



# 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 3<sup>rd</sup> Ave.

#### Under \$5

Turkey Sandwich with Mustard  
Veggie Sandwich with Mustard

### Hungry Hank's Deli

866 3<sup>rd</sup> 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 3<sup>rd</sup> 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.