



Healthy Options[®]

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

WHAT IS HEALTHY OPTIONS?

The Independent Health Foundation works with area restaurants to offer heart-healthy food options that are considered lower in fat, saturated fat, cholesterol and sodium. To help make it easier for you to find healthier options while dining out, we have compiled a list (*see reverse*) of the more than 150 local restaurants and food trucks that participate in our Healthy Options program. You can also find a full list of participating restaurants, as well as the items they offer with nutritional facts at www.HealthyOptionsBuffalo.com.

FUN FACTS ABOUT HEALTHY OPTIONS

- **Healthy Options is continuously adding new restaurants throughout Western New York!**
- **The Taste of Buffalo** was the first food festival in the United States to require that all participating restaurants offer a Healthy Options menu item!
- **We offer Healthy Options Cooking Classes** where you have the opportunity to work closely with a professional chef to learn how to create simple, healthy meals.
- **Independent Health members get a 10% discount at D'Avolio Olive Oils & Vinegars**, a participating Healthy Options location, with their member ID card!
- **All food trucks participating in Food Truck Tuesdays at Larkin Square are required** to have a Healthy Options menu item.

VISIT HEALTHYOPTIONSBUFFALO.COM

Visit the Healthy Options website to find valuable information, including:

- **Restaurant Guide** – See all the participating restaurants, get directions and view their Healthy Options Menu items.
- **Tools** – Live a Healthy Options lifestyle with the help of these online fitness and nutrition tools, as well as weekly recipes to help you cook healthy at home.
- **Dining Tips** – Get healthy tips for dining out for a variety of cuisines.
- **Cooking Classes** – View the schedule to see when and where you can join us for a Healthy Options Cooking Class, and register online!



"Like" Independent Health Foundation



@HealthyOptBuff

WHERE CAN I FIND HEALTHY OPTIONS?

Below are the participating restaurants throughout Western New York that are dishing out Healthy Options menu items.

AMHERST

Abbott's Frozen Custard
Applebee's
Delhi Chaat Sweets Restaurants
DiBella's Old Fashioned Subs
Iris
Lougrán's
Red Pepper Café

BATAVIA

Alex's Place Restaurant
Center Street Smokehouse
Red Osier

BLASDELL

BW's BBQ
Poppyseed

BUFFALO

Ashker's
Au Bon Pain
Betty's
Bing's
Black Iron Bystro
Cabaret
Caribbean Experience
Cecelia's Ristorante
Chrusciki Bakery
Don Tequila
Fairy Cakes Cupcakery
Fat Bob's Smokehouse
Francesca's
Friar's Table Steak & Seafood
Garris BBQ
Hamlin House
J.P. Bullfeather's
Joe's Deli
Just Pizza
Kensington Avenue Pizza
Landies Candies

Louie's Hot Dogs
May Jen
Melanie's Sweets Unlimited
Mike's Subs
Mister Pizza
Ms. Goodies
Niagara Seafood
Panaro's Restaurant
Papaya Asian Kitchen & Bar
Pearl Street Grill & Brewery
Premier Gourmet
Prima Pizza
Roly Poly

Saigon Café
Scharf's Schiller Park Restaurant
Sun Restaurant
The Steer Restaurant

CHEEKTOWAGA

Apples Deli
Bravo!
Jack Astor's
Polish Villa
Sakura Sushi

CLARENCE

Asa Ransom House
Clarence Center Coffee Co.
La Tolteca
Orazio's
Sweet Melody's
The Bavarian Nut Company

DEPEW

Kumo

EAST AURORA

Firefly Bakery
Tony Rome's Globe Hotel
& Restaurant

ELMA

R&R BBQ

GETZVILLE

Burrito Bay

GRAND ISLAND

Pizza Amore
Riverstone Grill

HAMBURG

Nick Charlap's Ice Cream
Pegasus Family Restaurant
The Dock at the Bay
Rust Belt
Uncle Joe's Diner

LACKAWANNA

Curly's Bar and Grill

LANCASTER

Eddie Ryan's
Fireside Inn
Ripa's Restaurant & Banquets

LOCKPORT

Cammarata's
Manhattan's
Molinaro's Restaurant
and NY Pizzeria

MEDINA

Avanti Grill

NIAGARA FALLS

Como Restaurant
Red Coach Inn

ORCHARD PARK

Danny's Restaurant
Il Fiorentino Restaurant

TONAWANDA

Buffalo Tap Room
Mississippi Mudd's
Old Man River
Shannon Pub
Spicy Thai

WILLIAMSVILLE

Applewood Café
Carmines
Charlie the Butcher's Kitchen
Chester's Cajun Grill
Dave & Buster's
Giancarlo's
Kabab and Curry
Paring's Wine Bar
Pizza Plant
Red Mill Inn
Soupherb Gourmet
Tandoori's
The Original Soupman
The Pomegranate

ALL WNY LOCATIONS

Anderson's
Applebee's
D'Avolio's Olive Oil & Vinegar
Jim's Steakout
Original Pancake House
Subway
Tully's
Wendy's
Zebb's

Below find area food trucks that are dishing out Healthy Options menu items.

Amy's Truck
Betty Crockski
Black Market Food Truck
Cheesed and Confused Food
Truck
The Cheesy Chick
Chowder Up Seafood
Effortlessly Healthy
FallyMac

Frank's Gourmet Hot Dogs
Gelato Gypsy
Great Foodini
Greek on the Street
Hello Arepa
Hot off the Press
House of Munch
J&L BBQ
Knight Slider

Le Petit Poutine
Lloyd Taco Truck
Macarollin
Marty's Meats
Mattie's Texas Hots
The Meatball Truck Company
Pizza Amore
Philly Flattop
R&R BBQ

The Roaming Buffalo
Rolling Joe
Sassi Cakes
Sweet Hearth
Sweet Melody's
Taffy's Shakes
Thai Me Up
Tuscan Wood Fired Pizza
The Whole Hog



For the most up-to-date list of participating restaurants and Food Trucks, please visit www.healthyoptionsbuffalo.com.

