



Healthy Options[®]

AN
INDEPENDENT HEALTH FOUNDATION
PROGRAM

Eating healthy doesn't have to be boring. Why limit yourself to just a salad? The Healthy Options[®] program was created to help educate and show you all the unique and tasty options that healthy has to offer! The options are endless!

FUN FACTS ABOUT HEALTHY OPTIONS

- Healthy Options is everywhere – find our orange sticker at over 250 restaurants and food trucks around WNY!
- Skip the nachos and cheese fries and choose Healthy Options at your next outing to New Era Field!
- Larkin Square and Taste of Buffalo are the trend setters in WNY promoting healthy eating by requiring all participating vendors to offer Healthy Options menu items at their events!
- Eat healthy at work by checking out our healthy catering packages for your next meeting and adopting our company wide Healthy Meeting Policy!
- Join us for a hands-on, demonstration, sushi rolling, or private cooking class, perfect for any skill level! Our local professional chefs will guide you every step of the way as you transform an array of ingredients into a culinary masterpiece – all while having fun!

FIND IT ALL AT HEALTHYOPTIONSBUFFALO.COM

- **Restaurant Guide** – View a full list of participating restaurants, with over 500 Healthy Option menu items and nutrition information.
- **Events Listing** – Check out upcoming events you can find Healthy Options at, including Taste of Buffalo, Erie County Fair, Food Truck Tuesdays and more.
- **Cooking Classes** – View our schedule to find a class and menu that satisfies your taste buds!
- **Recipes** – Bring a cooking class right to your very own kitchen with our chefs' recipes from various cuisines and diet types.



WHERE TO FIND HEALTHY OPTIONS

For the most up-to-date list of participants, locations, menus and nutritional facts, visit HealthyOptionsBuffalo.com.

RESTAURANTS DISHING OUT HEALTHY OPTIONS MENU ITEMS:

AMHERST

Bonefish Grill
Loughran's
Natalie's Mediterranean
Sweet 'n Fit

BATAVIA

Alex's Place Restaurant
Center Street Smokehouse

BLASDELL

Black Iron Bystro
BW's BBQ
Ilio DiPaolo's Restaurant
Poppysseed
Rust Belt Bar and Grill

BUFFALO

Ashker's
Bar Louie
Bavarian Nut Company
Bravo
Buffalo Niagara Convention Center
Buffalo RiverWorks
Cabaret
Caribbean Experience
Cecelia's Ristorante
Chrusciki Bakery
Deep South Taco
Don Tequila Mexican Restaurant
Eckl's @ Larkin
Erin's Apples
Fat Bob's Smokehouse
Giacobbi's Cucina Citta
Gigi's Cucina Povera
Globe Market
Gondola Macaroni Products
Gypsy Parlor
India Gate Restaurant
Local Kitchen & Beer Bar
Merge
Mike's Subs
Mister Pizza
Niagara Seafood Inc
Oliver's Restaurant
Osteria 166
Panaro's Restaurant
Panorama on Seven

Papaya Asian Kitchen & Bar
Pastry By Camille
Patina 250
Pearl Street Grill & Brewery
Prima Pizza
Roly Poly
Ru's Pierogi
Saigon Café
Sear Steakhouse
Shango Bistro
Sidelines Bar & Grill
Spices of India
Sun Cuisines
Taste of Siam
Templeton Landing
The Filling Station
The Hatch
The Other Woman Catering
The Steer Restaurant
The Terrace at Delaware Park
Two Wheels Bakery & Café
Ulrich's 1868 Tavern
Venus Greek & Mediterranean
WNY Fun Foods

CHEEKTOWAGA

Apples Deli
Chester's Cajun Grill
Bravo! Cucina Italiana
DiBella's Old Fashioned Subs
Gordon Biersch
Hanzlian's Sausage
Jack Astor's
Polish Villa
Rosina
Sakura Sushi
World of Beer

CLARENCE

Asa Ransom House
Clarence Center Coffee Co.
La Tolteca
Orazio's
The Hollow Bistro & Brew

DEPEW

Kumo
Salvatore's Italian Gardens

EAST AURORA

Homegrown Kitchen
Tony Rome's Globe Hotel
& Restaurant

ELMA

R&R BBQ

GETZVILLE

Burrito Bay
Byblos Restaurant & Bar

GRAND ISLAND

773 North
Alz Rootz Café
Currents Restaurant
Dick & Jenny's
Herb'n Garden Farms
Lugia's
Pizza Amore
Riverstone Grill
The Village Inn
WDS Concessions

HAMBURG

Authentic Greek Food
Big G's Food Service
Butcher Boys
BW BBQ
Chester's Gators & Taters
Comfort Zone Café
Dre's Place BBQ
JP Fitzgerald's
Jungle Juice
Maple Ridge Bison Inc.
Nick Charlap's Ice Cream
Pat Marsillo Concessions
Pegasus Family Restaurant
Polar Bear Ice Cream
Rust Belt Bar & Grill
Red's Red Apples
Salvatore's Pizza
The Big Kahuna
Tropic Love
Uncle Joe's Diner

LACKAWANNA

Curly's Bar and Grill

LANCASTER

Broadway Deli Cafe & Catering
Donna's Pepper Jelly & Jams
Ripa's Restaurant & Banquets

LEWISTON

700 Bistro & Café
Casa Antica
Cask and Cow
Gallo Coal Fire Kitchen
The Griffon House
The Spice Harbor
The Spicey Pickle

LOCKPORT

Bflo Concessions
Cammarata's
Chiavetta's Catering
Lonzo's
Gonz 34 Restaurant
Manhattan's
Molinaro's Restaurant
New York Beer Project
Seas the Day Seafood
Steak Stone & Sushi
Tom's Diner

MEDINA

Avanti Grill

NIAGARA FALLS

755 West Market
Chill 443
Martino's Meeting Place
Power City Eatery
Red Coach Inn
Rock Burger
Savor

ORCHARD PARK

Danny's Restaurant
Kettle Corn Shoppe
Orchard Fresh

ROCHESTER

Dinosaur BBQ

SNYDER

Vin-Chet Bakery

TONAWANDA

Buffalo Tap Room
GO Veggies
Mississippi Mudd's
Old Man River
T.C. Wheelers Bar & Pizzeria
Tonawanda Castle

WEST SENECA

Ebenezer Ale House
Hearty House
Stack Burger

WILLIAMSVILLE

Applewood Café
Black & Blue Steak & Crab
Carmine's Italiano
Charlie the Butcher's Kitchen
Fresh Catch Poke
Gate House Grill
Giancarlo's
Kabab and Curry
Pizza Plant
Santora's
Souperb Gourmet

ALL WNY LOCATIONS

Anderson's
Applebee's
Balanced Body Foods
Dave & Buster's
D'Avolio Kitchen
Homegrown Kitchen
Jim's Steakout
Joe's Deli
Just Pizza
Louie's Hot Dogs
Original Pancake House
Spot Coffee
Subway
Tully's
Wendy's



FOOD TRUCKS DISHING OUT HEALTHY OPTIONS MENU ITEMS:

#Getfried

716 Club House
Abbott's Frozen Custard
Amy's Truck
Antone's at the Fair
Bada Bing
Big Suzie's Little Bakery
Carnivorous
Center Street Smokehouse
Cheesecake Guy
Chef's Catering
Chefs' on the Go!
Chowder Up Seafood
Cruisin' Crepes

Dickie's BBQ Pit

Dirty Bird
Eat Greek
Effortlessly Healthy
Frank's Gourmet Hot Dogs
Gourm-Asian Bistro Buffalo
Great Foodini
Hawaiian BBQ
Healthy Scratch
House of Munch
J&L BBQ
Jimmy Z's
Just Pizza
Kona Ice

Le Petit Poutine

Lomo Lomo
Lloyd Taco Truck
Macarollin
Maria's Bene Cibo
Midnight Smokin' BBQ
Mineo & Sapio Street Eats
Niagara Café
O.G. Wood Fire Pizza
Pi Craft Pizza
Pizza Amoré
Polish Villa
R&R BBQ
Rob's Kabob's

Rolling Cannoli

Ru's Pierogi
Rudy's Kitchen
Sassi Cakes
Share Kitchen
Smoothies Plus
Souped Up
Street Cafe
Sweet Hearth
Sweet Indulgence
Sweet Lisa's
Sweet Melody's
Taffy's Shakes
Ted's Hot Dogs

Thai Me Up

Tuscan Wood Fired Pizza
The Blue Balls Bus
The Cheesy Chick
The Flaming Fish
The Great Aussie Bite
The Meatball Truck Company
The Salad Bar
Totally Edible
Tuscan Wood-Fired Pizza

