



Below are the restaurants that are dishing out **Healthy Options** at the **Taste of Buffalo** this year!

RESTAURANT

HEALTHY OPTION

Amici Ristorante	Puttanesca over Spaghetti Squash
Anderson's Frozen Custard	Original Flavored Ice
Applebee's	Blackened Shrimp Skewer on Rice Pilaf
Ashanti's Steak House	Ashanti Veggie Sub
Avanti Italian Grill	Berry Salad
Bings	Bruschetta Combo
Bravo	Balsamic Chicken Salad, Bruschetta Roma
BW'S Barbecue	Chocolate Chip Cakie
Caribbean Experience	Vegetable Pattie
Carmines Restaurant	Whole Wheat Pasta Broccoli
Cecelia's Ristorante	Caprese Skewer
Chester's Cajun Grill	Cajun Boiled Crawfish
Clarence Center Coffee Co. & Café	Mango Smoothie, Mini Mango Smoothie
Craftsmen Café/Sweet Monkees	Bag of Monkees, Mandarin Chicken Pasta Salad, Cinna-Monkee, Chunkee Monkee
Cup of Joe's Restaurant	Italian Lentil Salad
Danny's Restaurant	Sliced Watermelon
Dinosaur BBQ	Tomato/Cucumber Salad
Donnie's Smokehouse	Smoked Gourmet Red Potato

RESTAURANT

Eddie Ryan's

EM Chrusciki Bakery

Fat Bob's Smokehouse

Fiamma Steak

Garris Bar-B-Que

Giacobbi's Pasta and Pizza

Gramma Mora's

Jack Astors Bar and Grill

Jim's Steak Out

Joe's Deli

JP Bullfeathers

Just Pizza

Kabab and Curry

Kensington Avenue Pizza Inc.

Lafayette Tap Room

Landies Candies

Louie's Hot Dogs

May Jen Chinese Restaurant

Merchant St. Smokehouse

Mister Pizza

Mobay's Restaurant

Mr. Bones

Ms. Goodies

Niagara Café

HEALTHY OPTION

Grilled Portobello and Tomato Wrap

Mini Angel Food Cake

Texas Chili

Frutti Di Mare

Black Eye Peas

Grilled Chicken Fra Diablo

Bean Burrito

Thai Cucumber Salad

Jim's Grilled Steak Salad

Mediterranean Hummus Wrap

Cucumber and Dill Salad

Bruschetta Pizza

Malai Tikka (*Grilled Chicken*)

Veggie Stir-Fry

Tomato, Green Bean Salad

Dark Chocolate Fun-ana (*Dark Chocolate Dipped Banana*)

Veggie Dog

Singapore Noodles

Smoked Turkey Sandwich

Chicken in the Grass Pizza

Rice and Beans with Mobay's BBQ Sauce

Collard Greens

Corn on the Cob (*Grilled or Boiled*)

Arroz Con Pollo (*Rice with Chicken*)

RESTAURANT

Nick Charlaps Ice Cream

Orazio's Restaurant

Palace of Dosas

Papi's Family Restaurant

Polish Villa

Prima Pizza

Red Osier

Spicy Thai

Sweet Melody's

Tandoori's Royal Indian Cuisine

The Bavarian Nut Company

The Como

The Fireside Inn

The Grill @ The Dome

Torches

Village Desserts

Wi-tinis

Zebb's Deluxe Grill and Bar

HEALTHY OPTION

Red Raspberry Free

Berries with Saviordi (*Lady Finger Cookie*)

Mango Lashi Ice (*Fresh Mango and Homemade Yogurt*)

Spanish Rice with Green Peas

Warsaw Salad (*Carrots, Apples, Onions, Kraut with Fresh Herbs and Lemon Caraway*)

Turkey on Wheat with Roasted Red Peppers

Country Mashed Potatoes

Steamed Dumpling

Sorbet

Saag Channa (*Spinach Chickpeas with Naan Bread*)

Fresh Natural Almonds

Stuffed Clams Ala Como

Homemade Bruschetta on Italian Baguette

Bourbon Glazed Shrimp Skewers

Grilled Tomatillo Gazpacho with Shrimp Scallop Ceviche

Chocolate Chip Blondie

Shrimp Cocktail with Bloody Mary Sorbet

1/3 lb. Veggie Burger