



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 19th 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 4th 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 3rd 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