

Eating Healthy Eating Out for Downtown Workers

Restaurant Name/ Address	Walking Time	Walking Distance	Healthy Menu Choice	Tips
Pearl Street Grill & Brewery: 76 Pearl Street Buffalo, NY 14203	8 Minutes	0.4 Miles	<ul style="list-style-type: none"> • Beer Mussels • House Salad • Chargrilled Chicken Salad • Cajun Chicken Caesar • Shrimp Salad • Fresh Apple and Pear Salad • Greek Chicken Salad 	<ul style="list-style-type: none"> • Ask for salad dressings on the side and choose low fat options like vinaigrettes. • If having a sandwich, wrap, or burger, ask for low fat topping choices like mustard and ketchup instead of s mayo. • Instead of fries with your meal, ask for a side salad.
Spot Coffee: 227 Delaware Avenue Buffalo, NY 14202 (Corner of Chippewa and Delaware)	10 Minutes	0.5 Miles	<ul style="list-style-type: none"> • Featured Salad • Wraps • Soup 	<ul style="list-style-type: none"> • Choose soups that aren't creamy because these types of soup tend to be higher in calories and fat. • Choose low fat dressing options
Dough Bois: 56 Niagara Street Buffalo, NY 14202	4 Minutes	0.2 Miles	<ul style="list-style-type: none"> • Ask for whole wheat crust options 	<ul style="list-style-type: none"> • Order a side salad with your pizza instead of having pizza and chicken wings or fingers
Prima Pizza and Pasta: 38 W. Chippewa St. Buffalo, NY 14202	8 Minutes	0.4 Miles	<ul style="list-style-type: none"> • Mixed Green Salad • Vegetarian Taco • Vegetarian Mini Sub • Turkey Breast Mini Sub • Roasted Vegetable Mini Sub • Ask for whole wheat crust options 	<ul style="list-style-type: none"> • Vegetarian options tend to be lower in calories and fat content • Ask for dressings on the side so you can control how much you are putting on your food.
Salsarita's Fresh Cantina: 110 W. Chippewa St. Buffalo, NY 14202			<ul style="list-style-type: none"> • Choose whole wheat tortillas instead of flour tortillas • Load your item up with vegetables and salsa which are lower calorie and fat options 	<ul style="list-style-type: none"> • Visit their website before going to use their online nutrition calculator to make sure you aren't consuming too many calories • When you are adding in toppings, burritos/tacos/salads end up having a lot of calories and fat. • Order your meal without the sides. The sides alone are well over 700 calories which is more than half of the calories the average person needs

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Papaya Restaurant: 118 W. Chippewa Street Buffalo, NY 14202	11 Minutes	0.5 Miles	<ul style="list-style-type: none"> • Steamed Bok Choy • Steamed Rice instead of fried rice or coconut rice • Pad Thai 	<ul style="list-style-type: none"> • Choose chicken instead of duck • Look for stir-fried dishes and fresh spring rolls
Charlie the Butcher: 296 Main St. Buffalo, NY 14203	5 Minutes	0.2 Miles	<ul style="list-style-type: none"> • Mini Beef • Mini Turkey • Tuna Wrap • Veggie Wrap (ask for dressing on the side) • Minestrone Soup • Chef or Caesar Salad with dressing on the side 	<ul style="list-style-type: none"> • Choose “mini” options instead of the larger sandwiches • Top your sandwich with horseradish or cranberry-orange relish instead of mayonnaise • Check for whole wheat wraps
Liquid Energy Bar: 298 Main Street Buffalo, NY 14202	5 Minutes	0.2 Miles	<ul style="list-style-type: none"> • Turkey Avocado Wrap • Hummus and Miso Wrap • Veg-Head Wrap • The Ultimate Tuna Panini • The Beet-goes-On 	<ul style="list-style-type: none"> • When ordering the smoothies, make sure you look at the ingredients because just like anything else these can be high in calories and fat
Globe Market: 298 Main Street Buffalo NY	5 Minutes	0.2 Miles	<ul style="list-style-type: none"> • Turkey Club on multigrain roll • Garden Salad • Spinach Salad • Grilled Veggie Baguette • Portabella Baguette 	<ul style="list-style-type: none"> • Ask for multigrain roll for any sandwich you have instead of a white roll

