



*We are committed to providing our neighbors with great tasting food that is good for you too!  
We don't believe you have to sacrifice taste or the enjoyment of dining out in order to eat healthy.*

## Healthy Choices for Breakfast

- We offer Egg Whites to substitute on any egg dish.
- Instead of a bagel or toast with your omelet, try a fresh melon cup instead.
- Ask for no cheese or easy cheese on any egg dish.
- As for low-fat easy cream cheese on your bagel—we will put half as much as normal, which means saving half the calories!
- Order turkey sausage instead of our pork sausage
- Ask us to cook your eggs with non-stick cooking spray instead of margarine.

### Breakfast Suggestions

- Oatmeal with nonfat milk, raisins, cranberries & banana
  - Sunrise Sandwich or Bagelwich on Whole Wheat Toast with Egg Whites, no cheese, add tomato.
  - Rancho with low-fat cream cheese, tomato cucumber & red onion on a bagel scooped out or toast.
- Create your own egg white omelet with your pick from spinach, tomatoes, mushrooms, bell peppers, green onions, parsley, cilantro and green chili.
  - Sliced Nova Salmon plate with low-fat easy cream cheese on rye toast or onion bagel scooped out
    - Going Low Carb—order a side of scrambled eggs and bacon
    - Yoplait Yogurt Parfaits with fresh sweet strawberries and crunchy granola.

## Healthy Choices for Lunch or Dinner

- Omit mayo or our House Sauce from any sandwich. We have Guldens Mustard or Grey Poupon for a delicious substitute.
- Ask for no cheese or easy cheese on any sandwich or salad.
- Our charbroiled chicken and oven roasted turkey are excellent sources of low-fat high protein.
- For you Salad, we offer a great variety of healthy dressings including Lite Ranch, Nonfat Sesame Ginger, Nonfat Honey Mustard and Nonfat Tomato Basil Dressing. All dressings are always served on the side.
- For a side choice with you sandwich, choose a green salad with non-fat dressing, a fresh melon cup or a crisp apple.

### Lunch & Dinner Suggestions

- Oven Roasted Turkey Sandwich with no mayo on squaw bread. Add sprouts and cucumbers for an extra flavor burst.
  - Asian Chicken Salad with Nonfat Sesame Ginger dressing and hold the crispy wontons strips.
    - Pacific Spinach Salad with Nonfat Honey Mustard dressing.
    - Mediterranean Turkey Sandwich with Nonfat Tomato Basil dressing instead of Balsamic Vinaigrette.
  - Make your Own Sandwich with grilled chicken, fresh spinach, tomatoes, onion and nonfat honey mustard dressing.
- Blackened Salmon with Mango Salsa Dinner, ask for baked potato toppings on the side and nonfat dressing for the salad.

## Healthy Choices at the Espresso Bar

- We offer Sugar Free Chocolate syrup for your hot / cold café mocha drinks
- If you are a latte lover, try one of sugar free syrups—Vanilla (most popular) caramel or raspberry
- Have your drink made with nonfat milk or soy milk instead of whole milk
- For our Chai followers—we have Low Carb Spice Chai.
- In in the mood for something cold? Try our No Sugar Added Mocha Glacier or Blended Ice Mocha with nonfat milk and sugar free chocolate.