



Carnivore

On the Go

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Carnivore on the go

In this book we will be mentioning restaurants by name. Obviously, their names are trademarked and their rights are reserved. We are using names to provide information only, in order to help you along your completely keto journey.

One of the first big things to be cut out of your routine when eating carnivore is fast food. Not only is this change great for your health, it's also much easier on the wallet. Some of you may be eating carnivore for weight loss and some for the amazing health benefits. Regardless of your reasons, when eating the carnivore, we know it's imperative to cook most of our meals from fresh ingredients ourselves. This helps to ensure that we know each and every ingredient that is used to create our meals and how it nourishes our bodies.

Eating out can be hard to navigate when eating carnivore, but it isn't impossible! We all get into situations where we find ourselves traveling or haven't had the time to prepare an entire day worth of food to bring on the go. Sometimes we just want a bit of a treat. Now that you've gained the knowledge that fat is fuel, it isn't a forbidden option to grab a burger from your favorite place every now and then, no bun of course.

Eating out is something to be enjoyed and doesn't have to stop once you have made the smart decision to eat only meat. It's wonderful to be able to enjoy a night out with friends or coworkers at your favorite local restaurant. When family comes into town, taking them out to dinner is something you should be able to do

on a whim. The key is making smart, informed decisions when it's time to order.

People are becoming more health conscious. This has been a gradual progression over the years, but rings true now more than ever. Many chain restaurants have taken notice and overhauled their menu items to include fewer and more natural ingredients. However, some chain restaurants have not changed with the demand for healthier options.

One of the things that inspired many chain restaurants to shape up was when a film focusing on Mc Donald's. There were many questions raised related to the ingredients in the food being served by chain restaurants. This was a documentary directed by Morgan Spurlock who starred in the film as well. Morgan ate a strictly balanced diet previous to the experiment done for the documentary, he was lean and healthy. He decided to eat only Mc Donald's food for an entire month in order to assess the effects on his health. That meant breakfast, lunch and dinner. The results were much as you'd imagine. He gained a large amount of fat while becoming sick at a compounding rate.

This was an extreme example of how damaging fast food can be, but as a result of this and public demand, Mc Donald's changed many of their ingredients and became very transparent. They are one of the few chain restaurants on our list that provides every single ingredient in their menu options on the website. Some restaurants have a dedicated section of their website, outlining

ingredients, macros and allergen's, but many of the restaurants on this list do not make this information available online. However, we spoke to managers and corporate offices in order to get complete lists of the ingredients in each menu item.

After exhaustive research, we have compiled this list of the top restaurant chains in the US and have combed through their menus to provide you with every possible carnivore option. On the surface it seems easy right? Pick a protein from the menu and you're good to go. The thing is, we discovered that most restaurant managers have no idea what goes into making the food on the menu. Knowing what goes into the food seems like it would be one of the first things one would learn when working their way up in a corporate restaurant. Even the cooks and kitchen managers had a hard time answering the question "Does this contain sugar or grain?" Many of them were as surprised as we were to find out which seemingly sugar and grain free foods contain sugar, grain or both. Allergens are clearly printed and considered, however, the presence of sugar and grain in sauces, seasonings and marinades aren't known to most of the employees and won't be indicated on the menu.

The ingredients in this book are completely grain and sugar free. Some places didn't make the cut but we made sure to include them so that you know which places to avoid.

There are some foods that are not suitable keto options that would surprise you. The grilled chicken for example, seems like

a safe, go to option almost anywhere. Unfortunately, the grilled chicken at most fast food restaurants is highly processed and does contain sugar along with many other harmful ingredients. Even when the chicken is not processed at mid-level or upscale restaurants, it's often marinated or seasoned with sugar and grain. Bacon is another surprising carnivore favorite that contains sugar at many chain restaurants. Alternatively, we've found the hamburger patties at most chains to be a great option and that they usually contain only 100% USDA beef, and rarely are marinated.

We were surprised to find that many restaurants receive their meat pre marinated. So even when ordering steak or seafood at medium to high level dining establishments, the meat has often been infused with unnecessary sugar before it even arrives at the restaurant. When cooking at home, it's easy to eliminate things like sugar and carbs. But when eating out, even the go to carnivore staples often include ingredients that can throw your body out of ketosis without you being aware they are included in your meal. That's why this information is so important to your journey.

The good news is that when eating out at most sit-down chains there will be something on the menu that is carnivore friendly.

Our list is comprised of the most popular chain restaurants and includes casual dining and upscale dining in addition to fast food. If a menu item doesn't appear on the list, that means it contains sugar, grains or both. The exceptions are seasonal menu

items. If you see something on the menu that seems like it would fit carnivore criteria, ask an employee or manager in a specific way and have them check for you. Asking “Does this contain sugar or grain in the marinade or seasoning?” is to the point and will help the employee understand exactly what you are trying to avoid.

There are usually quite a few carnivore options available at most of the places you’re likely to come across. Some of the restaurants on our list have an amazing carnivore friendly menu with plenty of choices. The best part is, now you will know for sure that the food you’re ordering is completely carnivore approved and verified by us personally. These restaurants were chosen because they are the most popular, widely available chain restaurants according to the restaurant business report. The list is organized alphabetically. Now eating out will be as care free as it should be. We’ve made it easy to take the guess work out of eating carnivore on the go.



5 Guys™

The 5 guys™ are the Murrell brothers. Their parents gave them 2 choices, go to college or start a business. The brothers went the business rout and opened a burger joint in Arlington Virginia. Now there are over 1500 locations worldwide. 5 Guys™ uses only fresh ground beef, peanut oil and fresh, never frozen produce. This chain has a great carnivore menu using few and fresh ingredients.

Carnivore Order

Hamburger patty with a fried egg on top

Meat

Hamburger patty

Eggs

Beverages

Water



A&W™ All American Food

A&W™ is best known for their root beer and the company has nearly 100 years of history. Most of their menu items are not carnivore approved. They do offer grilled chicken and hot dogs which aren't breaded but those items do contain sugar in their ingredients. However, their hamburgers are 100% beef.

Carnivore Order
2 beef patties

Meat
Hamburger patty
Eggs

Beverages
Water



Arby's™

Arby's™ slogan is "We have the meat!" and they do offer plenty of meat options. Arby's™ is one of the few restaurants that lists every ingredient that goes into their food on the website. The only meat option on the menu that meets carnivore standards is the roast beef. All of the other meats do include grain or sugar.

Carnivore Order

Double order of roast beef

Meat

Roast beef

Beverages

Water



Baja Fresh Mexican Grill TM

All of Baja Fresh's TM meats are marinated in a mixture containing sugar. The beef and chicken are pre marinated, however, the fish and shrimp are able to be ordered un marinated. Make sure to ask for un marinated meat when ordering. They hand make their menu items and stay away from processed ingredients. You can expect meat that is never frozen or microwaved. They have 2 great carnivore options!

Carnivore Order

Double order of grilled shrimp

Meat

Grilled fish

Grilled shrimp

Beverages

Water

Bar Loui™

Bar Loui™ is a gastrobar which is a mix of craft cocktails, unique beer variety and amazing food. Even though they offer a more upscale dining experience, you are able to seat yourself, enjoy a straight forward menu and relaxed wait staff. Their menu has some very good carnivore options and most of their proteins are able to be prepared un marinated. Ask that all meat be made without the sauce or seasoning blend and to only use individual spices like salt and pepper.

Carnivore Order

Grilled chicken breast without seasoning blend, cooked with salt and pepper

Meat

Steak all cuts

Shaved ribeye

Seared ahi tuna

Grilled shrimp skewers (No mango salsa, honey adobo sauce)

Beef hamburger patty

Andouille sausage

Seared salmon

Grilled chicken breast

Traditional chicken wings (no sauce)

Eggs

Beverages

Water



Bj's Restaurant & Brewhouse™

While Bj's Restaurant™ does have a keto menu, most of their meat options are pre seasoned with a mixture that contains sugar. The chef will be happy to substitute any of the 3 sugar free protein options on the meal you choose.

Carnivore Order

Ribeye steak seasoned with salt and pepper

Meat

Ribeye

Hamburger patty

Turkey burger

Beverages

Water



Bob Evans™

Bob Evans™ actually began as a sausage stand at founder Bob Evans farm in Rio Grande Ohio. They are committed to keeping the farm fresh heritage alive. They do use fresh ingredients, however, almost all of their meat options contain sugar or grain. The salmon is the only protein that can be made without the marinade or sauce.

Carnivore Order
Grilled salmon

Meat
Grilled salmon
Egg

Beverages
Water



Bojangles'™

When researching Bojangles' menu and nutrition, the website states that everything will meet your daily requirements of deliciousness. This fast food chain isn't offering much in the way of nutritious food. To be fair, nutrition doesn't seem to be one of their goals. Breaded and Fried chicken is a cheat food for almost everyone. There aren't any carnivore options approved.



Bonefish Grill™

Aquaculture is the company that provides Bonefish Grill™ with their seafood. They farm the seafood in a natural environment and are committed to sustainability. Ask that your meal be prepared using only the individual spices available like salt and pepper instead of the pre mixed seasoning blends or sauces.

Carnivore Order

Georges bank scallops seasoned with salt and pepper

Meat

Chilean sea bass
Caribbean cobia
Atlantic salmon
Georges bank scallops
Grilled shrimp
Ahi tuna steak
Rainbow trout
Grilled cod
Wood grilled shrimp skewer
Cold water lobster tail
Wagyu beef hamburger patty
Steak all cuts

Beverages

Water



Boston Market™

Boston Market™ is a classic meat and 3 chain. They offer several grilled and un breaded proteins so we expected to be able to suggest at least the roasted chicken or the turkey. We were surprised to find that every single one of their meats contains sugar that will interrupt your ketosis. There aren't any meat options at Boston Market™ that are carnivore approved.



Buffalo Wild Wings™

Buffalo Wild Wings™ is a keto and carnivore favorite and for good reason! They don't dust their wings in flour like some chains.

Carnivore Order

8 traditional bone in wings (no sauce, seasoning)

Meat

Hamburger patty

Traditional bone in chicken wings (no sauce)

Beverages

Water



Burger King™

As with many of the fast food restaurants on our list, there aren't many carnivore friendly options available at Burger King™. However, the hamburger patties are 100% beef and are sugar and grain free. Everything else on the menu is high in carbs, sugar and artificial ingredients, including the grilled chicken. BK is one of the most highly available fast food chains, so we're glad to report that there is at least one thing on the menu that is approved on the carnivore diet.

Carnivore Order
2 hamburger patties

Meat
Hamburger patty

Beverages
Water



California Pizza Kitchen™

California Pizza Kitchen™ is obviously an Italian restaurant specializing in pizza. But we are pleased to report that they offer several meat options that are carnivore approved. All of the sauces and seasoning blends contain grain and sugar. Ask that your dish not be prepared with any house seasoning blend or sauce, seasoned only with salt and pepper.

Carnivore Order
Grilled chicken

Meat
Grilled chicken
Grilled shrimp
Sautéed salmon
Fire grilled ribeye
Pepperoni

Beverages
Water



Captain D's™

Captain D's™ is best known for their breaded and fried fish and shrimp. On any of their commercials or when opening their website that's mostly what is advertised. Then we had a good look at the menu and found that there are 5 protein options that are grain and sugar free. That makes Captain D's™ a fast food restaurant with great carnivore options! Ask that all meats be made to order without seasoning blends, using only salt and pepper.

Carnivore Order

Grilled white fish and grilled steak

Meat

Grilled shrimp

Grilled tilapia

Wild Alaskan salmon

Grilled white fish

Steak

Beverages

Water



Carl's Jr. TM

Carl's Jr. TM started as a hot dog cart in the 1940's in Los Angeles. In 2001 the company doubled down on its commitment to quality and announced the six-dollar burger, which is a lot for a fast food burger. However, the quality of the meat they were serving was also much better and larger than other fast food chains at that time. This chain has a pretty extensive menu but this is another place where there are only a couple of menu items that are approved. Every meat option other than the hamburger patty contains sugar, grain or both including the bacon and grilled chicken.

Carnivore Order

2 Chargrilled hamburger patties

Meat

Hamburger patty

Beverages

Water



Carrabba's Italian Grill™

Carrabba's Italian Grill™ has some amazing protein options and that's saying something, considering this is an Italian restaurant. Carrabba's also does its part for the community with their Carrabba's cares program. They organize events that raise money for local charity organizations which are chosen by members of the local community.

Carnivore Order

Grilled chicken, seasoned with only salt and pepper with 3
grilled sea scallops

Meat

Grilled chicken (no sauce)
Grilled shrimp (no sauce)
Scallops (no breadcrumbs)
Grilled tilapia (no sauce)
Grilled salmon (no sauce)
Tuscan grilled sirloin

Beverages

Water



Checkers Drive-In™ & Rally's™

Checkers Drive In™ and Rally's™ were originally 2 separate restaurants. One serving the south east US and the other serving the Midwest. They merged in 1999. They are a part of the company that owns Carl's Jr.™ and Hardee's™ so you'll find that the menu options are similar as well as the options available. Similarly, the menu is mostly comprised of high carb and high sugar foods but the hamburger patty is 100% beef.

Carnivore Order

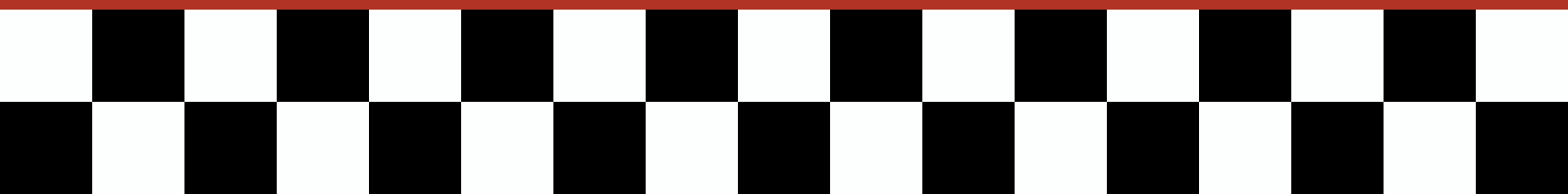
2 hamburger patties

Meat

Hamburger patty

Beverages

Water





Cheddar's™

Cheddar's™ signature is a made from scratch kitchen. They say that your meal is prepared and cooked fresh to order. Fortunately, that means that most of their meats do not come pre marinated, which is great when following the carnivore way of eating. Many of their menu items are filled with carbs but they do have quite a few protein options that are carnivore approved.

Carnivore Order

Blackened white fish and grilled salmon

Meat

Grilled blackened salmon

Pepper grilled chicken

Herb grilled chicken

Grilled shrimp

Steak all cuts (no seasoning,
no glaze)

Blackened white fish

Beef hamburger patties (no
seasoning)

Grilled tilapia

Beverages

Water



Chick-Fil-A TM

Chick-Fil-A TM boasts a healthier alternative to other fast food. In 2008 they became the first fast food company to have an entirely trans- fat free menu. Of-course this was at a time when "fat free" was said to be the way to a smaller waist line. Chick-Fil-ATM may not have trans-fat in their menu items but they also don't offer any meat option that is carnivore approved. Surprisingly the grilled tenders didn't make the cut because of the sugar included in the marinade.

Carnivore Order

2 hard boiled eggs

Meat

No meat

Egg whites

Scrambled eggs

Hard-boiled egg

Beverages

Water



Chili's™

Chili's™ is one of the most popular Tex Mex restaurant chains in the world. They have locations in 32 different countries and are soon to be opening in Asia. Mexican food and low carb are a match made in heaven and there are plenty of tasty options at this chain. The fajitas are excellent but only the steak and shrimp fajitas are approved, the chicken contains sugar in the marinade

Carnivore Order

Shrimp and steak fajita meat

Meat

Bone in wings (no sauce)

Steak all cuts

Hamburger patty

Smoked brisket

Smoked sausage

Grilled salmon (no sauce)

Seared shrimp (no seasoning)

Grilled chicken

Shrimp fajita meat

Steak fajita meat

Santa Fe chicken

Beverages

Water



Chipotle™

Chipotle's™ menu is very carnivore friendly. They use fresh and only essential ingredients in the preparation of their food. The founder is a classically trained chef and it shows in the quality and flavor.

Carnivore Order

Chicken and barbacoa beef

Meat

Steak

Chicken

Barbacoa beef

Beverages

Water



Churches Chicken TM

There are only a few restaurants on our list where there isn't a single thing on the menu that we can recommend. We researched the entire Churches ChickenTM menu, unfortunately there is nothing on the menu that is keto approved. All of the chicken and fish is breaded and fried. The sides are also not keto friendly and consist of mostly carbohydrate heavy ingredients. There are no approved options on the menu.



Chuy's

Every dish is made from scratch daily at Chuy's™. The ingredients they use are fresh and never frozen. Each location receives fresh produce every morning and they make their salsa fresh throughout the day in small batches without the use of any canned ingredients. They serve oven roasted whole chicken pulled from the bone in house daily. They also source their chilis from the Hatch Valley in New Mexico which has a unique climate for growing the best green chilis. Chuy's™ even holds a 3-week green chili festival every year for harvest.

Carnivore Order

Seasoned ground sirloin and grilled shrimp

Meat

Grilled shrimp

Pulled white meat chicken

Seasoned ground sirloin

Egg

Beverages

Water



Cracker Barrel™

If you've ever been to a Cracker Barrel™ the first thing you notice is the fun country store and the second is the amazing historical décor filling the walls. You'd think with so many locations nationwide that they are all replicas. Well Cracker Barrel™ says it's all authentic and if you've ever watched an episode of American pickers, you know one of those cool metal advertisement signs can go for hundreds of dollars. It really is like stepping into a history museum of how America used to do things. Their food is amazing as well and they have great protein options. Our recommended meat order isn't on the menu anymore, but is secretly still available. If your server is new, let them know it's in the computer and to ask a more seasoned employee. We can't wait for you to try it.

Carnivore Order

Double portion of low carb roast beef without the grilled mushrooms and onions

Meat

Grilled sirloin steak

Hamburger patty

Hamburger steak

Lemon pepper grilled rainbow trout (no seasoning)

Low carb grilled roast beef without onion and mushroom (not on the menu anymore, but still available)

Turkey (no gravy)

Eggs

Beverages

Water



Culver's™

Even though Culver's™ only has hamburger patties as a recommended protein option it's a high quality hamburger. Culver's™ was founded by the son of a cheese maker and grandson of a dairy farmer. He spent his early career actually grading dairy farms.

Carnivore Order

Double hamburger patty

Meat

Hamburger patty

Beverages

Water



Dairy Queen™

Dairy Queen™ has the most sugar laden menu of any chain on our list. They offer dozens of unique treats that we obviously stay away from but, like many of the other fast food restaurants, the hamburger patty is A-OK.

Carnivore Order

Double hamburger patty

Meat

Hamburger patty

Beverages

Water



Dave And Busters™

The food at Dave And Busters™ is mediocre but definitely better than what you'll find at most bowling alleys and arcades. The company was not very forthcoming with the information about their ingredients however, we were able to eventually speak to a manager who gave us a few options. Ask that all dishes be prepared un marinated and with no sauce or seasoning blend. All of their sauces and seasonings contain sugar or grain. Only use salt and pepper.

Carnivore Order

Grilled salmon seasoned with salt and pepper and grilled shrimp

Meat

Steak, all cuts

Hamburger patty

Grilled shrimp

Grilled salmon

Beverages

Water



Del Taco™

Del Taco™ is a California staple that is a mix of several fast food types. They have tacos, burgers, fried fish and chips, ice cream as well as breakfast. Even though most things on the menu are not carnivore friendly, you can enjoy a burger guilt free.

Carnivore Order

Carne asada topped with 2 fried eggs

Meat

Hamburger patty

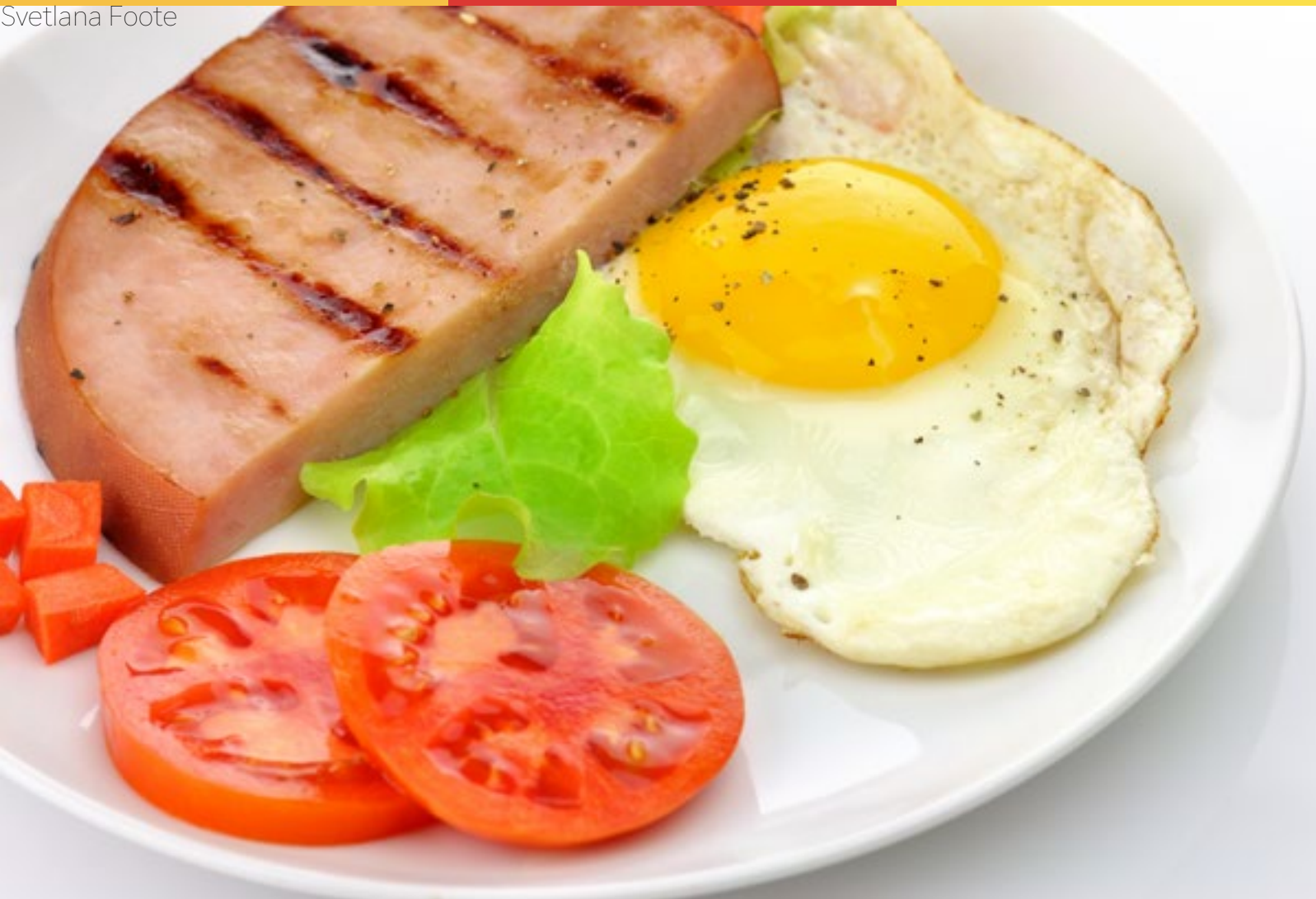
Carne asada

Bacon pieces

Egg

Beverages

Water



Denny's™

Denny's™ is a breakfast, lunch and dinner chain, popular all over the US. This is a place you'll come across often on road trips as well as in your home town, so it's great that they offer some good protein options. We were pleasantly surprised to find that several of their meat options are not pre marinated and are already made sugar and grain free.

Carnivore Order

Wild Alaskan salmon and sirloin steak

Meat

Sirloin steak

Wild Alaska salmon

Grilled haddock

Ham

Hamburger patty

Grilled chicken

Eggs

Beverages

Water



Dunkin Doughnuts TM

Dunkin DoughnutsTM main attraction is of course the doughnuts. If there was ever an anti health food, the doughnut would be it. It doesn't matter what food plan someone follows we can all agree that doughnuts are universally pretty unhealthy. When researching this chain's ingredients, we found that a simple glazed doughnut contains over 30 ingredients. Most of those ingredients are artificial and negative on the nutrition scale

Carnivore Order

3 scrambled eggs

Meat

No meat

Egg

Beverages

Water



El Pollo Loco™

El Pollo Loco™ has 2 carnivore options. They cook their chicken exactly the same way you will find it cooked in the country side in Mexico. Over an open fire on the bone. Those two simple methods of preparation make all the difference in the flavor and quality of the meat. Your chicken is cut straight from the bone when you order, the same way founder Pancho did when he opened the first location in the 1970s.

Carnivore Order

Fire grilled chicken breast and thigh

Meat

Chopped Chicken

Fire grilled chicken legs,
breasts, thighs and wings

Beverages

Water



Famous Dave's™

Famous Dave's™ has won over 700 awards for their BBQ. They use high quality meat, fresh seasonings and their meat is smoked on site daily. That's something we value, few and fresh ingredients with in house preparation. The BBQ sauce obviously isn't approved but there are several meat options that are sugar and grain free.

Carnivore Order

Hot link sausage with traditional wings

Meat

Hamburger patty

Traditional wings (no sauce)

Hot link sausage (no sauce)

Cajun seasoned grilled
chicken breast

Bacon

Beverages

Water



Firehouse Subs[™]

Firehouse Subs[™] was founded by a family with decades of combined fire and police service. Even though this is a sandwich restaurant there are a few meat options that are approved.

Carnivore Order

Beef brisket topped with crumbled bacon

Meat

Bacon

Grilled chicken

Beef brisket

Beverages

Water



Fleming's Steakhouse™

You can expect an experience as well as an amazing meal. Fleming's has been the recipient of numerous awards and when you dine with them it's easy to understand why. The seasoning blends, as well as proteins change often at Flemings as their menu is seasonal. The chef says they generally do not add sugar to the seasoning blends. Ask your server if the protein you are interested in contains sugar in the accompanying seasoning, if so, it can easily be replaced with salt and pepper only or a sugar free seasoning.

Carnivore Order

Cold water king crab and your choice cut of steak

Meat

Roasted bone marrow (no croutons)

Steak all cuts

Roasted lamb rack

Cold water king crab

Ahi tuna poke

Chilled shrimp

North Atlantic lobster tail

Seared pork belly

Ahi tuna poke stack

Caviar

Beverages

Water



Friendly's™

Friendly's™ is the one of the only restaurant on our list that includes sugar in their hamburger meat as well as their turkey burger meat. Unlike many of the other places the grilled chicken is sugar free but it is processed. Even though the grilled chicken does meet the sugar and grain free standards, it still includes quite a few artificial ingredients.

Carnivore Order
Grilled chicken

Meat
Grilled chicken

Beverages
Water



Hard Rock Café™

You may not know that Hard Rock Café™ was started in London. One restaurant began covering its walls in rock and roll memorabilia. Once that caught on, the other locations did the same. Now Hard Rock is all over America as well as in 74 countries. They have an extensive menu with a few carnivore options and the chef is happy to prepare your dish without the seasoning or sauce.

Carnivore Order

Your choice cut of steak topped with grilled shrimp

Meat

Steak burger patty

Grilled chicken (no seasoning, marinade)

Grilled salmon (No seasoning, marinade)

Grilled shrimp (no seasoning, marinade)

Steak all cuts (no seasoning, marinade)

Fajita grilled steak, chicken, shrimp (no seasoning, marinade)

Bacon

Beverages

Water



Hardee's™

Hardee's™ went from being a burger and fries joint to having so many choices, no one really knew what to order. A few years ago, they decided to minimize their menu options and started making fewer items and making them better. Now this chain has one of the tastiest fast food burgers.

Carnivore Order

Double hamburger patty topped with egg

Meat

All angus hamburger patties

Roast beef

Ground beef taco meat

Egg

Beverages

Water



Hooters™

Hooters™ is known for something a bit different than their wings but the wings are completely carnivore approved. Order your wings without the sauce or dry seasoning. They have several other delicious protein options as well.

Carnivore Order

6 naked wings and 6 oysters

Meat

Naked wings

Hamburger patty (no seasoning)

Blackened mahi mahi (no seasoning)

Oysters (no cocktail sauce)

Alaskan snow crab legs (no seasoning)

Grilled chicken (no seasoning)

Grilled blackened shrimp

Beverages

Water



IHOP™

Most places that serve omelets mix pancake batter with the fresh cracked eggs in order to help the omelet hold together better. It does work wonders but adds unnecessary carbs where they wouldn't be expected. When ordering an omelet at IHOP™ ask for fresh cracked eggs, not the omelets egg mix which has added flour.

Carnivore Order

2 egg sausage and bacon omelet

Meat

Bacon

Sausage patty

Sausage links

Ham

Hamburger patties

Tilapia

Sliced turkey

Beverages

Water



In And Out Burger™

In and out burger™ uses 100% whole chuck roast, ground specifically for In and Out Burger restaurants. Their beef is overnighted to each location so that it never has to be frozen and contains no additives, filler or preservatives. In And Out Burger does not use heat lamps, microwaves or even a freezer for any of their ingredients. Everything is fresh and made to order.

Carnivore Order

2 hamburger patties

Meat

Hamburger patty

Beverages

Water



J. Alexander's TM

J. Alexander's is a mix between casual and fine dining. The prices are a bit more than a place like Logan's RoadhouseTM but not as expensive as a place like Fleming'sTM. the atmosphere is absolutely lovely and this company pays close attention to detail with respect to their overall vibe as well as their food. All spice blends and sauces are made in house and they use only the highest quality meat and vegetables. You are able to walk over and watch the rotisserie chicken, ribs and prime rib roasting on the spit. If you've never eaten at this restaurant, we suggest you try it out.

Carnivore Order

½ rotisserie chicken

Meat

Filet mignon

Sliced prime rib (no au jus)

Slow roasted prime rib (no au jus)

Hamburger patty

Bacon

Ahi tuna (no Toro sauce)

Grilled salmon

Rotisserie chicken

Egg

Beverages

Water



Jack In The Box™

Jack in the box™ includes cornstarch and sugar in their hamburger meat and if you've ever tasted one of their burgers you can absolutely taste the high levels of filler and artificial ingredients that go into their meat. This chain is one of the only fast food restaurants that still includes grain and sugar in the hamburger meat. There isn't much we recommend on the menu.

Carnivore Order

2 scrambled eggs

Meat

No meat

Scrambled eggs

Beverages

Water



Jason's Deli™

Jason's Deli™ began removing artificial and harmful ingredients starting in 2005. Their menu is now free of hydrogenated oil, MSG, artificial flavors and artificial colors. Their produce is never frozen and is delivered fresh 6 days a week. Only 3 of their meat options are approved.

Carnivore Order

Corned beef and pastrami

Meat

Pastrami

Corned beef

Roast beef

Beverages

Water



Jersey Mikes™

With all of the meat. Options available at Jersey Mikes™, one would think there would be plenty of protein options to choose from. We researched the ingredients in their menu options and found that the roast beef is the only meat on the menu that does not contain sugar

Carnivore Order

Double order of roast beef

Meat

Roast beef

Beverages

Water



Jimmy John's™

Jimmy Johns™ does a great job of catering to people who follow the keto way of eating with their “unwich”. Any sandwich can be made using a large lettuce wrap instead of a sandwich roll. There are 3 meat options on their menu that meet the carnivore standard. Jimmy John's™ corporate refused to divulge the ingredients in their processed meat. We did not see that as a good sign, as every other restaurant was happy to provide that to us. However, we were assured that these 3 meat options are grain and sugar free.

Carnivore Order

Ham and salami

Meat

Ham

Salami

Roast beef

Turkey

Capicola

Beverages

Water



Joe's Crab Shack TM

Joe's uses a secret seasoning blend that may include sugar. Ask to have your dish made without house seasoning and to only use salt and pepper.

Carnivore Order

Dungeness crab and steamed muscles

Meat

Muscles

Clams

Shrimp skewer

Snow crab

Queen crab

Dungeness crab

Sweet snow crab

Cold water lobster

Tilapia

Cedar roasted salmon

Seared red fish

Mahi

Hamburger patty

Bacon

Top sirloin

NY strip

Grilled chicken

Beverages

Water



Johnny Rockets™

Johnny Rockets™ is an American 50s style diner chain that serves things like burgers, fries and milk shakes. Their theme is retro dancing and nostalgia. Their beef is the only protein available that meets our standards.

Carnivore Order

Thin sliced sirloin steak

Meat

Hamburger patty

Thin sliced sirloin steak

Beverages

Water



Kentucky Fried Chicken TM

KFCTM is the worlds second largest restaurant chain after Mc Donald'sTM. Colonel Sanders started selling fried chicken during the great depression from a road side stand and now KFC is in 136 countries. They were one of the first American food chains to expand internationally. Lucky for us, KFC began to serve grilled chicken alongside its signature fried chicken. The grilled chicken is completely approved.

Carnivore Order

1 grilled chicken breast and one grilled chicken thigh

Meat

Grilled chicken

Beverages

Water



Krispy Kreme™

The founder of Krispy Kreme™ purchased a yeast based recipe from a chef in New Orleans. Parts of the recipe is still a secret. As you may have guessed there are not any food items on the Krispy Kreme™ menu that are approved.



Logan's Roadhouse TM

Logan's is based in Nashville Tennessee and owned by the same company as Cracker BarrelTM. Both use high quality ingredients and have quite a few approved meat options. The seasoning blends at Logan's do include sugar. Ask that any meat you choose be made without the seasoning blend and to only use salt and pepper.

Carnivore Order

Mesquite grilled pork chops seasoned with salt and pepper

Meat

Steak all cuts (no gravy, bourbon bacon glaze)

Prime rib

Mesquite grilled pork chops

Cedar plank grilled salmon

Hamburger patty

Santa Fe chicken (no corn, black beans, rice)

Grilled chicken breast

Beverages

Water



Long Horn Steakhouse TM

Longhorn SteakhouseTM is a Western/Texas themed restaurant with locations all around the US. The first Long Horn used train cars as the dining area. There are several meat options to choose from. All of the seasoning blends and sauces do contain sugar so ask that your proteins be seasoned using only individual spices like salt and pepper.

Carnivore Order

Grilled steak and grilled shrimp

Meat

Steak all cuts except the flat
iron steak (no seasoning)

Hamburger

Grilled shrimp (no marinade
or sauce)

Grilled salmon (no marinade)

Beverages

Water



Mc Donald's™

Mc Donald's is one of the largest, most popular food chains in the world. There is a very interesting feature length film about Mc Donald's™ beginnings as well as a few documentaries. With the increased focus on the obesity epidemic Mc Donald's™ added more healthy options to their menu, eliminated super sizing and became very transparent about their ingredients.



Mellow Mushroom™

Did you know that Mellow Mushroom™ brings their pizza on the road to festivals, breweries and sporting events in a mobile pizza party they call the bake bus? They play music and bring their fun atmosphere wherever they go. Obviously, the traditional pizza is not approved but there are some great protein options.

Carnivore Order

Shaved ribeye steak

Meat

Anchovies

Salami

Pepperoni

Grilled shaved ribeye steak

Beverages

Water



MOE's Southwest Grill™

MOE's actually stands for Musicians Outlaws and Entertainers. Moe's places great importance on music and they play a carefully curated playlist of legends and poets. They encourage customers to create their own meal from any of their ingredients. Unfortunately all of the protein options at Moe's Southwest Grill contain sugar. We don't recommend anything at this chain.



Morton's Steakhouse™

Morton's™ is one of our top picks for upscale dining. They offer a wide variety of protein options that are already, or can be made to your sugar and grain free specifications. This chain began as a hamburger restaurant where they created a signature "million dollar burger". They now have 74 locations across the US.

Carnivore Order

Colossal crab meat cocktail and your choice cut of steak

Meat

Colossal crab meat cocktail
and your choice cut of steak.

-Meat

Ahi tuna tower (no sauce, tuna
marinade)

Colossal crab meat cocktail

Jumbo shrimp cocktail

Bacon wrapped sea scallops

Oysters on the half shell

Nueske's bacon wrapped
steak (no glaze, plain)

Prosciutto wrapped mozzarel-
la (no balsamic glaze or vinai-
grette)

Maine lobster tail

Red king crab legs

USDA prime steak, all cuts (no
au jus)

Angus steak, all cuts (no au
jus, served plain)

Coulotte steak, porcini dusted,
wild mushrooms (no au jus,
served plain)

Baseball cut sirloin steak,

black and blue (no au jus, on-
ion)

Zabuton steak, espresso

crusted, garlic cream, gremo-

lata (no seasoning, au jus)

SRF wagyu gold Manhattan

(no au jus)

Miso marinated sea bass (no

miso)

Ora king salmon (no balsamic
glaze)

Beverages

Water



Noodles & Co.

Noodles & Co™. offers zoodles and an amazing fresh menu. That means a lot of the food available is keto friendly but not carnivore. They also have “caulifoodles” which are noodles made with cauliflower, however, they are around 50% wheat flour and aren’t keto friendly like they advertise. Make sure to ask that your meal is cooked with only individual spices like salt and pepper.

Carnivore Order

Grilled shrimp and grilled chicken

Meat

Grilled shrimp

Grilled chicken

Braised pulled pork

Steak

Bacon

Egg

Beverages

Water



O'Charley's™

O'Charlies™ has changed owners quite a few times over the past few years. They've also closed several of their locations. They still have a very popular chain across the southern US. Many of their meats are able to be prepared without the use of sugar or grain.

Carnivore Order

Grilled Atlantic salmon seasoned with only salt and pepper
and shaved prime rib

Meat

Hamburger patty

Filet

Ribeye

Cedar planked salmon

Grilled Atlantic salmon

Grilled shrimp (only salt and
pepper)

Shaved prime rib (no au jus)

Beverages

Water



Olive Garden™

Olive Garden™ is an Italian restaurant with lots of pasta options. They have reported a decline in sales in the past year. The popularity of keto is no doubt a part of that. Surprisingly there are several menu items offered at Olive Garden™ that meet the carnivore standard. Ask that your meal be prepared with only individual seasonings like salt and pepper instead of the seasoning blends or sauces.

Carnivore Order

Italian sausage and shrimp

Meat

Grilled chicken

Italian sausage

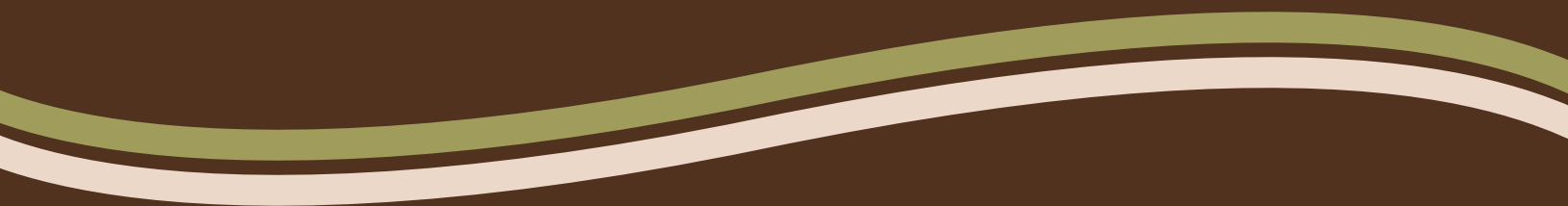
Shrimp

Herb grilled salmon (no
sauce)

Steak all cuts (no sauce)

Beverages

Water





Outback Steakhouse™

Outback Steakhouse™ partners with Heineken™ USA to raise funds for various organizations in the communities where their restaurants are located. They are also the second largest donors to the republican party in the food and beverage sector. They are famous for their bloomin' onion which coincidentally can be made deliciously and completely keto at home, but definitely steer clear of that signature dish at the restaurant. They do have quite a few high quality, fresh protein options.

Carnivore Order

Pork porterhouse seasoned with salt and pepper

Meat

Steak all cuts (no seasoning)

Steamed lobster tail

Grilled shrimp on the Barbie
(no seasoning)

Grilled chicken on the Barbie
(no BBQ sauce, no seasoning)

Alice springs chicken (no honey
mustard sauce, seasoning))

Bacon bourbon salmon (no
smoky bourbon glaze)

Perfectly grilled salmon (no
seasoning)

Grilled tilapia (no seasoning)

Pork Porterhouse (no season-
ing)

Steakhouse Philly shaved
beef

All hamburger patties

Beverages

Water



P.F. Chang's™

All of P.F. Chang's™ sauce blends contain sugar. When ordering, ask for no sauce and that only salt or pepper be used to season your dish.

Carnivore Order

Seabass seasoned with salt and pepper

Meat

Grilled shrimp

Flank steak

New York strip steak

Un marinated chicken

Prawns

Sea bass

Grilled salmon

Ahi poke

Lobster meat

Beverages

Water

Panda Express™

Panda Express™ serves exactly what everyone has come to expect from Chinese takeout. They have all of the breaded, sugar laden staples like sweet and sour chicken and hot and sour soup. We do not recommend anything at Panda Express. We analyzed the entire menu and its ingredients. All of the proteins and sides contain sugar, grain or both. Nothing on the menu is available to be prepared without the seasoning and sauce blends. We don't recommend anything at Panda Express.

The Chinese and Japanese restaurants you are likely to come across in your area probably won't be a nationwide chain like Panda Express™ but in many cases you will be able to order food to carnivore specifications. When ordering chicken at your local Chinese restaurant ask that it be steamed or sautéed using only salt and black pepper. At Japanese restaurants, ask that your sushi be prepared without rice.

Panera Bread™

It's important to remember how fortunate we are to be able to carefully choose what we eat. Many people are not able to do this because of food insecurity. Panera Bread™ provides a program called Day-End Dough-Nation. They donate unsold bread and baked goods to local organizations serving those in need. At the end of the day most sub sandwich restaurants throw away multiple full trash bags each of fresh made bread every single day. The reason for this wasteful practice is that it's legally quite difficult to routinely donate food from a restaurant to charity organizations. While we don't eat bread, we support Panera's contribution to the community and the unseen effort it takes to be allowed to do so.

Carnivore Order

Sliced beef sirloin tip and 2 eggs

Meat

Steak

Sliced beef sirloin tip

Egg

Egg whites

Beverages

Water



Penn Station East Coast Subs™

The founder of Penn Station East Coast Subs™ was already running a delicatessen in Ohio when he took a trip to Philadelphia and discovered the cheese steak sandwich. He brought this recipe back to his own restaurant and the customers loved it. The Philly cheese steak was one of only 4 sandwiches offered when this franchise began and remains a signature item. Unfortunately, the steak includes sugar in its recipe, but there are 3 meat options that meet our standards.

Carnivore Order

Double order of chicken breast

Meat

Chicken breast (no seasoning)

Pepperoni

Hard salami

Beverages

Water



Pei Wei™

Pei Wei™ was created by P.F. Chang's™ in order to compete in the fast-casual food trend. Though many menu items are pre made, Pei Wei™ claims to offer made to order dishes where we can choose to eliminate the sauces and seasonings that contain sugar. All of their sauces include sugar, ask that the cook use only salt and pepper when ordering.

Carnivore Order

Grass fed steak and shrimp

Meat

Grass fed steak (no sauce)

White meat chicken (no
sauce)

Grilled shrimp (no sauce)

Beverages

Water

Popeyes Chicken™

When you hear the name Popeye, your mind probably goes right to the comic strip and cartoon character Popeye the sailor man. Founder Alvin C. Copeland actually named Popeyes Chicken™ after a character in the movie The French Connection, Jimmy “Popeye” Doyle. Popeyes Chicken™ has been in the news recently concerning their chicken sandwich. On the day after the re-release of their chicken sandwich, this chain suddenly found its self the subject of increasingly outrageous events. There were multiple bootlegging operations and violent episodes centered around their fried chicken sandwich. There have been rumors that the whole thing was a publicity stunt that accidentally got way out of hand. We researched the entire menu and there is not anything on the Popeyes Chicken™ menu that is approved. All of the chicken is breaded and fried.



Qdoba Mexican Eats™

Qdoba Mexican Eats™ was originally owned by Jack In The Box™ and they have something in common. At both restaurants All of the meat options contain sugar, grain or both. There aren't any carnivore options at this chain.



Quiznos[™]

Quiznos[™] was founded by a trained Italian chef, Jimmy Lambatos in Denver Colorado. The toasted subs are inspired by sandwiches Lambatos enjoyed growing up quickly earned a following. The company began to place more focus on serving quality ingredients in 2012. There are several good protein options on the menu.

Carnivore Order

Pepperoni, salami and capicola

Meat

Pepperoni

Salami

Capicola

Turkey

Chicken

Beverages

Water



Red Robin™

Red Robin™ began as a burger joint in Seattle Washington frequented by college students. This chain was known for its gourmet burgers and eventually began to offer other protein options that usually aren't placed between two buns. At this chain there is more than a hamburger patty to choose from.

Carnivore Order

Tuscan salmon seasoned with salt and pepper

Meat

Tuscan salmon (no seasoning blend)

Hamburger patty (no seasoning blend)

Fried egg

Beverages

Water



Red Lobster™

This chain is known for its lobster. They only serve wild caught lobster which is a real undertaking considering their many locations. They partner with fishing communities, not fish farms and are committed to conservation and sustainability.

Carnivore Order

Snow crab legs with oven broiled white fish

Meat

Main lobster tail

North American snow crab
legs

Fresh Atlantic salmon

Tilapia

Oven broiled white fish

Beverages

Water



Romano's Macaroni Grill ™

Did you know that buffalo mozzarella is made from the milk of water buffalo? Romano's sources all of their mozzarella from the Lupara family who believe happy water buffalo produce the best cheese. All meats on this list can be ordered without sauce, and grilled with only salt and pepper.

Carnivore Order

Grilled shrimp and scallops

Meat

Grilled shrimp

Grilled mahi mahi (no pasta, sauce)

Grilled salmon

Scallops

Muscles

Roasted chicken

Italian sausage

Sirloin steak

Porterhouse steak

Grilled bone in pork chop

Beverages

Water



Ruby Tuesday™

This chain was named after the Rolling Stones song "Ruby Tuesday". They have a great menu with 14 meat options that are approved. All of ruby Tuesday's meats are un marinated, order all meat without sauce.

Carnivore Order

Grilled shrimp and scallops

Meat

Blackened tilapia

Turkey burger patty

Beef hamburger patty

Grilled chicken

Steak all cuts

Salmon

Grilled shrimp

Chicken Bella no (no sauce)

Blackened fish

Grilled tilapia

Bison patty

Turkey burger patty

Grilled lobster tail

Trout almondine

Beverages

Water



Schlotzsky's™

You may have noticed that Schlotzsky's™ sandwiches look a bit different than other sub sandwiches. That's because they use a unique Italian bread called muffuletta. The ingredients in Schlotzsky's™ menu items are not available on the website, so we worked closely with one of the kitchen managers to find out exactly what is in the meat offered. We found that all of the meat available on the Schlotzsky's menu contains sugar. There are no carnivore options at this chain.



Shoney's™

Shoney's™ is known for their breakfast, lunch and dinner bar. We suggest that you steer clear of the food bar, however the salad bar has some carnivore friendly meats like ham, bacon and grilled cold chicken. Order your meal from the main menu, there are several protein options available.

Carnivore Order

Double order of chicken breast seasoned with salt and pepper

Meat

Hamburger patty

Sirloin steak

Grilled chicken breast (no sauce, seasoning)

Salmon (no glaze, seasoning)

Eggs

Beverages

Water

Sonic™

Until recently Sonic's™ hamburger patty contained grain and filler. They have now changed their ingredients to 100% beef that does meet our standards.

Carnivore Order
2 hamburger patties

Meat
Hamburger patty
Egg

Beverages
Water



Starbucks™

Starbucks™ is the largest coffee house chain in the world and is named after the first mate in the book Moby Dick. Most of the food on the Starbucks™ menu like the Danish and sandwiches are not approved but there are a couple of things to choose from for a snack.

Carnivore Order

Prosciutto and 2 hard boiled eggs

Meat

Prosciutto

Hard-boiled egg

Beverages

Water



Steak 'n Shake TM

The company's slogan "Famous for Steakburgers" is technically true. In the original recipe they used T-bone, sirloin and round steak, ground up to make their burgers. This is no longer the case however; they do use high quality ground beef.

Carnivore Order

2 steakburger patties with bacon

Meat

Bacon

Steak burger

Eggs

Beverages

Water



Subway™

Subway™ has far more fresh vegetable options than most other sub sandwich shops. Their toppings station looks much like a healthy salad bar. Though we don't eat sub sandwiches or vegetables on carnivore, Subway™ has several good meat options.

Carnivore Order

Double order of rotisserie chicken

Meat

Turkey breast

Rotisserie style chicken

Black forest ham

Turkey ham

Beverages

Water



TGI Fridays™

Alan Stillman opened TGI Fridays™ because he didn't know of a place where young adults could get together after work and have drinks and food. He wanted to merge socializing at cocktail parties and hanging out at bars together. They were also one of the first to use promotions like "ladies' night". They have some good carnivore approved options as well.

Carnivore Order

Filet steak un-marinated

Meat

Grilled chicken

Hamburger patty

Filet steak no marinade

Salmon

Eggs

Beverages

Water



Taco Bell™

Taco Bell™ originally served hamburgers and hotdogs before they began serving tacos. Eventually they converted their menu into all Americanized Mexican food. All of the meat and sauce options available at Taco Bell contain sugar so we can't recommend anything on this chains' menu.



Taco Cabana™

Taco Cabana™ has a great carnivore menu and the meat contains no sugar or grain in its preparation. Most of their menu items are made fresh, on site daily. This is one of the easiest places to get a good carnivore meal.

Carnivore Order

Beef brisket and fajita chicken

Meat

Fajita steak

Diced beef

Fajita chicken

Ground beef

Beef brisket

Egg

Beverages

Water



Texas Road House™

Texas Road House™ is known for the buckets of peanuts placed all over the restaurant. You are even encouraged to throw the shells on the floor! That's all part of their charm of-course. They serve fresh, high quality meat and create all of their seasoning blends in house. The seasoning blends do contain sugar so ask that all meat is made without the seasoning blend and to only use salt, pepper, individual spices.

Carnivore Order

Grilled salmon seasoned with salt and pepper

Meat

Steak all cuts (no seasoning)

Grilled shrimp

Grilled salmon

Grilled pork chops (no seasoning)

Beverages

Water



The Cheesecake Factory™

The Cheesecake Factory™ has an extensive menu that spans far beyond cheesecake. It began with one woman making cheesecake for local restaurants from her own kitchen. They have a great carnivore menu with plenty of options but the house seasoning blends do contain sugar. Ask that your meal be prepared using only salt and pepper, no seasoning blends or sauces.

Carnivore Order

Tuna Poke appetizer and grilled shrimp.

Meat

Eggs

Grilled chicken

Grilled shrimp

Steak all cuts

Hamburger patty

Grilled turkey burger

Carne asada steak

Grilled pork chop

Grilled salmon

Tuna poke

Beverages

Water



The Habit Burger Grill™

The Habit Burger Grill™ specializes in charbroiled hamburgers which turns up the taste of a hamburger 10 fold. Burgers taste much nicer than when they are cooked on a flat top grill. In 2014 they won the “Best burger in America” award by consumer reports. The burger is 100% carnivore approved and so is the ahi tuna filet. Be sure to ask that no sauce be included in the preparation of your meal.

Carnivore Order

Ahi tuna filet seasoned with salt and pepper

Meat

Hamburger patty

Ahi tuna filet (no teriyaki glaze)

Beverages

Water



The Melting Pot™

There are several ways to cook the meats and vegetables fondue style at The Melting Pot™. Their protein selections are amazing quality. Of the cooking styles available there is 1 that is carnivore approved, cast iron grilling. This is a unique way to dine and cooking your meal this way is great for digestion as it slows your pace.

Carnivore Order

Filet mignon and shrimp

Fondue cooking styles

Cast iron grilling

Beverages

Water

Meat

Bacon

Shrimp

Filet mignon

Sirloin

Atlantic salmon

All-natural chicken breast

Clod water lobster tail

Egg



Tim Hortons™

Tim Hortons™ is a northern chain with many breakfast and snack options. You won't find much that meets carnivore standards. They offer mostly doughnuts and breakfast sandwiches. All of the meat options include sugar. The only thing we can recommend here is the egg.

Carnivore Order

2 eggs

Meat

No meat

Egg

Beverages

Water

Twin Peaks™

Twin Peaks™ doesn't have a wholesome atmosphere but they do have several carnivore approved meats. Their food quality is surprisingly high and the chef is happy to make most this thing to your specifications. Ask that all meat be made without the seasoning blend and to only use salt and pepper to season.

Carnivore Order

Grilled haddock and shrimp seasoned with salt and pepper

Meat

Hamburger patty

Steak all cuts

Smoked and grilled naked
wings

Grilled chicken

Grilled shrimp

Chargrilled salmon

Grilled haddock

Eggs

Beverages

Water



Waffle House™

Most Waffle House™ locations are found in the south. In certain states you'll find one off of every exit. The only meat option at Waffle House™ that doesn't contain sugar is the hamburger patty. Also ask for fresh cracked eggs in your omelet.

Carnivore Order

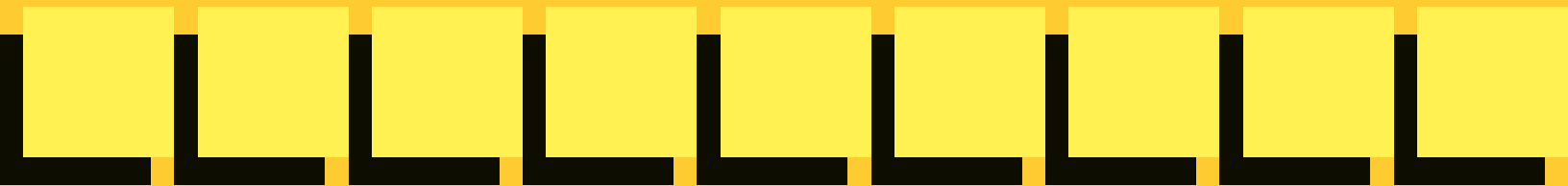
Hamburger patty topped with 2 eggs

Meat

Angus hamburger
Eggs

Beverages

Water





What A Burger™

The signature orange and white striped A frame design of What A Burger's™ logo was inspired by the founders love of flying. They have a very large number of locations but most of them are concentrated toward the bottom half of the US. They use high quality 100% beef, topping that with an over medium egg makes a great carnivore meal.

Carnivore Order

Double hamburger patty topped with an over medium egg

Meat

Beef patty

Egg

Beverages

Water



White Castle™

White Castle™ is one of America's first successful hamburger chains with its roots dating back to the 1940s. It has even been cited as the USA's first fast food chain. Back in the 40s a slider only cost 5 cents. The White Castle™ slider actually tastes pretty good with the carb laden bun but this isn't a burger we would recommend you eat carnivore style.

Carnivore Order
2 egg patties

Meat
Hamburger patty
Egg

Beverages
Water



Wendy's™

Wendy's™ iconic logo and name were in tribute to founder, Dave's daughter. Another interesting thing about Wendy's™ is, in 1970 they were the first to have a modern drive through. Their hamburgers are 100% beef and are carnivore approved but none of the rest of their meat options meet our no grain or sugar standards.

Carnivore Order

2 hamburger patties

Meat

Hamburger patties

Egg

Beverages

Water



Wing stop™

When you step into a Wing Stop™ location you'll notice that their décor is a 1930s and 40s wing jet theme. It has a nice, welcoming vintage feel. Many of Wing Stop's™ sauces are not keto friendly but not carnivore approved. Choose naked, bone in wings.

Carnivore Order

8 classic bone in wings.

Meat

Classic bone in naked chicken wings

Beverages

Water



Zaxby's™

Zaxby's™ calls its self "The official Chicken Of Sports Fanz®". They sponsor race car drivers, college basketball, and college football teams. None of Zaxby's meat options meet carnivore standards. They are all breaded and fried so we do not recommend any options at this chain.