



## *Healthy Entrées from Niagara Falls Restaurants~*

### **Caffe Lola~507 Third St.**

- ▶ *Strawberry & Goat Cheese Salad*, field greens tossed with a fat free raspberry vinaigrette, topped with fresh strawberries, crumbled goat cheese, finished with a balsamic reduction glaze and crushed amaretti cookies
- ▶ *Polenta with Shrimp & Sun-Dried Tomato Sauce or Polenta with Spicy Ratatouille*  
\*Many Vegetarian options, accommodating special dietary needs such as vegan, food allergies or gluten-free

### **China Garden-727 Portage Rd.**

- ▶ *Home Style Bean Curd mixed with Chinese Vegetables*
- ▶ *Chicken with Broccoli*

### **Chu's Dining-1019 Main St.**

- ▶ *Cantonese Style Chow Mein*, a combination of chicken shrimp, BBQ pork and mixed vegetables on top of fried Cantonese egg noodles.

### **Fortuna's-827 19<sup>th</sup> Street**

- ▶ *Penne, Broccoli, Beans & Olio*
- ▶ *Greens & Beans sautéed w/Garlic and Olive Oil*

### **Hard Rock Café-333 Prospect St.**

- ▶ *Hickory-Smoked Bar-b-que Chicken*
- ▶ *Hickory-Smoked Chicken Wings*

### **LaCasata/Seneca Niagara Casino-310 4<sup>th</sup> St.**

- ▶ *Chicken Cavatappi*: sautéed chicken breast, zucchini, onion, kala mata olive, bell peppers & feta cheese tossed in light garlic & oil sauce.
- ▶ *Sea Bass*: pan roasted filet served over sun-dried tomato risotto with arugula pesto

### **Maharaja Restaurant-128 3<sup>rd</sup> Street**

- ▶ *Chicken w/basmati rice*

### **Pete's Market House, Inc.-1701 Pine Ave.**

- ▶ *Grilled Salmon w/Honey Mustard*

### **Ponderosa-8612 Niagara Falls Blvd.**

- ▶ *Grilled Salmon Dinner*
- ▶ *Grilled Boneless, Skinless Chicken Breast Dinner*

### **Sophie's Pita & Grill-7560 Niagara Falls Blvd.**

- ▶ *Open Chicken/Beef Souvlaki*: tender strips of charbroiled chicken/beef served on a bed of mixed greens, tomatoes, cucumbers, onions, Greek olives, pepperocini, topped w/feta cheese and greek dressing-served w/pita bread
- ▶ *Vegetarian Platter*: platter mix of homemade vegetarian delicacies-hummus, tabuleh salad, grape leaves, falafel- served with pita bread