



Healthy Restaurant Options in West Chula Vista



AMERICAN

Carrow's Restaurant 598 H St.

Under \$5
Kid's Oatmeal with Fruit with Milk
Kid's Eggs, Toast, and Fruit with Milk
Kid's Turkey Sand. and Fruit with Milk
Kid's Grilled Chicken and Veggies with Milk

Family House of Pancakes 562 Broadway

Under \$10
Dieter's Delight Breast of Chicken

DELI

Henry's Marketplace Sandwich Counter 690 3rd Ave.

Under \$5
Turkey Sandwich with Mustard
Veggie Sandwich with Mustard

Hungry Hank's Deli 866 3rd Ave.

Under \$5
Breast of Turkey Sandwich
Char-Broiled Chicken Sandwich
Chicken Noodle Soup
Chicken Teriyaki Rice Bowl
Vegetable Sandwich

ITALIAN

Fillippi's Pizza Grotto 82 Broadway

Under \$5
Minestrone Soup
Kid's Spaghetti Marinara

Under \$15
Linguini and Red Clam Sauce

FRUTERIA

Fruit Barr Caffè 1660 Broadway

Under \$5
Escamocha
Express Breakfast
Oats n Fruit
Veggie Green Salad
Yogurt n Fruit

Under \$10
Ruby Fruit Salad
Traditional Fruit Salad
Turkey Sandwich

Pinas Fruit Smoothies and Salads 970 Broadway

Under \$5
Fruit Salad (Pico de Gallo)
Kid's Mini Sandwich

Tropicana 616 Broadway

Under \$5
Turkey Sandwich (no cheese)
Vegetable Soup
Yogurt with Fruit

GREEK

Zorba's Family Restaurant 100 Broadway

Under \$5
Fruit Platter

Under \$10
Chicken Souvlaki lunch
Hommous Appetizer
Vegetarian Sandwich with Salad

Under \$15
Chicken Souvlaki dinner



JAPANESE

Kanpai 301 Palomar St.

Under \$5
California Roll
Cucumber Roll
Halibut Nigiri
Salmon or Shrimp Nigiri

Under \$10
Rainbow Roll

Utage
1200 3rd Ave.

Under \$5
California Roll
Edamame

Under \$10
Spicy Chicken lunch
Yakisakana lunch

Under \$15
Rainbow Roll
Sashimi Appetizer
Spicy Chicken dinner
Yakisakana dinner

CHINESE

Jade House Chinese Restaurant 569 H St.

Under \$10
Broccoli with Garlic Sauce
Moo Goo Gai Pan
Tofu with Vegetable Soup

Mandarin Chinese
949 Broadway

Under \$10
Buddha's Delight
Chicken with Broccoli

MEXICAN/SEAFOOD

Karina's 986 Broadway

Under \$10
Kid's Grilled Chicken Plate
Kid's Cooked Shrimp Appetizer

Under \$15
Charbroiled Fish with Rice, Salad

La Nena Mexican Food 975 Broadway

Under \$5
Side of Rice
Side of Beans
Chicken Taco without Cheese

Under \$10
Bean Burrito without Cheese

Mariscos Hector's Restaurant 1177 Broadway

Under \$5
Fish Tostada
Kid's Fish Burger
Side of Rice

Under \$10
Shrimp Cocktail

BARBEQUE

Croom's Caterin & BBQ 573 H St.

Under \$10
BBQ Chicken Sand. with Corn or Green Beans

SOME WAYS TO DECREASE CALORIES

- Order sandwiches without cheese, mayo, or avocado. Try mustard, low fat dressing, and fresh veggies instead.
- Order Chinese dishes steamed with the sauce on the side. Add only enough sauce to give the dish flavor.
- Order marinara or clam sauce instead of alfredo or cream sauce.
- Top Mexican dishes with salsa or lime, not guacamole or sour cream.
- Order salad dressing on the side and use only half.
- Substitute egg whites or egg substitute for eggs in an omelet.