

HEALTHY CATERING GUIDE

The following guide was developed to support the successful adoption and implementation of the New York City Food Standards for Meetings and Events (Standards). The Standards help to provide healthful choices for employees and visitors when serving food at meetings and events.

This guide provides a selection of food and beverage items from the menus of seven restaurants located in or around East Harlem. Inclusion of food and beverage items in this guide is not intended as an endorsement of any particular establishments by the New York City Department of Health and Mental Hygiene or the City of New York. The food and beverage items are provided only as examples that are consistent with the Standards.

Remember:

- If serving food, a fruit or vegetable and water must be served to meet the Standards; these items can be found in bold.
- Tips for ordering and serving are listed at the bottom of each restaurant listing.
- Calls were made to all restaurants to confirm that substitutions suggested in these menus can be done; however, menus are subject to change so please consult with each restaurant to confirm options and current offerings.
- Use the Menu Planning Checklist at the end of this guide to help you prepare menus for meetings and events.

Following the Standards can be easy! Share this guide with staff involved in planning, ordering, and preparing food and beverages to help ensure that your meetings and events are healthier.

All items listed are separated into three categories: *entrees*, *sides*, and *beverages*. Choose one or more dishes from each of these categories to create a meal that meets the Standards.

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WHOLE GRAIN OPTIONS ARE AVAILABLE FROM THE FOLLOWING 4 RESTAURANTS AND SHOULD BE REQUESTED WHEN ORDERING.

DA CAPO

ITALIAN

1392 Madison Ave, New York, NY 10029

Phone Number – (646) 707-0684

LUNCH AND DINNER MENU

ENTREES

- Tagliatelle All'Arrabiata (*Whole wheat pasta with spicy tomato sauce*)
- Ravioli Al Pesto (*Whole wheat pasta with grilled zucchini & red pepper*)
- Panini on Whole Wheat Bread
 - Caprese (*Fresh mozzarella, tomatoes, basil, olive oil*)
 - Tacchino (*Pesto, sun dried tomatoes, turkey, tomatoes, baby arugula*)

SIDES

- **Garden Salad** (*Mixed greens, tomatoes, red cabbage, balsamic dressing*)
- **Nicoise Salad** (*Baby arugula, tuna, capers, onions, hard boiled eggs, lemon dressing*)

BEVERAGES

- **Water**
- **San Pellegrino Sparkling Water**
- Coffee
- Tea
- 100% Orange or Grapefruit Juice

TIPS:

- Request whole wheat bread for panini and whole wheat pasta for pasta dishes.
Orders for whole grains must be placed at least 2 days in advance.
- Request salad dressing on the side.
- Serve tap water in a pitcher as an alternative to purchasing bottled water.
- Serve 100% juice in cups no larger than 6 ounces.
- Place order at least 1 week in advance for custom whole wheat Panini options.

LA SHUK

MOROCCAN

1569 Lexington Ave, New York, NY 10029

Phone Number – (212) 289-0089

LUNCH AND DINNER MENU

ENTREES

- Marrakesh Tagine, Plain or with Grilled Chicken (*Stew with herbs and spices, pickled lemon, and olives, served with brown rice and salad*)
- Chicken Shish Kebab Platter (*Served with brown rice, beet salad, green salad, tomato, onion jalapeno*)
- Spicy Moroccan Fish (*Oven-roasted tilapia in spicy tomato sauce, served with spicy roasted potato and carrots*)
- Moroccan Chicken Salad (*Grilled chicken, spinach, watermelon, feta, sunflower seed, cranberries, lemon juice & olive oil*)
- Vegan Platter (*Assortment of vegan appetizers, served with whole wheat pita*)
- Spicy Chicken Sandwich (*Sauteed chicken with spices, herb sauce, and tomato on a whole wheat pita, served with green salad*)
- La Shuk Omelet (*Eggs with tomato, onion, and goat cheese, served with green salad and whole wheat pita*)
- Green Shakshuka (*Baked eggs in spicy tomato sauce with spinach and feta, served with olive hummus, green salad, whole wheat pita*)

SIDES

- **Arabic Salad** (*Romaine, tomato, red cabbage, carrots, cucumber, tahini, lemon juice, olive oil*)
- **Beet Salad** (*Boiled beets with white onion, parsley, coriander, lemon juice, olive oil*)
- **Artichoke and Bean Salad** (*Artichoke heart with edamame in tomato sauce with coriander and parsley*)

- **Sweet Potato and Raisin** (*Spicy roasted sweet potato with raisin and honey*)
- **Tabouli** (*Bulgur, cucumber, parsley, scallion, cranberry, lemon juice, olive oil*)
- **Roasted or Spicy Eggplant Salad** (*Pureed eggplant with tahini, served with whole wheat pita*)

BEVERAGES

- **Water**
- Hot mint tea
- Coffee

TIPS:

- Order the tabouli as a side dish to provide a whole grain option for your meal or request that rice dishes be made with brown rice.
- Place orders requesting brown rice at least one day in advance.
- Request salad dressing on the side.
- Serve tap water in a pitcher as an alternative to purchasing bottled water.

EL PASO

MEXICAN

1643 Lexington Ave, New York, NY 10029

Phone Number – (212) 831-9831

LUNCH AND DINNER MENU

ENTREES

- Ceviche (*must order without chips*)
- Filete a la Veracruzana (*Pan-seared red snapper filet with tomatoes, olives, capers, onions, herbs, serrano chile, and wine, served with spinach*)
- Vegetarian, Chicken or Shrimp Fajitas (*Peppers, onion, zucchini, mushroom, tomatoes, served with rice, pico de gallo, and corn tortillas*)
- Chicken, Shrimp, or Fish Soft Tacos on Corn Tortillas
- Huevos a la Mexicana (*Lunch only: scrambled eggs with fresh tomato, jalapeno, and onions, served with rice, beans, and corn tortilla*)
- Huevos Rancheros (*Lunch only: two eggs sunnyside up on a corn tortilla with spicy salsa ranchera and queso fresco, served with rice, beans, and corn tortilla*)

SIDES

- **Ensalada de Nopales** (*Baby cactus, with baby spinach, onions, tomatoes, radishes and cilantro*)
- **Ensalada Verde** (*Mixed baby greens, tomatoes, onions, with lemon dressing*)
- **Sautéed spinach**
- Ensalada de Pollo or Camarones (*Mixed greens salad with chicken or shrimp*)
- Tamales Oaxaqueños (*Steamed corn dough in banana leaf with chicken and chile*)
- Tamales (*Steamed corn dough with green, mole or jalapeno and cheese*)
- Sopa de Pollo con Verduras (*Chicken and vegetable soup*)
- Caldo de Camarones (*Shrimp in light tomato-guajillo broth*)

BEVERAGES

- **Water**
- 100% orange juice

TIPS:

- Request corn tortillas with entrees instead of flour tortillas.
- Serve 100% juice in cups no larger than 6 ounces.
- Request salad dressing and/or sour cream on the side.
- Serve tap water in a pitcher as an alternative to purchasing bottled water.
- If placing a large order for morning or afternoon delivery, place the order by the night before.

EL KALLEJON

TAPAS

209 E. 117th St., New York, NY 10035

Phone Number – (646) 649-4795

LUNCH AND DINNER MENU

ENTREES

- Tacos del Barrio with Corn Tortillas
 - Tofu Pico de Gallo
 - Vegetarian of the Day
- Ceviche (*with sliced cucumber*)

SIDES

- **Ensalada Verde** (*Mixed greens, figs, goat cheese, agave balsamic vinaigrette*)
- **Ensalada de Aguacata** (*Avocado, tomato, onions, lemon vinaigrette*)

BEVERAGES

- **Water**
- Coffee
- Tea
- Choice of 100% Juice

TIPS:

- Request corn tortillas for tacos.
- Request sliced cucumbers instead of chips when ordering ceviche.
- Request salad dressing on the side.
- Serve tap water in a pitcher as an alternative to purchasing bottled water.
- Serve 100% juice in cups no larger than 6 ounces.
- Contact restaurant for “build your own taco” option: corn tortillas served with a choice of up to 3 fillings and cheese/garnish on the side
- Confirm that all requested taco fillings are not fried.

BROTHER'S BAKERY

BAKERY CAFÉ

2155 Second Avenue, New York, NY 10029

Phone Number – (212) 641-0646

Order 1 day in advance

ENTREES

BREAKFAST

- **Fruit salad:** Choice of watermelon salad, fresh fruit salad, or mixed berry salad
- Granola & fruit parfait with yogurt (*Request plain, low-fat yogurt*)
- Bagels with cream cheese or peanut butter
- Eggs any style: Plain or with whole wheat toast, avocado, or vegetable
- Healthy egg wraps: Farm (*Egg whites, chicken breast, mozzarella*), Sunny Day (*Egg whites, tomato, fresh roasted turkey, cheddar*), Oasis (*Egg whites, broccoli, spinach, onions, pepper jack cheese*).
- Oatmeal: Plain or add raisins, cranberries, almonds, or walnuts

LUNCH

- Sandwiches and Wraps: Grilled Chicken, Grilled Veggies, Chicken Salad, Tuna Wrap, Maple Glaze Honey Turkey and Avocado Sandwich
- Grilled Chicken or Grilled Vegetable Quesadilla (*Served on tortilla with sour cream and side salad*)
- Panini with side salad: Italiano (*Chicken, roasted pepper, pesto sauce, mozzarella*) and Veggie Delight (*Mushroom, onion, grilled peppers, arugula, fennel, mozzarella*).
- Entrée Salads: Grilled or Cajun Grilled Chicken Salad (*Roasted peppers, corn, avocado, mozzarella, mixed greens*) and Tuna Salad (*Roasted peppers, tomatoes, onions, cucumber, romaine*)

SIDES

- **Fresh Garden Salad** (*Tomatoes, cucumber, carrots, onions, artichoke hearts*)
- **Make Your Own Salad** (*Choice of romaine, mixed greens, or spinach and 4 toppings: broccoli, pepper, onions, carrots, cucumber, mushroom, chickpeas, black olives, chopped egg, corn, artichoke hearts, raisins, cranberries, almonds*)

BEVERAGES

- **Bottled water**
- Freshly squeezed orange juice
- Coffee and tea

TIPS:

- Choose whole wheat bagels, bread or wraps as a whole grain option.
- Request salad dressing and sour cream to be served on the side.
- Serve 100% fruit juice in cups no larger than 6 ounces.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.

CHARLIE'S PLACE

JAPANESE

1960 Madison Avenue, New York, NY 10035

Phone Number – (212) 410-0277

Order 3 days in advance

ENTREES

- Sushi and sashimi tray: Assorted sushi and sashimi, including tuna, salmon, eel, shrimp, and California roll
- Individual sushi rolls:
 - California roll (*Crab meat, avocado cucumber*)
 - Tuna California roll (*Tuna, avocado, cucumber*)
 - Salmon California roll (*Salmon, avocado, cucumber*)
 - Eel roll (*Barbecued eel, cucumber, eel sauce*)
 - Spicy Grilled Salmon roll (*Grilled salmon, avocado, cucumber, special sauce*)
 - Rainbow roll (*California roll with tuna, salmon, white fish, and cooked shrimp*)
 - Diet Dream Roll (*Tuna, salmon, shrimp, crab meat, and avocado*)
 - Alaska Roll (*Salmon with avocado*)
 - Spicy grilled chicken roll (*Grilled chicken, avocado, cucumber, special sauce*)
- Sushi and sashimi combos:
 - Classic Combo (*3 pieces sushi, 3 pieces avocado roll, 3 pieces salmon roll, 3 pieces tuna roll*)
 - Salmon Combo (*4 pieces salmon sushi, 8 pieces salmon avocado roll*)
 - Tuna Combo (*4 pieces tuna sushi, 8 pieces tuna avocado roll*)
 - Sashimi Combo A (*3 pieces tuna, 3 pieces salmon, 2 pieces yellowtail*)
 - Sashimi Combo B (*3 pieces tuna, 3 pieces salmon, 3 pieces red snapper*)

SIDES

- **House salad** (*Served with ginger dressing*)
- **Seaweed salad**
- **Edamame**
- **Shrimp shumai** (*Steamed shrimp dumplings*)

BEVERAGES

- **Bottled water**

TIPS:

- Request that sushi and sashimi be made with brown rice for a whole grain option.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.
- Request salad dressing to be served on the side.

DREAMER'S PIZZA

ITALIAN

1830 Third Avenue, New York, NY 10029

Phone Number – (212) 987-5414

www.dreamerspizza.com

Order 1 day in advance

ENTREES

- Pizza with whole wheat crust:
 - Neopolitan pizza (*Pizza sauce, mozzarella, parmesan, herbs*)
 - Vegetarian pizza (*Roasted pepper, eggplant, zucchini, plum tomatoes, fresh garlic, mozzarella, parmesan cheese, herbs*)
 - Green pizza (*Grilled chicken, pesto sauce, artichoke hearts, plum tomatoes, mozzarella, parmesan, herbs*)
 - Wild pizza (*Portabella, crimini, and shiitake mushrooms, plum tomatoes, mozzarella, parmesan, herbs*)
 - Country pizza (*Roasted eggplant, peppers, black olives, fresh garlic, mozzarella, goat cheese, herbs*)
 - Grilled chicken pizza (*Grilled chicken, portabella, crimini and shiitake mushrooms, plum tomatoes, red onions, mozzarella, parmesan, herbs*)
 - Spinaci pizza (*Spinach, garlic, mozzarella, ricotta, parmesan, herbs*)
 - Garden pizza (*Spinach, plum tomatoes, red onions, garlic, extra virgin olive oil, feta cheese, fresh herbs*)
 - Greek (*Artichoke hearts, black olives, plum tomatoes, extra virgin olive oil, feta, herbs*)
 - Broccoli (*Mushroom mix, broccoli, caramelized onions, plum tomatoes, mozzarella, parmesan, herbs*)
- Ziti with fresh vegetables (*Served with bread or garlic knots*)
- Spaghetti with fresh vegetables (*Served with bread or garlic knots*)

SIDES

- **Garden Salad** (*Mixed greens, mushrooms, artichoke hearts, red onions, plum tomatoes, parmesan*)
- **Tropical Salad** (*Mixed greens, avocado, cucumbers, plum tomatoes, parmesan*)
- **House Salad** (*Mixed greens, cucumbers, tomatoes, carrots, parmesan*)
- **Dreamers Salad** (*Mixed greens, plum tomatoes, cucumbers, red onions, mozzarella*)
- Grilled Chicken Salad (*Romaine lettuce, red onions, plum tomatoes, parmesan*)

BEVERAGES

- **Bottled water**

TIPS:

- Order pizza with whole wheat crust for a whole grain option.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.
- Request salad dressing to be served on the side.

EL NUEVO CARIDAD

CARIBBEAN/SPANISH

2257 Second Avenue. New York, NY 10029

Phone Number – (212) 860-8187

Order at least 1 day in advance

ENTREES

- Sandwich on white or whole wheat bread: Choice of ham and cheese, turkey with cheese, tuna, chicken breast
- Half rotisserie chicken with choice of side
- Pechuga de Pollo a la Parilla (*Grilled chicken breast and choice of side*)
- Pechuga de Pollo o Camarones Salteado (*Sautéed chicken breast or shrimp with peppers, onions, and choice of side*)
- Pechuga de Pollo o Camarones al Ajillo (*Chicken breast or shrimp in garlic sauce and choice of side*)
- Pescado de Rueda or Filete de Salmon al Vapor con Vegetales (*Steamed sliced fish or filet of salmon with vegetables and choice of side*)
- Filete de Salmon al Horno (*Broiled filet of salmon with choice of side*)
- Pargo al Horno or a al Parilla (*Broiled or grilled red snapper and choice of side*)

SIDES

- **Mixed greens salad** (*Lettuce, tomato, avocado, cucumber, beets, onion*)
- **Vegetable salad** (*Broccoli, butternut squash, carrots*)
- **Steamed vegetables**
- **Avocado salad**
- **Green salad**
- Mashed potatoes
- Potato salad
- Stewed red beans
- White or yellow rice
- Rice and peas
- Yuca (*request boiled*)
- Guineos Sancochada (*Boiled green banana*)

BEVERAGES

- **Bottled water**
- Fresh-squeezed orange, passionfruit, tamarind, or pineapple juice

TIPS:

- Request that sandwiches be made on whole wheat bread for a whole grain option.
- Serve 100% juice in cups no larger than 6 ounces.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.
- Request sandwiches to be cut in half for appropriate portions

MAMA GYRO

GREEK/MEDITERRANEAN

165 East 106th Street, New York, NY 10029

Phone Number – (212) 410-1211

Order 2 days in advance

ENTREES

- **Basic Make Your Own Gyro Bar** (*Served with lettuce, tomato, onion, and request cucumbers instead of french fries. Premium includes an extra choice for each option below.*)
 - Choose 1 type of pita: white, whole wheat, or gluten free pita
 - Choose 2 sauces: hummus, mama's sauce, tzatziki, spicy mayo, hot sauce, spicy tzatziki
 - Choose 2 meats: chicken rotisserie, beef/lamb rotisserie, chicken breast souvlaki, grilled chicken
- **Basic Salad Bar** (*Premium includes an extra choice for each option below.*)
 - Choose greens: Curly kale or chopped romaine lettuce
 - Choose dressing: Mama's house vinaigrette or tzatziki dressing
 - Choose 3 add-ins: imported feta with olive oil, dolmades, lentil salad, spinach couscous, Mama's beet salad, giant white bean salad
 - Choose 2 meats: chicken rotisserie, chicken breast souvlaki, grilled chicken, pork souvlaki

SIDES

- **Classic Greek salad** (*Chopped romaine, feta, green bell pepper, tomatoes, onion, Kalamata olives, cucumbers, vinaigrette, pita bread*)
- **Mama's salad** (*Chopped romaine, curly kale, beets, chickpeas, green bell pepper, carrot, tomato, roasted red pepper, tzatziki dressing, pita bread*)
- **Kale salad with feta and cranberries**

- **Kale salad with kaboucha squash and yellow raisins**

Mama's beet salad

- **Homemade dip platter:** Choice of pita or vegetables served with 3 dips: hummus, melitzanosalata (*Greek babaganoush*), spicy pepper feta, tzatziki, or taramosalata (*fish roe*)
- Spinach couscous
- Greek specialties
- Giant white bean salad
- Dolmades (*Stuffed grape leaves*)
- Gigantes Plaki (*Greek baked beans*)
- Fakes (*Lentil salad*)
- Spanakorizo (*Spinach and rice*)
- Lemon zest white basmati rice

BEVERAGES

- **Bottled water**

TIPS:

- Request whole wheat pita for a whole grain option.
- Request salad dressing to be served on the side.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.

MANNA'S

SOUL FOOD

70 West 125th Street, New York, NY 10027

Phone Number – (212) 828-1230

www.soulfood.com

Order 3 days in advance

ENTREES

- Baked Chicken
- Jerk Chicken
- BBQ Chicken
- Curry Chicken
- Roast Turkey
- Baked Salmon
- Baked Blue Snapper
- Chicken Rice
- Vegetable Lasagna
- Garlic Chicken (order grilled)
- Lemon Chicken (order grilled)

SIDES

- **Collard Greens**
- **Sauteed Broccoli**
- **Tossed Salad**
- **String Beans**
- **Steamed Cabbage**
- **Avocado Salad**
- **Fruit Salad**
- Curry Potatoes
- Sauteed Red Potato
- Mashed Potatoes
- Sweet plantains (order boiled)
- Lima Beans
- Black Eyed Peas
- Couscous
- Rice & Beans
- Spinach and Rice

BEVERAGES

- **Bottled water**

TIPS:

- Request that rice dishes be made with brown rice for a whole grain option.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.

Q&N CATERING

DELICATESSEN

107 East 125th Street, New York, NY 10035

Phone Number – (212) 860-2021

Order 2 days in advance

ENTREES

BREAKFAST

- **Fruit Platter**
- Day Starter Platter (*Assorted muffins and bagels served with butter, cream cheese, grape jelly, and coffee. Request extra bagels or muffins instead of danishes.*)
- Breakfast Sandwich Platter (*Egg and egg white sandwiches on choice of bread served with coffee*)
- Continental Platter (*Egg & egg white sandwiches on choice of bread with coffee, freshly squeezed orange juice, and **fruit platter***)

LUNCH

- Classic Sandwich Platter (*Choice of cold cuts, cheese, lettuce, tomato, served on choice of bread. Request salad on the side instead of chips.*)
- Gourmet Sandwich Platter (*Choice of cold cuts, cheese, lettuce, tomato, served on choice of bread. Served with coleslaw or potato salad.*)
- Panini Sandwich Platter (*Choice of panini on white or whole wheat pita served with a side salad*)
- Chicken Fajita Panini (*Grilled chicken, sautéed onions and peppers, salsa, and melted cheddar cheese*)
- Tuna Melt Panini (*Albacore tuna, lettuce, fresh tomatoes, and melted cheddar cheese*)
- Italiano Panini (*Grilled chicken, roasted red peppers, fresh mozzarella, and garlic pesto dressing*)
- Veggie Panini (*Roasted vegetables, balsamic vinegar, and melted mozzarella*)

SIDES

- **Garden salad** (*Lettuce, onion, green pepper, red pepper, tomato, carrot, and cucumber*)
- **Greek salad** (*Lettuce, feta, baby corn, onion, tomato, cucumber, and black olives*)

BEVERAGES

- **Bottled water**
- Coffee and tea

TIPS:

- Request whole wheat bread, wraps, and pita for a whole grain option.
- Request salad dressing to be served on the side.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.
- Request mini bagels and muffins or cut in half for appropriate portions

SISTERS CARIBBEAN CUISINE

CARIBBEAN/SOUTHERN

47 East 124th Street, New York, NY 10035

Phone Number – (646) 425-3351

Order 3 days in advance

ENTREES

- Jamaican Jerk Chicken
- Masala Curry Chicken
- Trinidadian Stew Chicken
- Marlyn's Baked Chicken
- Neville's Special Curried Goat
- Sauteed Codfish
- Sauteed Shrimp (*with choice of jerked, curried, or house fish sauce*)
- Seared Salmon (*with choice of jerked, curried, or house fish sauce*)

SIDES

- **Collard Greens**
- **Cabbage & Carrots**
- **Steamed String Beans**
- **Sauteed Spinach**
- **Calaloo** (*Okra, spinach, garlic, coconut cream, and spices*)
- Garlic Mashed Potatoes
- Coconut Peas & Rice
- Curry Potato & Chickpeas

BEVERAGES

- **Bottled water**

TIPS:

- Request that rice dishes be made with brown rice for a whole grain option.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.

UPTOWN VEGETARIAN RESTAURANT

VEGETARIAN

52 East 125th Street, New York, NY 10035

Phone Number – (212) 987-2660

Order 1 week in advance

ENTREES

- Vegetables by the Pound: Choice of **collard greens, string beans, broccoli, mixed cabbage and carrot, okra, pumpkin, squash, mushrooms, zucchini, spinach**, mashed potato, curry or garlic potato, or boiled plantains
- Protein by the Pound: Choice of soy stir fry chicken, curry tofu, BBQ tofu, stew tofu, BBQ soy chunks, soy dinner roast, soy meat loaf, soy BBQ ribs, soy salmon, soy steak curry, soy steak stew, soy curry drumsticks, soy BBQ drumsticks
- Legumes by the Pound: Choice of chickpeas, curry chickpeas, or black eyed peas
- Starch by the Pound: Choice of brown rice and red beans, or spinach and rice

SIDES

- **Plain Salad** (*Lettuce, tomato, cucumber, carrot, onion, cabbage, spinach*)
- **Kale salad** (*Kale, pine nuts, raisins, sun-dried tomatoes*)
- Potato salad

BEVERAGES

- **Bottled water**
- Choice of fresh-squeezed fruit and vegetable juices

TIPS:

- Order brown rice for a whole grain option.
- Serve 100% juice in cups no larger than 6 ounces.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.
- Request salad dressing to be served on the side.

WILD OLIVE MARKET

DELICATESSEN

10 East 125th Street, New York, NY 10035

Phone Number – (646) 998-5829

Order 2 days in advance

ENTREES

- Linguini Broccoli
- Orzo Salad
- Spinach Lasagna
- Rotisserie Chicken
- Half Chicken
- Fresh Turkey
- Teriyaki Salmon
- Mediterranean Tuna
- Meatballs
- Chicken Stew (Chicken, potatoes, carrots, corn, peppers, and green beans)

SIDES

- **Kale salad**
- **Garden Salad**
- **Cucumber Salad**
- **Brussels Sprouts**
- **Asparagus**
- **Grilled Veggies**
- **Steamed Broccoli**
- **Okra**
- **String Beans**
- **Beet Salad**
- **Ratatouille**
- **Greek Caesar Salad**
- Roasted Potatoes
- Rice and beans
- Grape leaves
- Quinoa Salad
- Tabbouleh Salad
- Israeli or Moroccan couscous
- Black Bean Salad

BEVERAGES

- **Bottled water**
- Fresh squeezed orange or grapefruit juice
- Coffee and tea

TIPS:

- Order quinoa salad, tabbouleh, or request brown rice or whole wheat pasta for a whole grain option.
- Serve 100% juice in cups no larger than 6 ounces.
- Serve tap water in a pitcher as a free alternative to purchasing bottled water.

WHOLE GRAIN OPTIONS ARE NOT AVAILABLE FROM THE FOLLOWING RESTAURANTS.

If you would like to offer a whole grain to accompany any of these meals, consider assigning someone to bring a whole grain to your meeting or event so that your guests and attendees have the option (e.g. corn tortillas, whole wheat bread or wraps, brown rice or quinoa salad).

NOCCIOLA

ITALIAN

237 E. 116th St., New York, NY 10029

Phone Number – (646) 559-5304

DINNER MENU

ENTREES

- Branzino (*Baked fish with olive oil lemon sauce, served with arugula and fingerling potatoes*)
- Salmon (*Grilled salmon, served with potatoes, olives, and spinach*)
- Cioppino (*Soup with shrimp, scallops, clams, mussels, tomato*)

SIDES

- **Grilled Vegetables** (*with balsamic vinegar and olive oil*)
- **Roasted Mushrooms** (*with polenta and parmigiano*)
- **Roasted Beets** (*with goat cheese, hazelnuts, chives*)
- **Market Greens** (*with tomato, crispy parmigiana cheese, balsamic*)
- **Market Greens Salad** (*with tomato, carrots, crispy parmesan*)
- **Mediterranean Salad** (*with olives, tomato, onion*)
- **Baby Arugula Salad** (*with tomato, fennel, pecorino*)

- Broccoli Rabe
- Asparagus
- Sautéed Spinach
- Caesar Salad
- Roasted Potatoes

BEVERAGES

- Water
- San Pellegrino Sparkling Water
- Unsweetened Iced Tea
- Coffee/Tea

TIPS:

- Request meals without focaccia bread on the side.
- Request salad dressing on the side.
- Serve tap water in a pitcher as an alternative to purchasing bottled water.
- If placing a large order, call 2-3 days in advance.

RICARDO STEAKHOUSE

AMERICAN, STEAKHOUSE

2145 2nd Avenue, New York, NY 10029

Phone number – (212) 289-5895

DINNER MENU

ENTREES

- Ric's Chick (*Seared chicken breast, homemade mashed potatoes, roasted vegetables, sautéed mushrooms, shallots, chef's homemade gravy*)
- 2nd Avenue Special (*Sautéed shrimp, clams, homemade mashed potatoes, garlic white wine tomato sauce, fresh spinach*)
- Slammin' Salmon (*Pan-seared salmon with crispy skin, lime cilantro vinaigrette, grilled asparagus, roasted red peppers*)

SIDES

- **Ricardo Salad** (*Mixed greens, cucumbers, cherry tomatoes, feta cheese*)
- **Classic Caesar Salad**
- **French Beans**
- **Garlic Spinach**
- **Grilled Asparagus**
- **Sautéed Vegetables**

BEVERAGES

- **Water**
- Coffee/Tea

TIPS:

- Request salad dressing on the side.
- Serve tap water in a pitcher as an alternative to purchasing bottled water.

THE LEXINGTON SOCIAL

SPANISH, TAPAS

1634 Lexington Ave, New York, NY 10029

Phone Number – (646) 410-0099

DINNER MENU

ENTREES

- **Ensalada Verde** (*Arugula, fennel, green apple, orange, feta cheese*)
- Classic Caprese (*Bufala mozzarella, plum tomatoes, arugula pesto*)
- Sesame Tuna Tartar (*Tuna with avocado, fresh ginger, and olive oil*)
- Camarones al Ajillo (*Shrimp roasted with garlic, lemon & herbs*)

BEVERAGES

- **San Pellegrino Sparkling Water**
- Coffee
- Tea

TIPS:

- Request salad dressing on the side.
- Serve tap water in a pitcher as an alternative to purchasing bottled water.
- Serve 100% juice in cups no larger than 6 ounces.

Are You Following the NYC Food Standards?

CHECKLIST FOR MENUS AT MEETINGS AND EVENTS

Organization Name: _____

Meeting/Event: _____

Date: _____

You are following the NYC Food Standards if all answers in unshaded boxes below are **“Yes”** or **“N/A.”**

WHAT WILL YOU SERVE?	DO YOUR CHOICES MEET THE STANDARDS?			
Beverages	Beverages			
	1. Will water be available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	2. If other beverages will be available, will they be low-calorie beverages (25 calories or less per 8 ounces)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	3. If milk will be available, will it be 1% or non-fat, unsweetened plain milk?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	4. If juice will be available, will it be 100% fruit juice? <i>Recommendation: Serve 100% fruit juice in small cups.</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
Meals/Snacks	Fruits and Vegetables			
	5. Is a fruit or vegetable available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	Sandwiches, Entrees and Sides			
	6. Have you removed doughnuts, pastries or sweet buns from the menu? <i>Recommendation: Cut breakfast breads (e.g., muffins and bagels) in half or quarter portions.</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	7. If grains are available, is there a whole-grain option (e.g., brown rice, whole wheat bread or whole wheat pasta)? <i>Recommendation: Cut sandwiches in half or serve them on small rolls</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	8. If yogurt is available, is it low-fat or non-fat, with fewer than 30 grams of sugar per 8 ounces?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	9. Have you removed fried foods from the menu (e.g., potato chips, French fries, fried chicken or doughnuts)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	Dessert			
	10. If desserts (e.g., cupcakes, cookies, brownies or pies) are available, are you only giving each person <u>one</u> portion?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A

From where did you purchase/order? _____

