



Some Healthier Options at Select Escondido Restaurants

Café/Deli

Signature Cafe
351 W. Felicita Ave. (located in Vons)

Under \$10
Less than 6 Grams of Fat
Sandwich Menu

Continental Deli
120 S. Kalmia St.
www.thecontinentaldeli.com

Under \$10
Cajun Turkey Breast Sandwich
Smoked Chicken Sandwich
Dinner Salad

Rock n Jenny's Italian Subs
1044 W. Valley Parkway

Under \$10
6 in. Turkey Sub
O.G. Special (salad and breadstick with marinara)
Chicken Salad
Veggie Spaghetti

TIP!

*Salad dressings, mayo, nuts, cheese, and avocados can make sandwiches and salads higher in calories. Skip these toppings! Order light salad dressing on the side and use half. Try topping sandwiches with mustard or veggies for flavor with fewer calories.

*Choose sides like dry toast, fruit, cottage cheese, and green salads. Avoid fries, onion rings, muffins, biscuits, and pasta or potato salad.

Diner

The Village Kitchen & Pie Shoppe
915 S. Escondido Blvd.

Under \$10
Egg Beaters with Turkey Sausage
Sunburst Platter of Fruit
Veggie Burger
Shrimp Louie Salad

Westside Café
912 S. Redwood St.

Under \$10
Low Cal Plate
Gardenburger (without fries)
Breast of Chicken Salad

Centre City Café
2680 S. Escondido Blvd.
www.sandiegohomecooking.com

Under \$10
Oatmeal
Kid's Chicken Breast Dinner

Under \$20
Beverly Hills Salad
Veggie Burger
Chicken Breast Dinner
Grilled Mahi Mahi Dinner

Washington Café
507 W. Washington Ave.

Under \$10
Kids Chicken Breast
Chicken Salad
Oatmeal, Fruit, Bagel Combo
Cottage Cheese, Tomato, Egg Beater
Combo

Greek

Bvblos Cuisine
1061 W. El Norte Parkway

Under \$10
Chicken Plate
Veggie Plate
BBV Breakfast Burrito

Chicken Plus Greek Cuisine
309 Mission Ave.
www.chickenplus.org

Under \$10
Steamed Vegetables
Rice Pilaf
Hummus
Chicken Breast Sandwich

Under \$20
Teriyaki Chicken Meal

TIP!

*Avoid foods described as fried, crispy, breaded, cheesy, buttered, or creamy. Instead, pick foods described as grilled, roasted, broiled, baked, or steamed.



Grill or Pub

Surf Brothers Teriyaki
1032 W. Vallen Parkway
www.surfbrothers.net

Under \$10
Chicken Skewer Meal

R.O. Sullivan's Irish Pub
118 E. Grand Ave.
www.rosullivansirishpub.com

Under \$10
Veggie Burger
Hummus Veggie Wrap
Chopped BBQ Chicken Salad

Under \$20
Mango Turkey Burger with Salad
Salmon of Knowledge Salad



French

Bistro Le Bouchon
511 W. Valley Parkway

Under \$10
Lunch Couscous

Under \$20
Lunch Chicken Breast Sandwich
Dinner Mahi Mahi

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Mexican

Chito's Taco Shop
3440 Del Lago Blvd..

Under \$10
Cameron Ceviche Tostada
Chicken Salad
Bean Burrito (without cheese)

Jalapeno Grill and Cantina
503 W. Grand Ave.
www.jalapenogrillandcantina.com

Under \$10
Chicken Asada Salad Bowl
Shrimp Grill Platter

Only choose black beans, pico de gallo, lettuce, and salsa as toppings

TIP! If an item comes with cheese, guacamole, or sour cream, order it without. Adding salsa, pico de gallo, or lime juice instead is great for flavor but fewer calories.

*Skip the chips and salsa; they are fried and loaded with fat. If you can't resist, limit to 5 or 6 chips with unlimited salsa.

Mi Guadalajara
525 W. 2nd Ave.
miguadalajara.signonsandiego.com

Under \$10
Tortilla Soup
Tostada de Ceviche de Pescado
Nino Menu Mini Bean Burrito

Under \$20
Chicken Salad
Veggie Fajitas
Ceviche Platter

Italian

Medina's Italian Restaurant
330 W. Felicita Ave.

Under \$10
Minestrone Soup
Grilled Vegetables Appetizer
BBQ Chicken Sandwich

Under \$20
Calamari Napoletani
Herb Chicken Linguini
Spaghetti with Prawns
Picatta di Pollo

Slices Pizza
3440 Del Lago Blvd.

Under \$10
House Salad with Chicken
Spaghetti with Marinara

Filippi's Pizza Grotto
3440 Del Lago Blvd.

Under \$10
Minestrone Soup
Spaghetti Marinara
Ham Sandwich



TIP!

* Italian entrées may serve 2-3 people, share or take ½ home.
*Limit yourself to 1 piece of bread and skip buttery garlic bread.

Chinese

Chin's Szechuan Escondido
445 N Escondido Blvd.
www.visitchins.com

Under \$10
Imperial Soup
Lunch Hunan Chicken Strips

Under \$20
Buddha's Feast
Moo Goo Chicken
Surprise Lettuce Delight

TIP!

*Chinese entrées may serve 2-3 people, share or take ½ home.

*Always order rice steamed, not fried.

*Order sauce on the side to help control fat and calories. Use only enough sauce to give the dish flavor.

Japanese

Akita
330 W. Felicita Ave., C1-2

Under \$10
A La Cart Chicken Teriyaki

Under \$20
Sashimi Salad
Rainbow Roll
Chicken Teriyaki + California Roll
Sashimi + Salmon Teriyaki

Sushi Yama
500 N. Escondido Blvd.

Under \$10
Teriyaki Chicken Kids Meal
California Roll

Under \$20
Tofu Teriyaki Dinner with Rice
Sushi and Sashimi Combo
Protein Roll

TIP!

*Edamame or Miso Soup are good ways to start off a Japanese meal. Avoid "tempura" which means it's fried!

Thai

Panya Thai Kitchen
1101 West Valley Parkway
www.panvathaikitchen.com

Under \$10
Panya Fresh Rolls
Satay Chicken or Tofu

Under \$20
Broccoli with Chicken
Shrimp with Garlic & Peppers



Vietnamese

Pho Hong Bistro
330 W. Felicita Ave.
www.phohongbistro.com

Under \$10
Shrimp or Tofu Spring Rolls
Tofu & Veggies Pho
Grilled Chicken Rice Plate