

# SNAP nutrition

## River Palm Terrace:

New Jersey's Finest Steakhouse located in Edgewater and Fair Lawn, NJ.

What to order:

1. The River Palm Chopped Salad
  - a. Light on the cheese and dressing on the side
  - b. Add grilled fish
2. Country Style Chicken
3. Bunless Freshly Ground Sirloin Burger with a mixed green salad
4. Grilled Free-Range French Cut Chicken Breast.
  - a. No mashed potato
5. Sushi Options:
  - a. Rainbow roll
  - b. Salmon roll
  - c. Avocado roll
  - d. Vegetable roll
  - e. Cucumber roll

## Axia

Contemporary Greek restaurant located in Tenafly, NJ

To start and to share:

1. Oktapodi Skaras [grilled octopus]
2. Mydia Achnista [steamed mussels]
3. Horiatiki Salad

What to order:

1. Solomos Kalamata
  - a. No cheese
  - b. Add steamed vegetables
2. Kotopoulo Sparti
  - a. Add steamed vegetables
3. Grilled platters: come with a side or a Greek salad
  - a. Salmon Filet
  - b. Half Free Range Chicken
  - c. Whole Grilled Fish [white fish is best]
  - d. Choose roasted brussel sprouts, roasted cauliflower, or green beans

# SNAP nutrition

## Cassie's

Family style Italian restaurant located in Englewood, NJ & Orangeburg, NY

\*portions are very big here, so most meals can be shared\*

What to order:

1. Arugula and portobello salad
  - a. Add grilled chicken or salmon
2. Cassie's chopped salad
  - a. Light on the cheese and add grilled chicken
3. Pear Salad
  - a. Add grilled shrimp
4. Grilled Salmon with grilled veggies  
Pro Tip: \*This is not on the menu, but they have both items and if you ask they will usually make it.

## Brasserie

French American bistro located in Tenafly, NJ

What to order:

1. Salad
    - a. Brasserie Salad
    - b. Chop Chop
    - c. Asian Chop Chop
    - d. Seared Tuna Sashimi – no tortilla
- Pro-Tip: They are large, and can be split into two meals for some.
2. Pan Seared Branzino with sautéed spinach
  3. Seared Salmon Filet
  4. Half Roasted Chicken
    - a. Replace mashed potatoes for a vegetable side with no butter

## The Greek Flame Taverna – Haworth, NJ

A delicious cultural experience with traditional Greek dishes located in Haworth, NJ

To start and to share:

1. Hummus with pita and raw vegetables
2. Grilled Vegetable Hot Appetizer

What to order:

1. Greek Salad with Grilled Shrimp, Chicken or Salmon
  - a. Light on the cheese and dressing on the side
2. Beet Goat Cheese salad with Grilled Chicken or Salmon.
  - a. Light on the cheese and dressing on the side
3. Grilled Souvlaki Chicken or Shrimp Kebabs
  - a. With extra veggies [no butter]

# SNAP nutrition

## Yassou Mykonos

An array of Mediterranean classics located in Demarest, NJ

To start and to share:

1. Spreads: ask for raw veggies
  - a. Hummus
  - b. Melitzanosalata
  - c. Fava
2. Calamarakia – GRILLED
  - a. If asked, they make grilled zucchini and eggplant chips instead of fried

What to eat:

1. Eleni's Greek Salad – light on the feta
  2. Prasini – light on the feta
- \*note add grilled shrimp, calamari, or roasted chicken
3. Chicken Souvlaki – 2 sticks with a Greek salad, dressing on the side
  4. Beef Souvlaki – 2 sticks with a Greek Salad, dressing on the side
  5. Chicken Mykonos – small serving of orzo

## Crecco's

Casual family style restaurant offering Italian-American fare located in River Vale, NJ & Orangeburg, NY

What to order:

1. The Cajun chicken
  - a. Add steamed veggies and jasmine rice [no butter]
2. Cajun chicken salad
  - a. Dressing on the side
3. Mediterranean salad
  - a. Light on the cheese
4. Burger Salad
5. Spinach Salad with Grilled Shrimp

## La Taberna

Steak and Tapas bar located in Dumont, NJ

To start and to share:

1. Pulpo a la Plancha
  2. Beet salad
- Pro Tip: Combine the two and have as an entrée.

What to order:

1. Pan-roasted chicken
2. Pan-seared salmon

# SNAP nutrition

## Sofia

Italian farm to table steakhouse with a basement cigar lounge located in Englewood, NJ

To start and to share:

1. Grilled Octopus
2. Sofia Salad

What to order:

1. Faroe Island Salmon
2. Mediterranean Branzino
  - a. No butter on seasonal vegetables
3. Pollo Al Limone
4. 8 oz. filet mignon
  - a. Side of mixed steamed vegetables

## Houston's

An upscale American dining restaurant chain with multiple locations. Most conveniently in Hackensack, NJ.

What to order:

1. Grilled Chicken Salad [MY FAVORITE]
  - a. Dressing on the side
2. Sashimi Tuna Salad
  - a. Dressing on the side
3. Bunless California Burger with a mixed green salad
4. Today's Very Fresh Fish
  - a. Best would be a fileted white fish
  - b. Vegetable of the day for the side
5. Scottish Salmon – light lentil vinaigrette [MY FAVORITE]

## Zendiggi

Greek Kebab House located in Closter, NJ

To start and what to share:

1. Hummus with sliced vegetables and ½ piece pita

What to order:

1. Chicken Kebab Salad
2. Salmon Salad