

LELAND AREA DINING

**HEALTHIER
MENU
OPTIONS**

VOLUME 1



**BETTER TOGETHER
FITNESS**
BETTERTOGETHERFIT.COM

You want to eat out, but you also want to eat healthier. Eating out doesn't have to ruin your plan to eat better.

Better Together Fitness has put together this guide of healthier menu options at 6 local Leland area restaurants. --More volumes coming soon--

Remember this is just a guide of some healthier suggestions and is not all inclusive.

Choose one of the meals listed or use the guidelines on the next page to make your own healthier choices.

Please consult with your doctor if you have a medical condition with specific nutrition requirements.

GUIDE KEY

MEAL DESIGNATION CATEGORIES

**On A Mission
Keep it Clean**

OPTION 1

**Healthy Balanced
Choice**

OPTION 2

**Treat Yourself
But Stay on Track**

OPTION 3

PORT CITY JAVA

[WWW.PORTCITYJAVA.COM/
T-MENUFOOD.ASPX](http://WWW.PORTCITYJAVA.COM/T-MENUFOOD.ASPX)

**Breakfast Sandwich-
Egg and Cheese**

OPTION 1

**Mediterranean Veggie
Breakfast Wrap**

OPTION 2

**16 ounce Mighty
Muscadine Smoothie**

OPTION 3

PIZZETTA'S PIZZERIA

[WWW.PIZZETTASPIZZA.COM/
MENU/](http://WWW.PIZZETTASPIZZA.COM/MENU/)

**House Salad with Grilled
Chicken and Vinaigrette
Dressing on the side**

OPTION 1

**Small House Salad
& Slice of Nonna's or
Margherita Pizza**

OPTION 2

**Gluten Free Chicken
Parmigiana**

OPTION 3

FLIGHTS WINE BAR

[FLIGHTSWINEBAR.COM/
MENU/](http://FLIGHTSWINEBAR.COM/MENU/)

**Southern Fall Salad with
Cucumber Tuna Sushi**

OPTION 1

**Vegetarian Fried Rice
and Quinoa**

OPTION 2

**Catch Du Jour or Hot
Toddy Airline Chicken**

OPTION 3

LELAND AREA DINING

**HEALTHIER
MENU
OPTIONS**

VOLUME 1



**BETTER TOGETHER
FITNESS**

BETTERTOGETHERFIT.COM

GENERAL TIPS FOR HEALTHY DINING OUT

- Plan ahead by checking out the menu in advance for healthier options and then stick to the plan
- Ask for healthy substitutions (side salad or veggies instead of fries; dressing on the side; add grilled chicken to a salad, etc.)
- Choose grilled, broiled or sauteed instead of fried
- Avoid cream sauce based dishes
- Skip the bread basket, appetizer and dessert if you are focused on weight loss
- Eat slowly and sip water throughout your meal
- Stop eating when you feel about 80% full instead of when you are stuffed
- Skip alcohol and soda; choose water
- If portions are large you can share a main dish OR ask for a take out box as soon as your meal comes and box up half the meal right away for another meal
- For a lighter option: choose an appetizer and a side salad for your meal

GUSTO GRILL

[HTTP://WWW.GUSTOGRILLE
.COM/MENU](http://www.gustogrill.com/menu)

Mediterranean or Harvest
Salad (dressing on side,
add chicken or shrimp)

OPTION 1

Chicken Shawarma
(with Side Salad)

OPTION 2

Chicken or Shrimp
Kebab

OPTION 3

THE JOYCE

[HTTPS://GOO.GL/WCMH7L](https://goo.gl/WCMH7L)

Cobb Salad with
Vinaigrette Dressing
on the side

OPTION 1

Build Your Own Chicken
Sandwich or ALT Sandwich
(with Side Salad)

OPTION 2

Coffee Seasoned
Hanger Steak

OPTION 3

SAN FELIPE MEXICAN

[HTTPS://GOO.GL/XB5M6G](https://goo.gl/XB5M6G)

Avocado Chicken
Salad

OPTION 1

Grilled Chicken and
Cheese Quesadilla
(add grilled veggies)

OPTION 2

Chicken Fajitas
(share with a friend)

OPTION 3