

BOSTON PIZZA

- Grilled Chicken Citrus Salad *(not the crispy chicken option)* with the raspberry dressing or balsamic on the side
- Lemon Baked Salmon Fillet with Salad
raspberry dressing or balsamic on the side
- Parmesan Lime Shrimp Skewers

Add-Ons/Sides:

- starter garden salad
- side of prawns or scallops
- side of steamed vegetables

BURGER KING

- Veggie Burger
- Tendergrill Chicken Sandwich

East Side Mario's

- Cup of Vegetable Soup
- Side Garden Salad
- Lifestyle Seafood Linguine
- Small Gourmet Vegetarian Pizza
- Small Roma Pizza

Wendy's

- Chili small or large *(note: high in sodium)*
- Grill Chicken Go Wrap
- Chicken Grill Sandwich

Salads:

- side salad, Mandarin Chicken Salad no crispy noodles, use dressing sparingly

Sides:

- baked potato plain with salsa and chives
- Yogurt

kelsey's

- Sonoma Valley Chicken Salad
no croutons, can add grilled shrimp if desired, lite Italian, fat-free raspberry or Asian sesame dressing on the side
- Toasted Sesame Salmon Salad
no crispy noodles, same dressings as above on the side
- Veggie Burger ask for it on the sourdough bread, no mayo, with side garden salad dressing on the side
- Clubhouse Wrap no bacon with side garden salad dressing on the side
- Lemon Pepper Salmon with steamed vegetables or garden salad dressing on the side

Starter:

- Chicken Noodle Soup

Dessert:

- Mini Mixed Berry Crumble
no icing sugar, no whip cream

HARVEY'S

- SANDWICHES: Grilled Chicken, Veggie Burger
- SALADS: Garden or Chicken (use dressing sparingly)

McDonald's

- Grilled Chicken Snack Wrap
- Fruit 'n Yogurt Parfait
- Garden Entrée Salad with Warm Grilled Chicken
- Chicken Fajita

Montana's

- Rustic Citrus Grilled Salmon Salad with raspberry vinaigrette
- Shore Fish Fry *note: high sodium
- Vegetarian Fajita

SWISS CHALET

Sides: request raspberry dressing on the side

- Garden Salad, Spinach Chicken Salad no tortilla strips, Santa Fe Grilled Chicken Salad, Chalet Chopped Salad

Sandwiches:

- Veggie Burger, Chicken On A Kaiser, Grilled Santa Fe Chicken Breast* (**Note: This sandwich is high in sodium*)
- Rotisserie Chicken (*1/4 or 1/2 chicken—white and skinless*) with a multigrain roll, steamed vegetables and side garden salad (*raspberry dressing on the side*)
- Grilled Chicken Breast with vegetables, baked potato, corn or rice
- Rotisserie Chicken Club Wrap (*no mayo, no bacon*) with a garden salad
- Vegetable or Chicken Stir-fry ask for easy teriyaki sauce and steamed rice instead of seasoned

Sides:

- Multigrain roll, vegetable medley, garden salad

Dessert:

- frozen yogurt

TACO BELL

- **"Fresco Style"** uses salsa instead of sauce or cheese
- **Tacos:** soft chicken tacos, spicy chicken tacos
- **Burritos:** bean, Supreme chicken, Spicy chicken

second cup

- Any of the herbal or green teas
- Matcha green tea latte, no pump syrup
- Mixed berry icy fruit smoothie

Starbucks

- Any of the herbal or green teas
- Green tea latte no pump syrup
- Tazo green tea or passion fruit shaken iced tea
- Naked Juice green smoothie (*in a bottle*)
- Vivanno chocolate banana flavour ask for 1/2 the amount of pump syrup

Food:

- multigrain roll with almond butter, chewy fruit and nut bar, oatmeal with nuts, fruit salad, roasted almonds

The KEG

- 7oz. fillet mignon
smallest cut of red meat
- Honey BBQ Chicken
BBQ sauce on the side
- Teriyaki Chicken
- Grilled Shrimp or Shrimp
Cocktail starter
- Baked Salmon

Sides:

- steamed asparagus, baked potato with salsa, tomato slices, baked parmesan tomato, steamed rice, house salad with honey mustard sauce or balsamic vinaigrette

Sauces or Dips:

- peach salsa, regular salsa, guacamole, honey mustard sauce, balsamic vinaigrette

Food:

- vegetable and hummus wrap, tropical treat, chicken pesto sandwich, chicken salad wrap

milestones

- Grilled Mediterranean Chicken with steamed greens (*not sautéed*) and ½ the amount of goat cheese.
- Seafood Mixed Grill with steamed greens (*not sautéed*) and steamed jasmine rice
- Grilled Wild Coho Salmon with steamed vegetables no butter, and steamed rice
- California Spring Salad ask for oil/vinegar dressing on the side, can add grilled chicken, shrimp or salmon
- Baked Goat Cheese and Roasted Garlic Flatbread no herb oil on flat bread

- Grilled Seafood Salad no crispy noodles, with the mango vinaigrette on the side
- Mixed Greens Salad ask for oil/vinegar dressing on the side, no pecans, opt: no cheese, can add grilled chicken, salmon or shrimp
- Cajun Shrimp Dianne with tomato sauce instead of Cajun sauce, or just grilled shrimp instead, with steamed greens (*not sautéed*) and steamed jasmine rice.
- Turkey Clubhouse Sandwich (*lunch*) on flax toast, no mayo, with mixed greens salad
- Spinach and Feta Omelette (*Saturday & Sunday brunch*) with egg whites and side mixed greens salad instead of breakfast potatoes, on flax toast

Sides:

- steamed Asian greens, steamed seasonal vegetables, steamed jasmine rice, starter side mixed greens or California Spring Salad (*ordered as above*), grilled Naan bread (*no herb oil*), side of flax seed toast (*no butter*)

QUIZNOS

- Veggie Sub on whole wheat, no cheese, no dressing, use fat-free balsamic or raspberry chipotle instead
- Honey Bourbon Chicken on whole wheat
- Oven Roasted Turkey and Cheddar Sub on whole wheat, no mayo
- Tuscan Turkey Sub on whole wheat, no bacon
- Sonoma Turkey Sammie
- Alpine Chicken Sammie, no bacon
- Veggie Sammie, no cheese
- Oven Roasted Chicken Salad with fat-free balsamic or raspberry chipotle

Sides:

- side garden salad, hearty vegetable soup, chicken noodle soup

Tim Horton's

Bagels:

- Flaxseed or Twelve Grain if desired, choose butter or cream cheese—plain or garden vegetable. Request half the topping.

Muffins:

- Blueberry Bran, Raisin Bran

- Soups *avoid cream soups* • Chili (*note: high in sodium*)

Sandwiches:

- Garden vegetable, egg and cheese, chicken club, turkey breast, tuna (Egg/tuna/chicken salad contains lots of mayonnaise. Adjust daily diet to reflect this. **NOTE: These sandwiches are high in sodium*)

- Yogurt with berries