

### Bully Brew Coffeehouse

- Brewed Coffee, including flavored coffee beans
- Cold Brew
- BYO Breakfast Sandwich: English muffin, egg, turkey, mozzarella
- Oat Balls

### Darcy's Cafe

- Oatmeal Bowl (+ fruit)
- Veggie Omelet (egg whites)
- Grilled Chicken Breast Sandwich
- 2 Eggs, Bacon, Wheat Toast

### Ely's Ivy

- Tabouli
- Roasted beet Salad
- Poke / Vegan Bowl
- Roasted Herb Chicken

### Helix Wine & Bites

- Scallops
- Roasted Butternut & Burrata Salad
- Mediterranean Mahi Mahi
- Airline Chicken

### The Toasted Frog

- Spinach Salad
- Quinoa Bowl
- Fish Tacos
- Salmon

### Sky's Cloud 9

- Shrimp Cocktail
- Lump Crab Cake
- Grilled Faroe Islands Salmon
- Filet Mignon

### Half Brothers Brewing Company

- Turkey & Apple / Veggie Sandwich

- Hummus Plate
- Cold Smoked Trout
- Margherita Pizza

#### Rhombus Brewing Company

- Hummus
- Jalapeno Turkey / Veggie Burger
- Green Salad
- Sweet & Spicy Pork Taco

#### Bonzer's Pub

- Turkey Sandwich (no chips)
- Tuna Salad Sandwich (no chips)
- Soup & Salad Combo
- Chili

#### Roadhouse Café

- Oatmeal
- Veggie omelet
- Homemade chili
- 1-2 Eggs, 1 Slice Wheat Toast, 2 Strips Bacon

#### Scotty's Deli

- Veggie Lavosh
- House Salad/Soup Combo
- Caribbean Chicken / Veggie Salad or Wrap
- Lighter Menu Walleye

#### The Blue Moose

- Steamed Edamame
- Cajun Shrimp Tacos
- Umami Salmon
- Broiled Walleye

#### Boardwalk Bar & Grill

- Ahi Tuna/ Grilled Chicken Salad
- Chili Bowl
- Seafood / Veggie Lavosh
- Plain Jane Elk Burger

### Brick & Barley

- Lettuce Wraps
- Homemade Chili
- Street Tacos
- Margherita Balsamic /Buffalo Chicken Pizza

### Broken Drum

- Grilled Chicken Sandwich/Wrap
- Chicken Salad
- Veggie Lavosh
- Chili

### Eagle's Crest

- Grilled Shrimp/Chicken Tacos
- 1/2 Smoked Turkey Sandwich on Wheat
- Broiled Walleye / Salmon
- Grilled Chicken Breast (Dijon)

### Ground Round

- Lighter Baja Grilled Shrimp Tacos
- Lighter Balsamic Chicken Dinner
- Chicken Caprese Flatbread
- Veg Veggie Burger

### JL Beers

- Classic / Black Bean Burger
- Classic Chicken Sandwich
- Hampty Dampty Breakfast Sandwich
- Cajun / Sea Salt Fries

### Joe Black's

- Tacos
- Turkey Burger
- Grilled Chicken Sandwich
- Veggie Lavosh

### Parrot's Cay

- Shrimp Salad

- Blackened Chicken Dinner
- Shrimp Stir Fry
- Veggie Lavosh

### The Spud Jr.

- Little Chicago Link
- Mediterranean / Garden Salad
- Chili
- Kid's Menu Burger

### Mamma Maria's

- House/ Italian Chopped /Caprese Salad
- Chicken Mammarrita
- Pasta Primavera (lunch size)
- BYO Pasta: wheat pasta, tomato sauce, chicken or shrimp, veggies

### Speedway 805

- ¼ lb. Hamburger
- 5 oz. Sirloin Steak
- Jumbo Shrimp, steamed
- Steamed Salmon

### Southgate Bar & Grill

- Chicken Breast salad
- Tequila Lime Chicken
- Margherita /Buffalo Chicken/ Veggie Lavosh
- Soft Shell Chicken Tacos

### Steers Somali Restaurant

- Foul Mudamusas
- Hummus Platta
- Grilled Boneless Lamb
- Chicken Kebabs with salad

### **Mexican – General Recommendations**

- Avoid the chips or limit to 1 shared basket
- Avoid fried foods
- Avoid cheese (melted cheese, queso, white cheese dip)
- Avoid sauces (green, red, white, jalapeno, chipotle, "special")

- Choose the ceviche appetizer
- Choose corn over flour tortillas
- Choose soft shell over hard shell tacos
- Choose black over refried beans
- Choose corn over rice
- Choose sautéed/grilled items (veggies, fish, fajitas, chicken, beef)
- Choose salsa for flavor
- Choose lunch-sized options

### Mexican Village

- Naked Fajita Bowl
- Homemade Chili
- Tortilla-less Chicken/Beef Salad
- Small Plain Burrito

### Casa Mexico

- Lunch Fajita
- Shrimp Cocktail / Tostada
- Burrito Verde
- Tilapia Filet

### Red Pepper

- Soft Shell Tacos (3)
- Hard Shell Tacos (3)
- Grinder Salad
- Chicken Tortilla Soup

### Italian Moon - Mexican & Italian

- Grilled Chicken Dinner
- Steak/Chicken Fajitas with grilled veggies
- House salad with grilled chicken or shrimp
- BYO Pizza: Thin crust, tomato sauce shrimp or chicken + veggies

### **Pizza – General Recommendations**

- Thin Crust
- Tomato Sauce
- Healthier Toppings:
  - Peppers, mushrooms, pepperoncini, red onion, tomato, spinach, olives, jalapenos, garlic, basil, grilled chicken, pineapple
- Limit Toppings:

- Pepperoni, sausage, bacon, ham, taco meat, beef, extra cheese
- Personal Pizza
- Limit to 2 large slices (3 small-medium slices)

### Rhombus Guys

- Margherita pizza
- The Backpacker pizza
- Pear & Walnut / Garden Salad
- Hummus

### Up North Pizza Pub

- Margherita / TiKi `Za Pizza
- Grilled Chicken Sandwich
- House / Nice Little / Greek Wedge Salad + Smoked Chicken
- Roasted Cajun Dry Rub Wings

### Happy Joe's Pizza

- Little Joe Pizza
- Garden Salad
- Turkey / Chicken Panini
- Chili

### Popolino's Pizza

- Veggie Pizza
- Cheese Pizza
- Hawaiian Pizza
- BYO: Grilled garlic chicken + 2 vegetarian toppings

### Pete's Za

- Veggie Pete Pizza
- Buffalo Chicken Pizza
- BYO One Topping Cheese Pizza
- Plain Bone-In Wings

### Mike's Pizza

- Chicken Salad
- Hamburger
- Grilled Chicken Sandwich
- Garden / Artichoke / Hawaiian Chicken Pizza

## **Asian Cuisine – General Menu Recommendations**

- Summer Roll
- Fresh (not fried) Spring Roll
- Miso Soup
- Seaweed Salad
- Steamed Edamame
- Chicken Satay
- Rainbow / California Roll
- Basic Rolls: tuna, salmon, avocado
- Sashimi
- Pad Thai
- Steamed Rice
- Grilled/sautéed vegetables
- Grilled chicken/shrimp

### Little Bangkok

- Edamame
- Rainbow/California roll
- Pad Thai
- Vegetable Medley Entrée

### Thai Hot

- Summer Roll
- Lettuce Wraps
- Pad Thai
- Ginger Entrée

### China Garden

- Shrimp with mixed vegetables
- Chicken with Pea Pod
- Beef vs Scallops
- Seafood delight

### King Pho

- Fresh Spring Roll
- White meat chicken noodle soup
- Rice/Vermicelli with grilled shrimp/chicken
- Pho Shrimp/Brisket/Flank

### Shing Ya Japanese Cuisine

- Seaweed Salad
- Sashimi Bowl
- Sky Rainbow Roll
- Shing Ya Roll