

## SMART DINING GUIDE

This Smart Dining Guide was created by a group of passionate business professionals through Get Fit Itasca's Worksite Wellness Collaborative. The team focused on providing a menu that would provide healthier options for their coworkers looking to order lunch to their office spaces.

Each of the following items have met this criteria:

\* Entrees must contain 700 calories or less with at least one cup of fruit or vegetable

\* Appetizers/sides must contain 300 calories or less with at least 1/2 cup of fruit or vegetable

### Bixby's | Take-out or Dine In | YMCA Active Living Center

Any 1/2 sandwich + soup combination

Greek Salad

Soup of the Day

Ask staff for more great options!

P: 218-999-4230 W: [www.grbixbys.com](http://www.grbixbys.com)

### Toivo's | Take-out, Dine In, Delivery

Grilled Chicken Salad

Garden Salad

P: 218-999-5550 W: [www.toivos.com](http://www.toivos.com)

### Dairy Queen | Take-out or Dine In

Grilled Chicken Salad

Garden Salad

P: 218-326-3366 W: [www.dairyqueen.com](http://www.dairyqueen.com)





## Ground Round | Take-out or Dine In

California Chicken Club Salad  
Small Caesar Salad  
Grilled Chicken Club Salad  
Grilled Chicken Spinach Salad (full and lunch)  
Healthy Grilled Salmon with vegetables  
Grilled Tilapia Topped with Mango Salsa and vegetables  
Quinoa Salad with candied walnuts  
Healthy 7oz Sirloin with garden vegetables and rice pilaf

P: 218-327-8655 W: [www.grgroundround.com](http://www.grgroundround.com)

## Brewed Awakenings | Take-out, Dine In, Delivery

Any below 1/2 Sandwich and a cup of soup:

Great choice, Holy Guacamole, Italian Roast Beef, Greek Delight,  
The Everything, The Works, Roasted Red Pepper & Veggies

4-Cheese & Portobello Mushroom Lasagna  
Side Salad  
Spinach Quiche  
Fennel and Feta Quiche  
Breakfast Banana Split  
Egg Frittata with Roasted Veggies  
Power Breakfast  
Greens Galore Salad

P: 218-327-1088 W: [www.brewedawakenings.biz](http://www.brewedawakenings.biz)



# Pizza Works | Take-out, Dine In, Delivery



Half Chef Salad  
House Salad  
Garden Salad

Parmesan Chicken Salad  
Spartan Salad  
Half Taco Salad

Half Fajita Salad  
Deli Veggie Sandwich  
Spartan Sandwich

P: 218-327-8655

# McDonald's | Take-out or Dine In

Premium Grilled Chicken Wrap  
Premium Southwest Salad  
Premium Asian Salad  
Premium Grilled Chicken Sandwich/Side  
Salad Combo

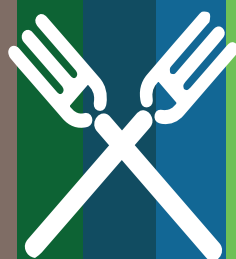
P: 218-326-5561 W: [www.mylocalmclds.com/grand-rapids-mn/](http://www.mylocalmclds.com/grand-rapids-mn/)

# Viking Cafe | Take-out or Dine In | ICC Administration Building

Deluxe Salad Bar

Ask staff for daily healthy dining options!

P: 218-322-2313 W: [www.itascacc.edu](http://www.itascacc.edu)



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# 17th Street Grill

Take-out or Dine In

Timberlake Lodge Hotel

Salad Bar (if portion control is practiced on dressings)  
Grilled Mahi Mahi Healthy Plate  
Grilled Chicken Healthy Plate  
Curried Chicken Salad with fruit or side salad  
Blackened Mahi Mahi with fruit or side salad  
Mediterranean Vegetable Gyro with fruit or a side salad

P: 218-326-2600 W: [www.timberlakelodgehotel.com](http://www.timberlakelodgehotel.com)

# Sammy's Pizza & Restaurant

Take-out, Dine In, Delivery

Spartan Meal  
Healthy Plate  
Asian Chopped Salad

P: 218-326-8551 W: [www.sammypizzagrandrapids.com/](http://www.sammypizzagrandrapids.com/)





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Interested in having your menu listed as part of the Smart Dining Guide? Please contact:

*Mollyann McCann*

Communications and Worksite Wellness Coordinator

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Message on Get Fit Itasca's Facebook Page

Thank you to all who made this project possible and the passionate advocates for healthier living in Itasca County!

## Learn more about get Get Fit Itasca

[www.getfititasca.org](http://www.getfititasca.org)

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This Dining Guide will be updated as menu options change from each restaurant.