



Healthy Options® Restaurant Week

Monday, March 4 – Sunday, March 10



Celebrating Buffalo's Healthy Food!

Independent Health Foundation, Buffalo Niagara Medical Campus, Buffalo Urban League Young Professionals and Appétit are excited to host Healthy Options Restaurant Week in Buffalo!

From **Monday, March 4 to Sunday, March 10**, local restaurants will be serving a variety of nutritious choices. Enjoy a healthy spin on your favorite appetizers, entrees and desserts.

See the reverse side for a list of participating restaurants.
For more information, visit healthyoptionsbuffalo.com/restaurantweek



Donate a Meal to a Family in Need

Donate a meal to a family in need through the Healthy Options at Home program.

Scan the QR code for more information, to donate now or find a Healthy Option near you!



Join Us for a Free Taste of Health Event!

Northland Workforce Training Center
683 Northland Ave., Buffalo, NY 14211
Monday, March 4, 6 – 8 p.m.

Try samples from restaurants, watch cooking demos, learn new recipes and find out how the foods you eat affect your health and well-being.

Share your Healthy Dish! #HealthyOptionsRestaurantWeek

"Like" the Independent Health Foundation @healthyoptbuff



PARTICIPATING RESTAURANTS

Avenue29 Foods \$25

Salsa and Chips
Grilled Chicken and Roasted Tomato with Pesto
on Ciabatta and a House Side Caesar Salad
Avocado Chocolate Pudding

Bratts Hill \$60

Tally Man Boat
Starter Salad
Blackened Salmon

Buffalo Plant Burger \$25

Grilled Jackfruit Veggie Kabob (GF/V)
Buffalo Plant Veggie Burger (V)
Brownie (GF/V)

Carine's Caribbean Cuisine \$15

Caribbean Chicken Soup
Brown Stew Chicken

CEOKitchen \$15

Smoked Pineapple Salmon Bruschetta Cups
Southwestern Quinoa Salad with
Smoked Chili Grilled Chicken

The Cheesy Chick Café & Food Truck \$20

Tomato Soup (GF/V)
Pesto Grilled Cheese on Wheat
Fruit Bowl

Fresh Catch Poke Co. \$18

Signature Bowls

Giacobbi's Cucina Citta

\$12 app/\$20 entree

Burrata Salad
Pasta Rapini

Green Eats Kitchen and Juice Bar \$25

"Cream" of Celery Soup
Sizzling Buffalo Tofu Quinoa Bowl
Healthy Twix Bar

Mario's Bistro and Brews \$10

Beans and Greens
House Salad with Grilled Lemon Chicken

Mister Pizza Elmwood \$20

Vegan Pizza
Veggie Delite Pizza

New Jewel Of India \$25

Chicken Tikka
Chana Saag

Sto Lat Bar \$20

Steak Tartare
Teriyaki Shiitake

Sunshine Vegan Eats \$20

Kale Salad
Veggie Stir Fry

Undergrounds Coffee House & Roastery \$14

Kaldi Salad

Venus Greek & Mediterranean \$18.99

Hummus Pita
Greek Salad with Chicken

Visit healthyoptionsbuffalo.com/restaurantweek
to see the nutritional breakdown of each restaurant's
Healthy Options menu.

