

# Restaurant Guide

Seafood Restaurants	Green	Yellow	Red
<b>Appetizers</b>			
Steamed Shrimp (1/4 lb. unpeeled – 3 oz. peeled) <b>(watch butter!)</b>	✓		
Steamed Clams (1/2 lb w/ shells – 3 oz. shelled) <b>(watch butter!)</b>	✓		
New England Clam Chowder (1-1/2 cups)			✓
<b>Entrées</b>			
Steamed Lobster (1 1/8 lb w/shel – 3 oz. shelled) <b>Without the butter!</b>	✓		
Steamed Alaska King Crab (1/4 lb. w/ shells – 3 oz. shelled, <b>no butter!</b> )	✓		
Boiled or Grilled Scallops (6 oz.) <b>NO butter</b>	✓		
Broiled Low Fat Fish (cod, haddock, etc.) (6 oz.)	✓		
Shrimp Scampi (4 oz.)		✓	
Blackened Catfish (6 oz.)	✓		
Broiled Salmon (8 oz.)	✓		
Baked Suffed Shrimp (8 oz.)	✓		
Fried Fish (9 oz.)			✓
Fried Shrimp (7 oz.)			✓
Fried Clams (8 oz.)			✓
Fried Seafood Combo (14 oz.) plus tartar sauce (4 tb) and french fries, and coleslaw, and biscuits (2) with butter (2 pats)			✓
Seafood Casserole			✓
Tossed Salad, without dressing (2 cups)	✓		
<b>Side Dishes</b>			
Dinner Roll			✓
Dinner Roll with 1 pat butter			✓
Tossed Salad with 4 tb light Italian Dressing	✓		
Tossed Salad with 4 tb regular Italian Dressing			✓
Coleslaw (1/2 cup)		✓	
Baked potato with 1 tb sour cream			✓
Rice Pilaf (1/2 cup, they usually much more!)		✓	

<b>Seafood Restaurants (Cont.)</b>	<b>Green</b>	<b>Yellow</b>	<b>Red</b>
Biscuit			✓
French Fries (2 cups)			✓
Baked potato w/ 4 tb sour cream & 2 pats butter			✓
<b>Condiments</b>			
Tartar Sauce (1 tb)		✓	
Sour Cream (1 tb)		✓	
Butter (1 pat) <b>No more than 1!</b>		✓	
<b>Steakhouse Foods</b>	<b>Green</b>	<b>Yellow</b>	<b>Red</b>
<b>Appetizers</b>			
Fried whole onion (3 cups – 21 oz.) plus dipping sauce (5 tb)			✓
Cheese Fries (4 cups – 27 oz.) plus ranch dressing (8 tb)			✓
<b>Entrées (meat portions 3-4 oz.)</b>			
BBQ Chicken Breast	✓		
Sirloin Steak, untrimmed			✓
Sirloin Steak, trimmed		✓	
Pork Chops, untrimmed			✓
Pork Chops, trimmed		✓	
Rib Eye Steak, untrimmed			✓
Rib Eye Steak, trimmed		✓	
New York Strip Steak, untrimmed			✓
New York Strip Steak, trimmed		✓	
T-bone Steak, untrimmed			✓
T-bone Steak, trimmed		✓	
Porterhouse steak, untrimmed			✓
Porterhouse steak, trimmed		✓	
Prime Rib, untrimmed			✓
Prime Rib, trimmed		✓	
<b>Side Dishes</b>			
House Salad w/ Fat Free Dressing (2 tb)	✓		
House Salad with Light Dressing (2 tb)	✓		
Cesar Salad (2 cups)			✓
Baked potato with 1 tb. sour cream			✓
Baked potato with butter (1-1/2 tb.)			✓
Baked potato, loaded with bacon, butter, cheese and sour cream			✓

French Fries (2 cups)			✓
<b>Dinner House Dishes</b>	<b>Green</b>	<b>Yellow</b>	<b>Red</b>
<b>Appetizers</b>			
Chili (1-1/2 cups – Bean better than beef)		✓	
Buffalo Wings (12 wings – 13 oz) plus blue cheese (4 tb) and celery sticks (5)			✓
Fried mozzarella sticks (9 sticks – 8 oz.)			✓
Stuffed potato skins (8 skins – 12 oz.) plus sour cream (5 tb)			✓
<b>Entrées</b>			
Grilled Chicken (6 oz.)	✓		
Sirloin Steak (3-4 oz.)		✓	
Chicken Ceasar Salad with dressing (4 cups)			✓
Bacon and cheese grilled sandwich			✓
Steak (3 oz) Fajitas with tortillas (1) plus quacamole, sour cream and cheese (go light!)			✓
Oriental Chicken Salad with dressing ( 2 1/2 cups)		✓	
Chicken Fingers (5 pieces – 9 oz.)			✓
Hamburger			✓
BBQ Baby Back Ribs (14 ribs – 16 oz.)			✓
Mushroom Cheeseburger			✓
<b>Side Dishes and Desserts</b>			
Green Vegetable of the Day (1 cup)	✓		
Baked potato with sour cream (1 tb.)			✓
Baked potato loaded with bacon, butter, cheese and sour cream			✓
Coleslaw (1/2 cup)		✓	
French Fries (2 cups)			✓
Onion Rings			✓
Fudge Brownie Sundae (10 oz.)			✓
<b>Italian Food &amp; “Olive Garden”</b>	<b>Green</b>	<b>Yellow</b>	<b>Red</b>
<b>Appetizers and Side Dishes</b>			
Fried Calamari (3 cups)			✓
Garlic Bread (8 oz.)			✓
Antipasto (1-cup.)		✓	
Minestrone Soup (2 cups)	✓		

Italian Food & "Olive Garden"	Green	Yellow	Red
<b>Entrées</b>			
Spaghetti w/ marinara sauce (1-cup)		✓	
Linguine w/ red clam sauce (1-cup)		✓	
Linguine w/ white clam sauce(1-cup )		✓	
Chicken Marsala (6 oz.)		✓	
Spaghetti with meat sauce (1-cup)		✓	
Spaghetti with sausage (1-cup)		✓	
Spaghetti with meatballs(1-cup )		✓	
Cheese Ravioli (1-1/2 cups)			✓
Pasta Primavera- extra veggies; less than 1/2 cup pasta	✓		
Pasta Florentie- extra spinach; less than 1/2 cup pasta	✓		
Veal Parmigiana (1-1/2 cups)			✓
Eggplant Parmigiana (1-1/2 cups)			✓
Cheese Manicotti (1-1/2 cups)			✓
Lasagna (1-1/2 cups)			✓
Fettucine Alfredo (1-1/2 cups)			✓
Linguine alla Marinara (1-cup)		✓	
Shrimp Primavera (1-cup)		✓	
Chicken Giardino (1-cup)		✓	
Cappelini Pomodoro (1-cup)		✓	
Chinese Food	Green	Yellow	Red
<b>Appetizers</b>			
Hot and Sour Soup (1 cups)	✓		
Egg Roll (1)		✓	
<b>Entrées</b>			
Rice- 1/2 cup		✓	
Szechuan Shrimp (1-1/2 cups)	✓		
Stir-Fried Vegetables (1-1/2 cups)	✓		
Shrimp with garlic sauce (1-1/2 cups)	✓		
Hunan tofu (1-1/2 cups)	✓		
House Lo Mein (1-1/2 cups)		✓	
Beef with Broccoli (1-1/2 cups)		✓	
Chicken Chow Mein (1-1/2 cups)		✓	
House Fried Rice (1-1/2 cups)		✓	
General Tso's Chicken (1-1/2 cups)			✓

Orange (crispy) beef (1-1/2 cups)			✓
Moo shu pork (1-1/2 cups)			✓
Sweet and Sour pork (1-1/2 cups)			✓
Kung Pao Chicken (1-1/2 cups)			✓
<b>Spanish Food</b>	<b>Green</b>	<b>Yellow</b>	<b>Red</b>
<b>Appetizers</b>			
Plátanos maduros al caldero (1 cup)		✓	
Plátanos maduros fritos (1 cup)			✓
Pastelitos de carne o queso (1 cup)			✓
Quipe (1 cup)		✓	
Relleno de Yuca (1 pc)			✓
Alcapurria (1 cup)			✓
Relleno de Papa (1 pc)			✓
Batata Frita (1 batata)			✓
Tostones (1/2 cup)			✓
Torrejas de berenjena (1 cup)		✓	
<b>Entrées and Side Dishes</b>			
Sancocho (1 cup)		✓	
Mondongo (1 cup)			✓
Cocido de pata de vaca (1 cup)			✓
Arroz Blanco (1/2 cup)		✓	
Arroz con gandules (1/2 cup)		✓	
Arroz con maíz (1/2 cup)		✓	
Arroz con frijoles negros (1/2 cup)		✓	
Habichuelas rojas guisada (1/2 cup)	✓		
Gandules guisado (1/2 cup)	✓		
Pescado frito (3 oz)			✓
Pescado guisado (3 oz)	✓		
Pescado con coco (3 oz)			✓
Pollo frito (3 oz)			✓
Pollo guisado (3 oz)		✓	
Pollo horneado (3 oz)	✓		
Chicharrón de pollo (3 oz)			✓
Chicharrón de cerdo (puerco) (3 oz.)			✓
Bistec encebollado (3 oz)		✓	
Bistec guisado (3 oz)		✓	

Chivo guisado (1 cup)		✓	
Pernil asado (1 cup)		✓	
Chuleta frita (3 oz)			✓
Chuleta horneada (3 oz)		✓	
Bacalao guisado (3 oz)	✓		
Mofongo (1 cup)			✓
Ensalada de coditos con mayonesa (1 cup)			✓
Ensalada verde (1 cup)	✓		
Ensalada de chayote (1 cup)	✓		
Guineo verde hervido (1 cup)		✓	
Yuca hervida (1 cup)		✓	