

LELAND AREA DINING

HEALTHIER MENU OPTIONS

VOLUME 3



**BETTER TOGETHER
FITNESS**
BETTERTOGETHERFIT.COM

You want to eat out, but you also want to eat healthier. It is possible to do both.

Better Together Fitness has put together this guide of healthier menu options at some Leland area restaurants. [See previous volumes with more options on our website.](#)

This is a guide of some healthier suggestions and is not all inclusive. You can choose a meal listed here or use the [GUIDELINES in VOLUME 1](#) to help 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

CAPE FEAR SEAFOOD CO.

WWW.CAPEFEARSEAFOOD
COMPANY.COM/

**Mixed Green Salad with
Fresh Catch, Salmon,
Grilled Shrimp or Chicken**

OPTION 1

**Fresh Catch with Mango
Salsa, Rice Pilaf and
Asparagus**

OPTION 2

Broiled Seafood Platter

OPTION 3

SIX HAPPINESS

WWW.SIXHAPPINESSNC.COM

**Salmon or Tuna Avocado
Roll with Miso Soup or
House Salad**

OPTION 1

**Pick 1 or 2 Specialty Rolls:
Rainbow Roll, Salmon Lovers
Roll, Orange Dragon Roll or
Green House Roll**

OPTION 2

**Hibachi of Choice
-take half home-**

OPTION 3

TROPICAL SMOOTHIE CAFE

WWW.TROPICALSMOOTHIE
CAFE.COM/

**Detox Island Green
Smoothie (Add a scoop
of Whey or Pea Protein)**

OPTION 1

**Half a Wrap of Choice
and Kid's Smoothie
(Jetty Junior)**

OPTION 2

**Cali Club with Chicken
and Kid's Smoothie
(Jetty Junior)**

OPTION 3

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P.T.'S GRILLE

WWW.PTSGRILLE.COM/

Chicken Sandwich
(no bun)
Side Salad w/
Vinaigrette Dressing
instead of fries

OPTION 1

Grilled Chicken
Sandwich

OPTION 2

Grilled Chicken Sandwich
or 4 ounce Burger on a
wheat bun with Fries

OPTION 3

APPLEBEE'S

APPLEBEES.COM/MENU

Tomato Basil
or Chicken Tortilla Soup
plus House Salad w/
Vinaigrette Dressing
-Add Chicken or Shrimp-

OPTION 1

Lighter Fare Menu:
Thai Shrimp Salad

OPTION 2

Lighter Fare Menu:
Pepper Crusted Sirloin
with Whole Grains

OPTION 3

LATITUDES @ COMPASS POINTE

[WWW.LATITUDES-
RESTAURANT.COM/](http://WWW.LATITUDES-RESTAURANT.COM/)

Grilled Vegetable
Sandwich with
Side Salad

OPTION 1

Grilled Chicken
Sandwich with Side
Salad

OPTION 2

Grilled Chicken Cordon
Bleu Sandwich
with side of choice

OPTION 3

THE FOREST @ CAPE FEAR NAT'L

[BRUNSWICKFOREST.COM/WEB/WP-
C/UPLOADS/2017/07/THE-FOREST-
DAILY-MENU-SUMMER-17.PDF](http://BRUNSWICKFOREST.COM/WEB/WP-C/UPLOADS/2017/07/THE-FOREST-DAILY-MENU-SUMMER-17.PDF)

Spinach Salad
w/ Chicken, Shrimp
or Tuna

OPTION 1

Any Item from
The Forest Grill
Menu Section
(1/2 Ribeye)

OPTION 2

Turkey California Sub
OR Forest Wrap

OPTION 3

HALFTIME SPORTS BAR

[WWW.MENUPIX.COM/MENUDIRE-
CTORY/MENU.PHP?
ID=380212424](http://WWW.MENUPIX.COM/MENUDIRECTORY/MENU.PHP?ID=380212424)

Halftime House Salad
with Chicken and
Vinaigrette Dressing

OPTION 1

Grilled Chicken
Sandwich with a Side
Salad instead of Fries

OPTION 2

Chicken or Steak
Quesadilla

OPTION 3