

Keto and Carnivore Options at Dunkin' Donuts

At Dunkin' Donuts, finding keto and carnivore-friendly options can be a bit challenging due to the predominance of carb-heavy doughnuts and bakery items. However, they do offer a few options that can be adapted for these diets, particularly among their breakfast and beverage selections. Here's how you can navigate the menu, including details about cooking oils and sauces:

Breakfast Sandwiches

Keto: Order any of the breakfast sandwiches without the bread, muffin, croissant, or bagel. You can opt for eggs, cheese, and meats like bacon or sausage.

Carnivore: Choose only the meat and possibly cheese if included in your carnivore diet. Avoid eggs if strict about additives.

Cooking Oil: The eggs and meats are typically cooked on a flat top or grill that may be lightly oiled with a vegetable oil blend to prevent sticking.

Snackin' Bacon

Keto: This is essentially just bacon and can be a good snack option for those on a keto diet.

Carnivore: Plain bacon fits well into the carnivore diet.

Cooking Oil: Bacon is generally cooked in its own fat, but during preparation, it may be finished or treated with additional ingredients that could include minimal amounts of oil or seasoning.

Black Coffee and Espresso Beverages

Keto: Coffee and espresso are carb-free and suitable for keto, especially when taken black or with added heavy cream. Stevia or another low-carb sweetener can be used instead of sugar.

Carnivore: Black coffee or espresso is typically acceptable, though some strict adherents might avoid it since it's plant-derived.

Additives: Ensure no additional syrups or sugars are included.

Beverages

Keto: Apart from black coffee, you can have tea or certain iced beverages without sweeteners or with sugar-free options.

Carnivore: Ideally stick to plain black coffee or water unless you are allowing dairy such as heavy cream or sweeteners such as Stevia or Allulose.

General Tips for Ordering at Dunkin' Donuts on Keto or Carnivore Diets

Simplicity is Key: Stick to simple, uncomplicated ingredients like plain meats and cheese.

Watch for Hidden Carbs: Be cautious of hidden carbs in items that might seem safe. For instance, processed meats like sausage might contain fillers or sugars.

Customize Your Order: Don't hesitate to ask for customizations such as removing the bun or avoiding certain toppings or sauces.

While Dunkin' Donuts primarily caters to customers seeking bakery items and sugary drinks, it's possible to adhere to keto and carnivore diets with the limited options available by focusing on simple, low-carb ingredients and avoiding any breads, sweet sauces, or sugary beverages. Always check for the latest nutritional information to ensure compliance with your specific dietary needs.