marinara sauce and Parmesan cheese. 8.95



ENTREE SALADS

David's Fried Chicken Salad

Coconut-breaded chicken, mixed greens, cheese, tomato, artichoke, avocado, chopped egg and honey mustard dressing. 15.50

Beef Tenderloin Salad

Sliced tenderloin, mixed greens, cucumber, button mushrooms, tomato, red onion, Feta cheese and balsamic vinaigrette. 16.95

Chicken Walnut Salad

Chicken salad, grapes, walnuts, celery, mixed greens, cucumber and tomato with grilled whole grain bread. 14.50

Baby Spinach & Feta Salad

Grilled chicken over spinach with crumbled Feta cheese, spicy candied pecans, Roma tomato and red onion with sweet vinaigrette. 13.95

Mandarin Orange Salad

Mixed greens, Mandarin oranges, candied almonds, red onion, celery, grilled chicken and sweet vinaigrette. 13.95

ROC Cafe Salad

A larger version of our dinner salad. Mixed greens, jack & cheddar cheese, chopped egg, Roma tomato, celery, red onion, crispy bacon and croutons. 11.95

SOUP

French Onion Soup au Gratin

Homemade French onion soup, croutons, Provolone cheese & garlic bread. 6.25

Bacon and Potato Soup

New potatoes, bacon, cream & chives, garnished with bacon, jack & cheddar cheese and green onion. 6.25

Soup & Salad

ROC dinner salad with choice of Bacon & Potato or French Onion au Gratin. 11.50



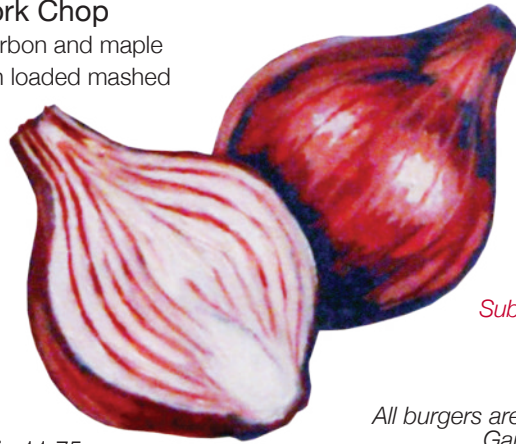
LUNCH SPECIALTIES

Sirloin Steak

6 oz. C.A.B. sirloin, hand-cut & grilled to order, with compound butter and loaded smashed potatoes. 14.75

Bourbon Maple Glazed Pork Chop

Grilled, glazed in our house bourbon and maple reduction & potato cracklins with loaded mashed potatoes. 13.75



Bacon-Wrapped Shrimp & BBQ Chicken

With fried red onion & loaded smashed potatoes. 14.95

Coconut Fried Chicken Dinner

Coconut-breaded chicken tenders, loaded smashed potatoes and honey mustard dressing. 13.25

Monterey Chicken

Grilled chicken, bacon, jack & cheddar cheese, tomato, red onion and seasoned French fries. 12.50

Downtown Grilled Chicken

Basted grilled chicken, grilled new potatoes and butter fondue broccoli. 11.75

Lemon Grilled Tilapia

With lemon caper mayonnaise and wild rice. 12.50

Chicken Tuscany

Grilled chicken with roasted red peppers, artichokes, sautéed mushrooms and Parmesan cream sauce served with wild rice. 12.75

SANDWICHES

Love Me Tender

Tenderloin medallions, garlic Parmesan butter, jack & cheddar cheese on a grilled roll. 14.95

West Coast Chicken

Grilled chicken, jack cheese, bacon, tomato, avocado, mayonnaise on a grilled roll. 13.00

ROC Chicken Salad Sandwich

Roasted chicken, grapes, mayonnaise, celery and walnuts on a grilled whole-grain bread. 12.95

Philly Cheesesteak

Sliced rib-eye, onion & mushrooms grilled & chopped, American cheese on a grilled roll. 13.25

Bleu Moo

Sliced, grilled rib-eye, jack cheese, lettuce, tomato, red onion and bleu cheese on grilled ciabatta bread. 13.50

⑤ Versatile Veggie

Cucumber dill cream cheese, cucumber, tomato, red onion, lettuce and sweet vinaigrette on ciabatta bread. 11.50

Main Street Muffuletta

Cotto salami, capicola ham, Provolone cheese and marinated olive salad on grilled ciabatta bread. 12.00

Smokehouse Turkey

Smoked turkey, jack cheese, mayonnaise, lettuce, tomato and avocado on grilled whole-grain bread. 12.25

BLT & A Bacon, lettuce, tomato & avocado on grilled whole-grain bread. 11.25

All Sandwiches & Craft Burgers

Choose One Vinaigrette salad, pasta salad, seasoned French Fries or house made potato chips

Substitute Bacon and Potato Soup or French Onion au Gratin 3.00

15% Gratuity added to parties of 8 or more.

⑤ Vegetarian Selection FFL Food For Life



LUNCH PASTA

Arkansas Smokehouse Chicken

Smoked chicken, new potatoes, tomato, red onion, bell pepper, bow tie pasta and mild Anaheim pepper sauce. 12.00

Penne from Heaven

Penne pasta, chicken, bacon, green onion & cream sauce. 13.50

⑤ Tomato Rustica

Roma tomato, garlic, basil, oregano, onion & black olive tossed with EVOO, bow tie, pasta, pesto and Parmesan cheese. 10.50

Grilled Chicken Alfredo

A Cavender's Greek-seasoned chicken breast over pasta Alfredo and topped with fried red onions. A Red Onion classic! 13.00

Tomato Rumba

Bow tie pasta, Roma tomato, grilled chicken, onion, garlic, basil, EVOO and black olive. 12.25
Substitute shrimp (8 ea.) for chicken. 12.50

Tuxedo Chicken

Grilled chicken, bow tie pasta, Alfredo sauce, broccoli and Parmesan cheese. 13.50

*Lunch Specialties & Pasta include salad & garlic bread.
Substitute Bacon and Potato Soup or French Onion au Gratin 3.00*

CRAFT BURGERS

*All burgers are hand pattied and charbroiled to order, served on a grilled roll.
Garden is on the side - lettuce, tomato, onion & pickle.
Served with your choice of side.
Make it a double - double meat, double cheese. +4.00*

Mushroom & Rosemary Garlic Burger

Provolone, mushrooms sautéed in butter, rosemary and garlic au jus, with mayo. 14.00 Double +4.00

Arkansas Spicy Crunch Burger

Spicy seasoning, smoked chicken dip, tomato, jalapeno Jack cheese, bacon and tortilla chips on a grilled roll. 14.00 Double +4.00

Chipotle Avocado Burger

Our best seller! With jack cheese, fresh avocado and chipotle mayo. 13.50 Double +4.00

Bacon Cheeseburger

With crisp bacon and American cheese on a grilled roll. 13.00 Double +4.00

Cheeseburger

With American cheese on a grilled roll. An American classic! 11.00 Double +4.00

⑤ Black Bean Veggie Burger

Choose any burger 13.00 or Cheese only 11.00 Double +4.00



SOFT DRINKS

Fountain Drinks Coke, Diet Coke, Dr. Pepper, Sprite
Iced Tea Raspberry, Peach, Sweet or Unsweet
Coffee Regular or Decaffeinated
Hot Tea Assortment of Tazo teas
Milk By the glass



** Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

** Our chicken has no artificial ingredients and is minimally processed, raised with no added hormones, steroids, or preservatives.*

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