Restaurants with gluten-free menus

 Carino's Italian Grill

 Chili’s

 Chick-Fil-A

 CiCi’s Pizza

 Coldstone Creamery

 Jason’s Deli

 McAlisters

 Olive Garden

 Outback Steakhouse

 On The Border Mexican Grill and Cantina

 Pei Wei Asian Diner

 Rockfish

 Texas Land and Cattle

 Wendy’s

 West Crust Pizza



Updated July 2011

If you are interested in listing your business with us please contact:

Healthy Lubbock 6630 S. Quaker Ste. E Lubbock, TX 79424

P 806.743.7821 F. 806.743.7816 [www.healthylubbock.org](http://www.healthylubbock.org)

Healthy Lubbock Dining Guide

\*It is your responsibility to be aware that recipes and ingredients may change at these restaurants. Ask for their Gluten Free (GF) menu or check their website for more information regarding GF options. Ask to speak to a manager for any questions or concerns you may have regarding meal preparation and/or cross-contamination.Some inherently gluten-free grains, seeds, and flours may be contaminated with gluten, which could be a health concern for those who must follow a strict gluten-free diet for medical conditions.

**√ Check Out Meal Options at http://ww.healthylubbock.org/Healthy\_Lubbock/Nutrition.html**

**for more menu items that meet criteria**

**criteria.** Healthy Options for Dining Away from Home: Restaurants listed offer menu items with 550 calories or less, 7 grams (g) of saturated fat or less and 800 milligrams (mg) of sodium or less.

Tips for Eating Healthy When Dining Out

 Choose broth based soups over creamy soups and be aware of sodium content.

 Order sandwiches with whole grain bread, veggies and mustard.

 Skip cheese and cheese toppings.

 Avoid fried foods such as chicken tenders, fish and chips, fries, hushpuppies, and fried vegetables.

 Limit yourself to 5 or 6 chips with salsa, or skip them entirely.

 Marinara or clam sauces are healthier than pesto or alfredo.

 Order sauces and dressings on the side. Use only enough for flavor.

 Be aware of portion sizes! One serving of meat is 3-4 ounces.

 Order brown rice instead of fried or white rice.

 Limit the use of condiments that a re very high in sodium.

 If you have diabetes, don’t forget to count your carbohydrates!!

 Share or take home half of an entrée if it is too large.

**First PAGE When opening guide\*\*\*\*\* (Statement not to be included in guide)**

**√ Baker Bros.–** *5412 Slide Rd. #7000*

Salads– 1/2 Taco Salad, 1/2 Chicken Caesar or 1/2 Santa Fe

Dressing– 1 portion Fat Free Raspberry

 Sandwich- 1/2 L.A Prime or 1/2 North Beach

One choice of these three Salads or Sandwiches and

Add a fresh cup of 8oz fruit

**√ Bless Your Heart**- *3701 19th St.*

Sandwich- Healthy Clucker

Salad- Grilled Chicken Salad

Potato- Baked Potato: 16oz. potato, Molly McButter, light sour cream, vegetable Bacos, fresh chives

**√ Chic Fil A–** *All Locations*

Salads

Chicken Garden Salad

Chicken & Fruit Salad

Add a fruit cup or a yogurt parfait to either salad

**√ Chili’s** – *5805 Slide Road*

 *607 University Ave.*

Salad- Small Caribbean Salad with Grilled Shrimp ask for lemon wedges to use in place of dressing

Entrée- Margarita Grilled Chicken-without sides instead order meal with house salad and use half of the avocado ranch dressing

**√ Cup of Yo** - *6076 Marsha Sharp*

Frozen Yogurt- ½ Cup of any flavor non fat yogurt add small portion of fresh fruit or healthy nuts such as almonds or walnuts

**√ Freebird’s** – *1202 S. University Ave. 4930 S. Loop 289*

Tacos- Build a Taco (2 corn tortillas) with white chicken ,lettuce tomatoes, guacamole, onions ,jalapenos

**√ IHOP**– *3911 S. Loop 289*

 *1627 University Ave.*

Omelets- Spinach, Mushroom Tomato Omelet For

-Veggie Omelet For Me

-Add Fresh Fruit Bowl For Me to either Omelet

**√ Jason’s Deli** - *4001 S. Loop 289*

Sandwich- Garden Sandwich on Ciabatta Bread

Build Your Own Sandwich— Slim or ½ Roast Beef on Rye Bread with Provolone and Veggies

-Slim or ½ Smoked Turkey , Whole Wheat and Veggies

Salad- Nutty Minced Up Salad: without chicken add organic raspberry vinaigrette dressing

**√ Jack in the Box -** *4328 50th St.*

Breakfast– Breakfast Jack and Cup of Fruit

Burgers- Hamburger Deluxe (Healthy)

Add Spicy Corn Sticks or Cup of Fruit

Value Menu– Two Tacos and a side salad

**√ Johnny Carino’s 6821 Slide Rd.**

Pasta Entrees– Create Your Own Pasta

– Spicy marinara (lunch or dinner)

- Meat sauce (lunch portion only)

 **Market Street–** *3405 50th St. or 4205 98th St.*

Choose From Living Well Favorites

Breakfast, Lunch, Dinner & Salad Bar

**√** **McAlisters –** *4210 82nd St.*

 *2415 19th St.*

Chili- Bowl of Chicken Chili

Sandwich- Chicken Salad on 1 Slice Wheat Bread

Potato- Justasupd add 1 cup Chicken Chili

Add side of applesauce or fruit salad with above choice

**√ Spoonful**- *411 University Ave. #160*

Frozen Yogurt- 90 Calorie Serving non fat

add small portion of fresh fruit or healthy nuts such as almonds or walnuts

**√ Subway** – *All L*oc*ations*

Select Subs, Salads & Healthy Sides Available

Subs– 6” 9 Grain wheat bread, Chicken or Veggie Delight no cheese

6” Flat Bread, Chicken or Veggie Delight no cheese

Add any of these toppings: lettuce, tomato, onion , green pepper and cucumbers

**√ Taco Bell** – *All Locations*

Chalupa- Any Single Chalupa with Border sauce

 **√ Well Body Natural Foods-** *3708 34th St.*

Salad- Vegetarian: Soy Bean Salad

Stew- Vegetarian: Red Lentil and Barley Stew

Sandwich– Turkey Sandwich

 **Market Street–** *3405 50th St. or 4205 98th St.*

Choose From Living Well Favorites

Breakfast, Lunch, Dinner & Salad Bar