



Some Healthy Options at Select San Marcos Restaurants

Café/Deli

Old California Coffee House and Eatery
1080 San Marcos Blvd.
www.oldcalcoffee.com

- Under \$10
- Apple Pecan Salad
- Baked Tofu Wrap
- Balsamic Bake Tofu Salad
- House Salad

Market Street Café and Bakery
1080 W. San Marcos Blvd.
www.marketstcafe.com

- Under \$10
- Kids Turkey Sandwich
- Lunch Albacore Tuna Nicoise Salad

New York Bagels and Café
751 Center Dr.

- Under \$10
- Bagel with Hummus
- Bagel with Light Cream Cheese
- Club Salad
- Egg White Omelet with Toast

Tina's Deli
760 N. Twin Oaks Valley Rd.

- Under \$10
- The Vegetarian (cheese okay)
- Grilled Chicken Fillet
- "Lite Lunch" Combo with ½ sandwich and soup

Greek

Santorini Island Grill
133 N. Twin Oaks Valley Rd.
www.santoriniislandgrill.com

- Under \$10
- Hummus and Pita
- Chicken Kebab Plate

Indian

India Princess
1020 W. San Marcos Blvd.
www.indiaprincess.com

- Under \$10
- Lentil Soup

- Under \$20
- Bhindi Masala
- Chicken Tikka
- Tandoori Fish Tikka



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.

Family Style

Tom's Burger Family Restaurant
1205 W. San Marcos Blvd.

- Under \$10
- Bean Burrito
- Broiled Chicken Fillet Sandwich
- Chicken Taco

Mama Kat's Restaurant & Pie Shop
950 W. San Marcos Blvd.
www.mamakats.net

- Under \$10
- Build Your Own Omelet (egg substitute and veggies only)
- Veggie Sandwich

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



Philly Cheesesteaks

Philly Frank's Steaks
151 S. Rancho Santa Fe Rd.
www.phillyfranks.com

- Under \$10
- Turkey Breast Hoagie
- Plain Chicken Sandwich
- Chicken and Pepper Sandwich

Grill

Chili's Bar and Grill
101 S. Las Posas Rd.
www.chilis.com

- Under \$10
- Grilled Caribbean Salad
- Guiltless Chicken Sandwich
- Pepper Pals Grilled Chicken (no fries/milk to drink)

Churchill's Pub and Grill
887 W. San Marcos Blvd.
churchillspub.us/

- Under \$10
- Shrimp Cocktail
- Boca Burger
- Shrimp Salad

Island Brothers Teriyaki
679 S Rancho Santa Fe Rd.
www.islandbrothers.com

- Under \$10
- Chicken Skewer Meal

Tony Roma's
1020 W. San Marcos Blvd.
www.tonvromas.com

- Under \$20
- Blackened Mahi Mahi
- Grilled Chicken Salad

Some Healthy Options at Select San Marcos Restaurants

Mexican

Albertacos

500 W. San Marcos Blvd.

Under \$10

2 Chicken Tacos Combination
Bean Burrito
Pollo Asado Combination

Mr. Taco

342 S. Twin Oaks Valley Rd.

Under \$10

2 Grilled Chicken Tacos
Caldo de Camaron
Grilled Chicken Salad

Tacos Pablos

727 W. San Marcos Blvd.

Under \$10

Chicken Burrito
Chicken Taco
Mexican Cabbage Salad
Pollo Asado Taco

Sombrero

133 N. Twin Oaks Valley Rd.

Under \$10

Mexican Garden Salad w/
Light Ranch
Spanish Eggs Breakfast Plate

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.

Italian

Bruno's Italian Restaurant

1020 W. San Marcos Blvd.

www.brunositalianrestaurant.com

Under \$10

Small Minestrone Soup
½ Order Spaghetti Marinara

Under \$20

Grilled Portobello Mushrooms
Linguini with Red Clam Sauce

Under \$30

Calamari Shish Kabob
Chicken Cacciatore

Old Spaghetti Factory

111 N. Twin Oaks Valley Rd.

www.osf.com

Under \$10

Spaghetti Marinara

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

Panda Garden

748 S. Rancho Santa Fe Rd.

Under \$10

Chinese Vegetable Delight
Moo Goo Gai Pan

Chin's Szechuan San Marcos

631 S Rancho Santa Fe Rd.

www.visitichins.com

Under \$10

Buddha's Feast
Chicken Chop Suey
Lunch Szechwan Scallops
Small Imperial Soup
Teriyaki Chicken Sticks



TIP!

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

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

Japanese

Hyuga Sushi

344 W. San Marcos Blvd.

Under \$10

Chicken Teriyaki
Lunch Chicken and California Roll

Under \$20

Spicy Sashimi Salad
Sushi Sampler

Katsu Seafood and Steakhouse

1020 W. San Marcos Blvd.

www.katsurestaurant.com

Under \$10

Sushi Appetizer

Under \$20

Sashimi and Chicken

TIP!

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

Vietnamese

Pho San Marcos

700 Rancho Santa Fe Rd.

Under \$10

Com Ga Nuong (steamed rice, grilled chicken and salad)
Com Tom Xao Rau Cai (steamed rice, shrimp, veggies)
Pho Tofu (tofu noodle soup)