



# Some Healthy Options at Select San Marcos Restaurants

## Café/Deli

**Old California Coffee House and Eatery**  
1080 San Marcos Blvd.  
[www.oldcalcoffee.com](http://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](http://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](http://www.santoriniislandgrill.com)

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

## Indian

**India Princess**  
1020 W. San Marcos Blvd.  
[www.indiaprincess.com](http://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](http://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](http://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](http://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/](http://churchillspub.us/)

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

**Island Brothers Teriyaki**  
679 S Rancho Santa Fe Rd.  
[www.islandbrothers.com](http://www.islandbrothers.com)

- Under \$10
- Chicken Skewer Meal

**Tony Roma's**  
1020 W. San Marcos Blvd.  
[www.tonvromas.com](http://www.tonvromas.com)

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

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## 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](http://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](http://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](http://www.visitichins.com)

Under \$10

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



**TIP!**

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

**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](http://www.katsurestaurant.com)

Under \$10

Sushi Appetizer

Under \$20

Sashimi and Chicken

## 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)