

2011 Healthy Dining Guide



To Eating Out in Clark
and Champaign Counties

2011 Healthy Dining Guide To Eating Out In Clark County

A word about the **The 2011 Healthy Dining Guide to Eating Out:**

The 2011 Healthy Dining Guide to Eating Out is intended to give readers information about menu choices they will find while dining at local restaurants in the Clark and Champaign County area. The restaurants listed in the Guide have self-declared their healthier choices by identifying menu items that are less than 500 calories.

The 2011 Healthy Dining Guide to Eating Out is not intended to direct the food choices of the reader.

The Guide was developed with the idea that if people are aware of what they are eating, they are able to make more informed choices, both at restaurants while dining out, and at home.

The 2011 Healthy Dining Guide to Eating Out is not meant to provide comprehensive nutritional guidance. Readers who are interested in detailed, in-depth dietary information are encouraged to seek it by accessing information either online or through many of the excellent sources available through printed publications. The Guide is simply a result of a desire among several local Clark County restaurants to participate in a partnership with public and non-profit agencies and other local businesses to encourage healthier eating among people in our community. It is meant to be a beginning, a first step towards the possibility of a collaborative community approach to health and wellness.

Note: The Community Health Foundation has not verified the calorie content of the menus in the Guide. Further, association of the Community Health Foundation and Healthy Living Coalition with the publication of this guide does not imply an endorsement of the restaurants listed.



1902 S. Limestone Street
301 East Home Road
410 W. Columbia Avenue
303 N. Main St., New Carlisle

www.leeschicken.net

Menu Choice #1 **369 Calories** **\$5.69**

Combo #1: Oven Roast Thigh & Leg
Green Beans & 8-Grain Roll
Beverage Included

Menu Choice #2 **443 Calories** **\$6.69**

Combo #1: Oven Roast Breast & Leg
Green Beans & 8-Grain Roll
Beverage Included

Menu Choice #3 **493 Calories** **\$5.69**

Combo #1: Oven Roast Thigh & Leg
Green Beans & Mashed Potatoes & Gravy
8-Grain Roll & Beverage Included

Menu Choice #4 **458 Calories** **\$5.69**

Combo #2: Oven Roast Breast
Green Beans & Mashed Potatoes & Gravy
8-Grain Roll & Beverage Included

Menu Choice #5 **427 Calories** **\$6.79**

Combo #6: 3 Oven Roast Strips (call ahead)
Green Beans & Mashed Potatoes & Gravy
8-Grain Roll & Beverage Included

Menu prices subject to change without notice. Prices effective June 7, 2011.



215 East Home Road
Springfield, Ohio
937-399-1812

www.dairyqueen.com

Menu Choice #1 **460 Calories** **\$6.63**
Grilled Chicken Sandwich
Small Side Salad & Fat Free Italian Dressing
Fudge Bar

Menu Choice #2 **500 Calories** **\$4.14**
Iron Grilled Cheese
Butterscotch/Cherry Dilly Bar

Menu Choice #3 **500 Calories** **\$6.48**
Grilled Chicken Salad
Small Dish Ice Cream

Menu Choice #4 **500 Calories** **\$4.00**
Grilled Chicken Wrap
Small Side Salad with Fat Free Dressing
Small Cherry/Pineapple Sundae
(Sweet Deal: 3 Items For \$4.00)

Menu Choice #5 **465 Calories** **\$3.54**
All Beef Chili Cheese Dog
D.Q. Sandwich

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BISTRO to go

22 N. Limestone Street
Springfield, Ohio
937-322-3323

<i>Menu Choice #1</i>	70 Calories	\$5.99
Tomato Stuffed with Cottage Cheese		
<i>Menu Choice #2</i>	160 Calories	\$3.99
Hot Oatmeal with Blueberries		
<i>Menu Choice #3</i>	171 Calories	\$2.99
Peanut Butter with Toast		
<i>Menu Choice #4</i>	280 Calories	\$4.99
Sherried Wild Rice Soup		
<i>Menu Choice #5</i>	265.4 Calories	\$6.99
Very Veggie Wrap		

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1950 N. Bechtle Avenue
Springfield, Ohio
937-390-1600

www.panerabread.com

Menu Choice #1 **400 Calories** **\$6.38**

Breakfast Power Sandwich: Smoked Lean Ham, Whole Eggs,
Vermont White Cheddar, Whole Grain Bread
Fresh Fruit Cup

Menu Choice #2 **490 Calories** **\$7.09**

Asian Sesame Chicken Salad: Fresh Cilantro,
Crispy Wonton Strips, Almonds, Romaine Lettuce,
Hulled Sesame, Citrus Pepper Chicken

Menu Choice #3 **500 Calories** **\$5.69**

Smoked Turkey Sandwich
Apple

Menu Choice #4 **490 Calories** **\$6.59**

UPICK2: French Onion Soup
Half Smoked Turkey Sandwich
Apple

Menu Choice #5 **360 Calories** **\$3.79**

Kid's Smoked Ham Sandwich, Ham, American Cheese
Organic Kid's Yogurt

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14 East Main Street
Springfield, Ohio
937-327-0078

www.thefountainonmain.com

<i>Menu Choice #1</i>	335 Calories	\$4.10
1/2 Chicken Salad Sandwich Cup Of Cream Of Tomato Soup Pickle Spear		
<i>Menu Choice #2</i>	345 Calories	\$4.10
1/2 Hawaiian Chicken Salad Sandwich Cup Of Vegetable Beef Soup Pickle Spear		
<i>Menu Choice #3</i>	340 Calories	\$4.10
1/2 Ham Salad Sandwich Cup Of Chicken Noodle Soup Pickle Spear		
<i>Menu Choice #4</i>	335 Calories	\$4.10
1/2 Tuna Salad Sandwich Cup Of Chili Pickle Spear		
<i>Menu Choice #5</i>	360 Calories	\$4.00
1/2 Grilled Cheese Sandwich Cup Of Cream Of Potato Soup		

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1525 N. Limestone Street
 937-390-1502
 1521 West North Street
 (937) 325-4678

www.timhortons.com

Menu Choice #1 **460 Calories** **\$5.78**
 Chicken Salad Sandwich
 Chicken Noodle Soup or Vegetable Soup

Menu Choice #2 **420 Calories** **\$4.08**
 Chicken Ranch Wrap Snacker
 Hearty Potato Bacon Soup

Menu Choice #3 **285 Calories** **\$3.24**
 Oatmeal with Mixed Berries
 Small Coffee

Menu Choice #4 **500 Calories** **\$4.99**
 Breakfast Combo: Strawberry Yogurt & Berries
 Oatmeal
 Orange Juice

Menu Choice #5 **475 Calories** **\$4.99**
 Breakfast Combo: Ham, Egg Whites & Cheese on English Muffin
 Hash Browns
 Coffee

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2976 Derr Road
937-399-1740
2130 S Limestone Street
937-323-0800

www.subway.com

<i>Menu Choice #1</i>	410 Calories	\$6.75
Turkey Sub, 6" Baked Chips and Diet Coke		
<i>Menu Choice #2</i>	415 Calories	\$6.75
Sweet Onion Chicken Teriyaki Sub 6" Apple Slices and Diet Drink		
<i>Menu Choice #3</i>	320 Calories	\$6.75
Oven Roasted Chicken Sub 6" Baked Chips and Diet Drink		
<i>Menu Choice #4</i>	420 Calories	\$6.00
Black Forest Ham Sub 6" Baked Chips and Diet Drink		
<i>Menu Choice #5</i>	355 Calories	\$7.25
Roast Beef Sub 6" Apple Slices and Diet Coke		

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2205 Park Road
Springfield, Ohio
937-322-0397

Menu Choice #1

493 Calories \$18.95

- 8 oz. Swordfish Steak
- 4 oz. Steamed Broccoli
- 5 oz. fresh fruit cup

Menu Choice #2

478 Calories \$19.95

- 6 oz. Buffalo Steak
- Medium Plain Baked Potato
- 3 oz. Cottage Cheese

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Lee Ann's
**Dairy
Delight**

**619 E. High Street
Springfield, Ohio
323-9287**

Menu Choice #1 **480 Calories** **\$4.25**
Tuna Salad Sandwich with Lettuce, Tomatoes and Whole Wheat Bread
Small Salad with Lettuce, Diced Tomatoes, Cheese and Light Italian Dressing
3 oz. No Sugar Added Fudge Tracks Ice Cream

Menu Choice #2 **503 Calories** **\$4.25**
Chicken Salad Sandwich with Lettuce, Tomatoes and Whole Wheat Bread
Small Salad with Lettuce, Diced Tomatoes, Cheese and Light Italian Dressing
3 oz. Vanilla Light, No Sugar Added Ice Cream

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Cecil & Lime

227 E. Cecil Street
Springfield, Ohio
937-322-7950

www.cecilandlime.com

<i>Menu Choice #1</i>	421 Calories	\$18.00
<i>Petite Filet (239 Calories)</i>		
<i>Red Potatoes (144 Calories)</i>		
<i>Side Salad (38 Calories)</i>		
<i>Menu Choice #2</i>	457 Calories	\$18.00
<i>Chicken Marsala (275 Calories)</i>		
<i>Red Potatoes (144 Calories)</i>		
<i>Side Salad (38 Calories)</i>		
<i>Menu Choice #3</i>	427 Calories	\$18.00
<i>Ahi Tuna (245 Calories)</i>		
<i>Red Potatoes (144 Calories)</i>		
<i>Side Salad (38 Calories)</i>		
<i>Menu Choice #4</i>	358 Calories	\$15.00
<i>Greek Salad with Grilled Chicken Breast (358 Calories)</i>		

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seasons



BISTRO AND GRILLE

28 S. Limestone Street
Springfield, Ohio
937-521-1200

www.seasonsrestaurant.com

Menu Choice #1 **445 Calories** **\$8.50**

Chargrilled Bison Burger (No Bun)
House Salad with Balsamic Vinaigrette

Menu Choice #2 **385 Calories** **\$10.50**

Entree House Salad with Grilled Chicken Breast
and Balsamic Vinaigrette

Menu Choice #3 **350 Calories** **\$6.00**

Traditional Breakfast -
2 Eggs
Bacon
Wheat Toast

Our menu changes seasonally, so other healthy menu options may be available.

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100 S. Fountain Avenue
Springfield, Ohio
937-471-9009

www.melaurbanbistro.com

Menu Choice #1 **467 Calories** **\$10.00**

Pesto Penne with Grilled Chicken and Grated Parmesan

Menu Choice #2 **444 Calories** **\$8.00**

Turkey and Bacon on Wheat, with Mayo, Lettuce, Roma Tomato, Red Onion, plus Fresh Cantaloupe

Menu Choice #3 **479 Calories** **\$9.00**

Spinach, Strawberry and Grilled Chicken Salad with Chevre Cheese, Toasted Almonds and Strawberry Vinaigrette Dressing

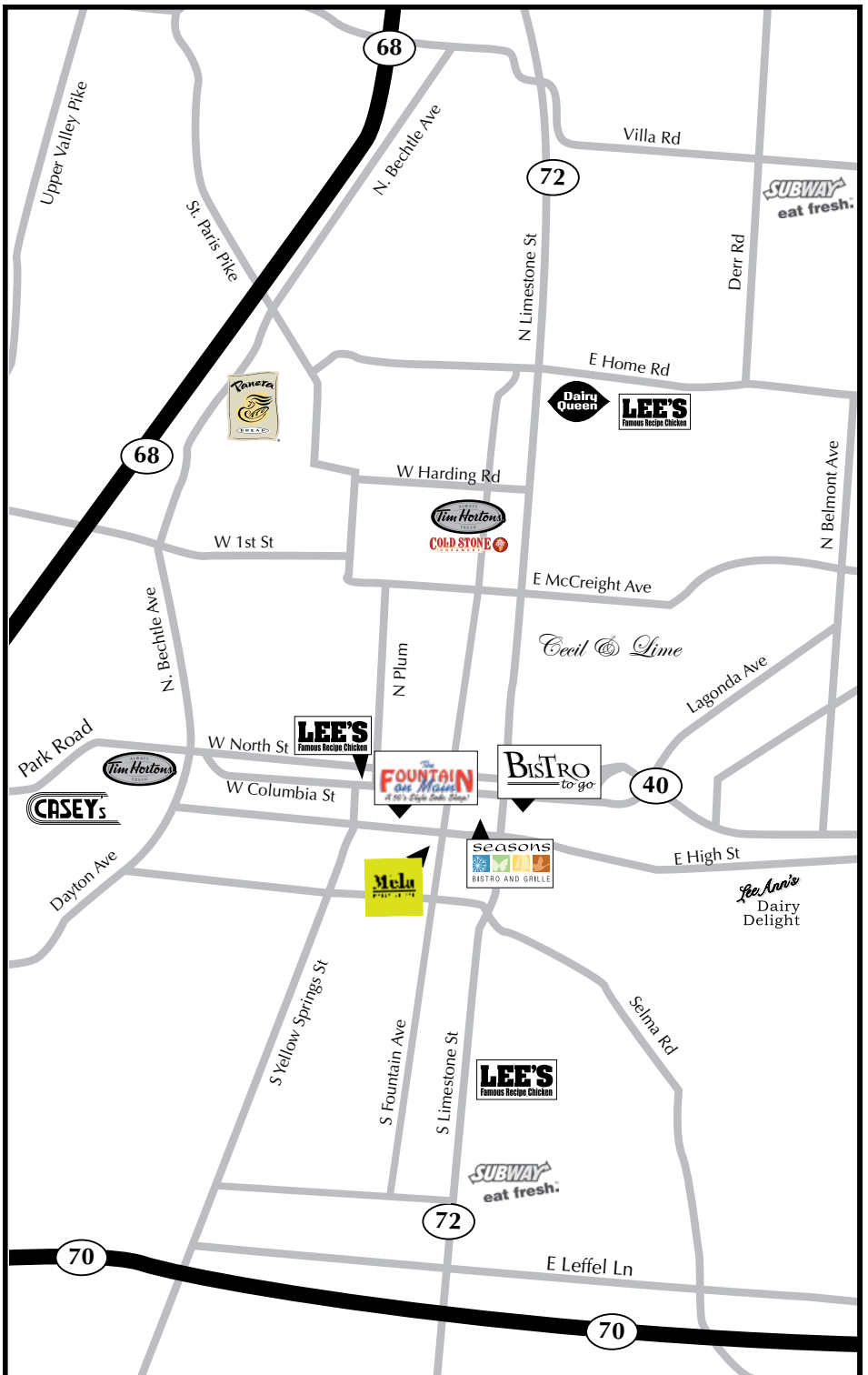
Menu Choice #4 **454 Calories** **\$6.00**

Light Yogurt with Granola and Fresh Fruit, Fresh Strawberries, Diced Pineapple and Banana

Menu Choice #5 **333 Calories** **\$10.00**

Grilled Lemon Parmesan Chicken with Roasted Asparagus and Grape Tomatoes

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The Healthy Dining Guide is made possible by:



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Health
Foundation**

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For additional information and a printable pdf version of this guide, visit the Community Health Foundation website at www.community-health-foundation.org.