Eating Out Made Easy

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Roadmap

- Objectives
- Four keys to eating out
- Group practice
- References to help guide you

Objectives

- State one tip that you will use to make a healthy choice the next time you dine out
- State one “high-calorie/high-fat” word and one “low-calorie/low-fat” word to look for on a menu

Why do you choose to eat out?

What steps do you take to make healthy choices when eating out?

Four Keys to Eating Out:

1. Plan ahead
2. Ask for what you want
3. Take charge of what's around you
4. Choose your food carefully

Plan Ahead

- Look up the nutritional information online
- Choose a restaurant that offers healthy options
- Eat a snack before
- Budget your food intake throughout the day

Ask For What You Want

- Ask for dressing, gravy, or sauce on the side
- Ask how large the serving size is
- Ask if you can order off the kid's menu
- Ask if foods could be cooked differently
- Ask for foods not on the menu
- Ask a friend to share a dish

Take Charge of What's Around You

- Be the first to order
- Keep foods off the table that you do not want to eat
- Say "no thank you" to complementary foods such as bread rolls or chips
- Ask that your plate be removed as soon as you finish
- Ask for a to-go box

Choose Your Foods Carefully

- Seek out healthy sections of the menu
- Look for high-fat and high-calorie words

High-Calorie/High-Fat Words

- Hollandaise
- Breaded
- Parmesan
- Buttered/buttery
- Pastry
- Cheese sauce
- Rich, creamed, creamy, in cream sauce
- Sautéed
- Fried, deep fried, French fried, batter fried, pan fried
- Scalloped
- Southern style
- Gravy
- Crispy

Low-Fat/Low-Calorie Words

- ✓Baked
- ✓Broiled
- ✓Boiled
- ✓Grilled
- ✓Poached
- ✓Steamed
- ✓Roasted
- ✓Stir-fried

Condiments

Avoid/Limit:

- Mayo
- Chipotle Southwest Sauce
- Ranch
- Caesar
- Bleu Cheese
- Creamy Sriracha
- Buffalo Sauce
- Barbeque Sauce

Try:

- Mustard
- Red wine vinaigrette
- Fat free honey mustard
- Balsamic vinaigrette
- Italian dressing
- Salsa
- Horseradish sauce
- Lemon juice
- Chutney

Group Practice

Chinese

Lighter Fare:

1. Broth-based soup
2. Veggie spring roll
3. Chicken w/ vegetables
4. Shrimp w/ vegetables
5. Moo Goo Gai Pan

*Tip: Use chopsticks to slow down eating

Mexican

Lighter Fare:

1. Chicken fajitas
2. Taco salad w/o the shell
3. Soft chicken taco
4. A la carte items

*Tip: Skip the taco shell of a taco salad and save over 500 calories and 23g of fat!

APPETIZERS

X-TRA CHIPS $1.00
X-TRA SALSA $1.00
Juan's Mexican Chili ..... Bowl $4.95
Fried Jalapeno Peppers $3.95
Monterey Jack Cheese Dip $4.50
Guacamole Dip $4.75
Monterey Jack Cheese Sticks $5.25

Fiesta Flower - *Jumbo Onion, Battered with* ... $5.95
Juan's Fajita Seasoning and Deep Fried

Fiesta Chicken Fingers - *Fajita Chicken Strips* ... $7.50
Battered with Juan's Fajita Seasoning and Deep Fried.

NACHOS

Served with Sliced Jalapenos on the side

FLOUR CHIP instead of CORN CHIP ..ADD $1.00
X-TRA CHEESE ON NACHOS .....ADD $1.50

Cheese .....on corn chip $6.50
Bean & Cheese ...on corn chip $7.50
Beef & Cheese ...on corn chip $9.25
Chicken & Cheese on flour chip $10.25
Seafood & Cheese on flour chip $8.50
Veggie Nachos ...on corn chip $7.95
Steak Nachos ....on corn chip $10.50
Nachos Supreme ..Beef $9.95 .Chicken $10.95
Chips Topped with Beans, Beef OR Chicken and Cheese Topped with Lettuce and Tomato, Sour Cream, Salsa and Peppers on side.

QUESADILLAS

Large Flour Tortilla covered with cheese and choice of filling, folded, grilled and sliced. Served with side of sour cream, salsa and choice of tomatoes or pico de gallo.

Cheese $5.50
Bacon & Onion $6.25
Beef $7.50
Chicken $8.25
Seafood $7.95
Steak w/ Flame Roasted Peppers & Onions ... $8.95
ADD BACON TO ANY QUESADILLA $1.50

CHIMICHANGAS

Flour Tortilla Filled with Meat and Cheese, Deep Fried, Topped with Cheese and Sauce

BEEF - *Filled w/ Seasoned Beef and Cheese* .. $9.95

CHICKEN - *Filled w/ Juan's Fajita Seasoned Chicken, Grilled Onions and Cheese* ... $10.75

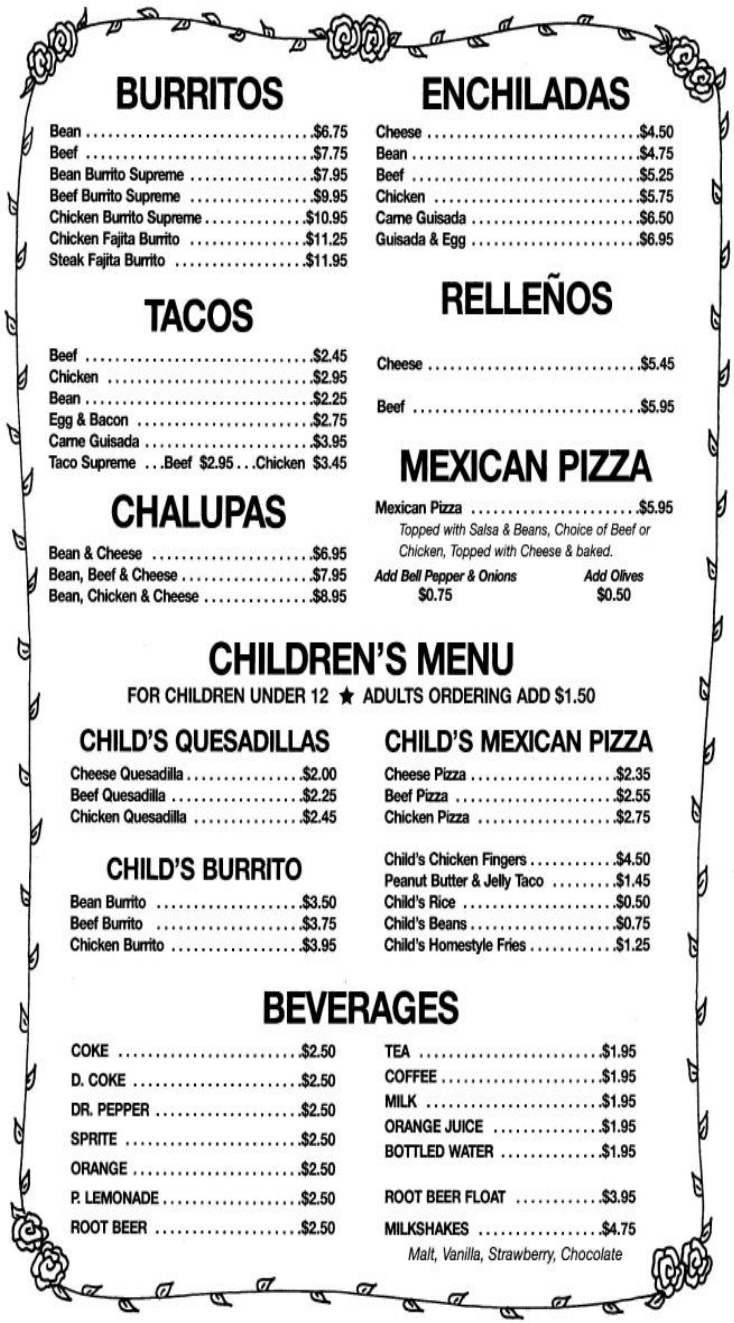
STEAK - *Filled w/ Juan's Fajita Seasoned Steak, Grilled Onions and Cheese* $10.95

SOUP & SALADS

Tortilla Soup $4.50
Mexican Cornbread $1.50
Toss Salad $3.95
Guacamole Salad $5.95
Chili & Toss Combo $8.95
Juan's Mexican Chili, Toss Salad and Mexican Cornbread

Taco Salad Beef, Chicken or Seafood .. (small) $7.50 (large) $8.50
Fajita Salad .....Chicken $9.75 ..Steak $10.75
Diced Fajita Chicken, Monteray Jack Cheese, Bell Pepper, Onions, Tomatoes, Guacamole, Sour Cream and Black Olives.
Soup & Salad Combo $11.25
Small Beef or Chicken Taco Salad, Tortilla Soup & Mexican Cornbread

A 18% service charge will be added to groups of 8 or more



BURRITOS

Bean $6.75
Beef $7.75
Bean Burrito Supreme $7.95
Beef Burrito Supreme $9.95
Chicken Burrito Supreme $10.95
Chicken Fajita Burrito $11.25
Steak Fajita Burrito $11.95

ENCHILADAS

Cheese $4.50
Bean $4.75
Beef $5.25
Chicken $5.75
Carne Guisada $6.50
Guisada & Egg $6.95

TACOS

Beef $2.45
Chicken $2.95
Bean $2.25
Egg & Bacon $2.75
Carne Guisada $3.95
Taco Supreme ...Beef $2.95 ...Chicken $3.45

RELLEÑOS

Cheese $5.45
Beef $5.95

CHALUPAS

Bean & Cheese $6.95
Bean, Beef & Cheese $7.95
Bean, Chicken & Cheese $8.95

MEXICAN PIZZA

Mexican Pizza $5.95
Topped with Salsa & Beans, Choice of Beef or Chicken, Topped with Cheese & baked.
Add Bell Pepper & Onions $0.75
Add Olives $0.50

CHILDREN'S MENU

FOR CHILDREN UNDER 12 ★ ADULTS ORDERING ADD $1.50

CHILD'S QUESADILLAS

Cheese Quesadilla $2.00
Beef Quesadilla $2.25
Chicken Quesadilla $2.45

CHILD'S MEXICAN PIZZA

Cheese Pizza $2.35
Beef Pizza $2.55
Chicken Pizza $2.75

CHILD'S BURRITO

Bean Burrito $3.50
Beef Burrito $3.75
Chicken Burrito $3.95

Child's Chicken Fingers $4.50
Peanut Butter & Jelly Taco $1.45
Child's Rice $0.50
Child's Beans $0.75
Child's Homestyle Fries $1.25

BEVERAGES

COKE $2.50
D. COKE $2.50
DR. PEPPER $2.50
SPRITE $2.50
ORANGE $2.50
P. LEMONADE $2.50
ROOT BEER $2.50

TEA $1.95
COFFEE $1.95
MILK $1.95
ORANGE JUICE $1.95
BOTTLED WATER $1.95

ROOT BEER FLOAT $3.95
MILKSHAKES $4.75
Malt, Vanilla, Strawberry, Chocolate

Italian

Lighter Fare:

1. Thin crust pizza
2. Side salad
3. Spaghetti with marinara sauce

*Tip: A good way to reduce fat is to ask for part-skim mozzarella

Pizza

	10"	14"	16"
Cheese	6.00	9.00	10.50
White *(no red sauce)* (Ricotta, mozzarella, garlic and spinach)	7.95	11.95	14.95
Four Cheese *(no red sauce)* (Four cheese spread topped with mozzarella and sliced tomatoes)	7.95	11.95	14.95
Vegetable (Green peppers, black olives, mushrooms, onion and garlic)	7.95	11.95	14.95
Meat (Ham, salami, meatball, pepperoni, sausage and bacon)	8.95	12.95	15.95
Deluxe (Pepperoni, meatball, sausage, bacon, ham, salami, black olives, green peppers, mushrooms, onions and garlic)	9.95	14.95	17.95
***Sicilian** (16x16 thick square crust)			13.95
***Sicilian Deluxe** (Pepperoni, meatball, sausage, bacon, ham, salami, black olives, green peppers, mushrooms, onions and garlic)			19.95
Additional Toppings	.50	1.00	1.50

Pepperoni, meatball, sausage, bacon, ham, salami, eggplant, fresh tomato, mushroom, black olives, green pepper, onions, jalapeno, banana peppers, anchovies, pineapple and spinach

(*)Please allow up to 45 minutes when ordering

Calzones & Rolls

(Includes a side of sauce - extra sauce .25 cents)

Calzone *(10" pizza dough stuffed with ricotta & mozzarella cheese then folded over and baked until crispy)* 6.50

Additional toppings may be added for .50 cents each

Stromboli *(10" pizza dough wrapped with sausage, pepperoni, ricotta and mozzarella then baked until crispy)* 7.50

Panzarotti *(10" pizza dough wrapped with pepperoni, ham, mozzarella & sauce then deep fried)* 7.95

Pepperoni Roll *(10" pizza dough rolled with cheese, pepperoni & sauce then baked until crispy)* 6.50

Sausage Roll *(10" pizza dough rolled with sausage, green peppers, onions & mozzarella then baked until crispy)* 7.50

Baked Dishes

Bread included - add a side house salad for $1.50

Baked Ziti 7.95
(Tomato sauce, parmesan and ricotta cheese tossed with ziti and baked with mozzarella cheese on top)

Chicken Parmesan 10.95
(Deep fried, hand breaded chicken, topped with tomato sauce and baked with mozzarella cheese – includes spaghetti or ziti pasta)

Eggplant Parmesan 8.95
(Deep fried, egg battered eggplant, topped with tomato sauce and baked with mozzarella cheese – includes spaghetti or ziti pasta)

Lasagna *(Meat)* 8.95

Stuffed Shells 7.95
(Three shells stuffed with ricotta, topped with tomato sauce and baked with mozzarella cheese)

Manicotti 7.95
(Two tube shaped pasta shells stuffed with ricotta, topped with tomato sauce and baked with mozzarella cheese)

Pasta's

Bread included - add a side house salad for $1.50

Spaghetti or Ziti

with tomato sauce	5.95
with meatballs (2)	8.95
with sausage (2)	8.95
with meat sauce	8.95
Fettuccine Alfredo	9.95
Fettuccine Florentine *(Alfredo with chicken and spinach)*	12.95

Sandwiches

Served on a 8" Italian roll & includes a bag of chips

Add a small order of fries for $1.50 in place of chips

Topping Choices:
lettuce, tomato, onion, black olives, green peppers, banana peppers, mayonnaise and house dressing

Add extra american, mozzarella or provolone cheese for .50 cents

Cold

(Also available toasted)

Italian 6.00
(ham, salami and provolone)

Italian Bomber 7.00
(ham, turkey, salami, pepperoni and provolone)

Turkey and Cheese 6.00
(Choice of american, mozzarella or provolone cheese)

Ham and Cheese 6.00
(Choice of american, mozzarella or provolone cheese)

Tuna 6.00
(Add american, mozzarella or provolone cheese for .50 cents)

Hot

Meatball *(comes with tomato sauce)* 6.00
(Add american, mozzarella or provolone cheese for .50 cents)

Sausage *(comes with tomato sauce)* 6.00
(Add american, mozzarella or provolone cheese for .50 cents)

Eggplant Parmesan 6.00
(Deep fried, egg battered eggplant with tomato sauce and mozzarella cheese)

Chicken Parmesan 7.00
(Deep fried, hand breaded chicken with tomato sauce and mozzarella cheese)

Steak and Cheese 6.50
(Shredded steak topped with provolone cheese) (add green pepper, onion or mushroom for .25 cents each)

Grilled Chicken Tuscan 7.50
(Grilled chicken, roasted sweet peppers, fresh mozzarella and creamy Italian dressing)

Southern

Lighter Fare:

1. Veggie Plate (baked beans, corn, green beans, collard greens, baked potato, side salad, sweet potato)
2. Grilled, roasted, smoked, or rotisserie chicken
3. Blackened catfish

*Tip: One glass of sweet tea is 180 calories and 40g of sugar. Order yours unsweetened and add the sugar yourself.

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The ROW
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SHAREABLE STARTERS

Fried Pickles $5.99
white bbq sauce

Row Poppers(6) $10.99
bacon • jalapeño pimento cheese
maple bourbon glaze • deep fried

Bacon Queso Dip $8.49
bacon infused cheese sauce & bottomless chips

Sweet Potato Skins $9.99
smoked turkey • white cheddar
bbq sauce • bacon

Deviled Eggs 5 Way $8.49
pimento cheese • spoonfish caviar
bacon • chow chow • dill pickle

Fried Green Tomatoes $7.49
pimento cheese • chow chow

House Made Pickle Flight
sweet beets • crazy carrots • smokin' okra • sour dill • sting beans
1 for $3.99 2 for $5.99 3 for $7.99 4 for $9.99

Fresh Biscuits & House Made Jam $8.49
4 biscuits served with jam & butter
strawberry • tomato • blackberry • peach

Cheese Board (perfect for sharing) $14.99
Sampling of 5 cheeses • honey
crackers • berries

The Trip Guacamole, Pimento Cheese, & Pico $11.99
bottomless tortilla chips

STEAKS & SEAFOOD

Smoked Ribeye Steak 14oz $34.99
smashed potatoes • snap beans • bordelaise

Teriyaki Ribeye 8 oz $18.99
bourbon sweet potatoes • snap beans • pineapple

Southern Sirloin Steak 12 oz $24.99
smashed potatoes • onion straws • sauce duelle

Maple Bourbon Glazed Salmon $19.99
bourbon sweet potatoes • snap beans

HOME COOKING

Chicken Fried Chicken $13.99
smashed potatoes • onion straws • country gravy

Chicken Fried Steak $17.49
smashed potatoes • onion straws • country gravy

Cornmeal Catfish $15.99
chow chow • fried okra • spicy corncake

Braised Bourguignon Potroast $18.99
braised vegetables • snap beans • pan jus

Veggie Plate $11.49
choose any 3 sides • served with a biscuit
*Premium side charges do apply

Nashville Fried Hot Chicken
served with choice of 1 side
spicy corncake • honey • house slaw $12.99
Choose MILD • HOT • NO MERCY

SALADS

Kale
apples • goat cheese • praline pecans
honey vinaigrette sm $6.99 $11.99

The Row Cobb
smoked turkey • tomato • bacon
avocado • farm eggs • cheddar
bleu cheese vinaigrette sm $7.99 $12.99

Wedge $8.99
baby iceberg • bleu cheese • hickory bacon
tomato • onion • bleu cheese dressing

Add a Protein to Your Salad
sirloin steak +$8.99
grilled, fried, or blackened chicken or catfish +$6.99

HICKORY PIT BBQ

served with choice of 1 side

Sandwich topped with slaw OR **Tacos(2)** slaw • pico • avocado • cheddar

Pork $9.99 Turkey $10.99 Brisket $12.99

Plates • on a spicy corncake • served with slaw
Pork $12.99 Turkey $13.99 Brisket $15.99

GOURMET BURGERS

served with french fries
lettuce, tomato, onion on request
sub grilled or fried chicken for any burger

The Row Burger
pimento cheese • fried green tomatoes
Row sauce • chow chow $11.99

The Smoke Stack Burger $14.99
bbq pork • slaw • bbq sauce
bacon queso

Nash Burger $11.99
cheddar • bacon • fried egg
bourbon maple glaze

Cowboy Burger $12.99
pepperjack cheese • bacon • onion straws
fresh jalapeños • bbq sauce

Classic Cheeseburger $10.99
cheddar cheese

Quinoa Veggie Burger $10.99
fresh kale • side of tomato jam

HAND HELDS

served with french fries

Smoked Turkey & Avocado Sandwich $13.99
house smoked turkey • fresh avocado • kale
tomato • honey vinaigrette on wheatberry

Pimento BLT $9.99
fried green tomato • bacon • lettuce
pimento cheese

Grilled Catfish Tacos $12.99
avocado • cheddar • slaw • white bbq • pico

Grilled Meatloaf Sandwich $10.99
caramelized onion • smashed potatoes
side of tomato jam

HOUSE MADE SIDES

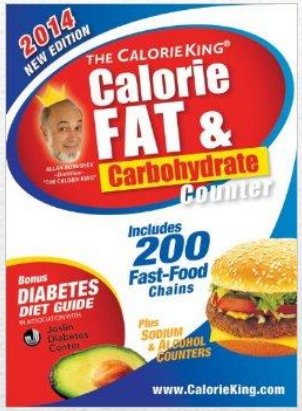
$3.99 Sides • smashed potatoes • bourbon sweet potatoes • cheddar grits • white beans • fried okra • french fries • hash casserole • house slaw
$5.49 Premium Sides • braised greens • sweet potato fries • brussels & bacon • bacon mac & cheese • snap beans & caramelized onions

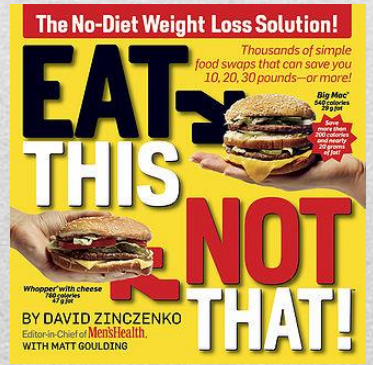
For over 3 decades this location is where the music business has come to wine, dine and unwind, share stories & conduct business. Right here is where Brooks & Dunn were introduced, where Earl Bud Lee sold the rights to "Friends in Low Places" for a bar tab, and where song writing legend Harlan Howard held court every afternoon. We pay homage to the Working Class Poets of Nashville.

Before placing your order, please inform us if a person in your party has a food allergy. Our products may contain wheat, egg, dairy, soy, treenuts, peanuts or fish allergens.

References

- Nutrition Facts Information at restaurants or online
- Health *Plus* Eating Out Handouts
- The Calorie King book
- Eat This, Not That book





Handouts

Sandwich Restaurants Best Choices

Restaurant	Better Choices	Worst Choices	Tip
SUBWAY	• 6-inch Turkey, Ham and/or Roast Beef • 6-inch Tuscan Chicken Melt • 6-inch B.L.T	• Chicken & Bacon Ranch Melt • Big Philly Cheesesteak • Spicy Italian	Skip the mayo or choose light mayo. The Sweet Onion Sauce or the Honey Mustard are also good alternatives and will save you 12 grams of fat.
Quiznos MMMM...TOASTY!	• Honey Bourbon Chicken on Wheat Bread • Prime Rib Philly • The Traditional	• Chicken Carbonara • French Dip • Meatball Marinara	The large subs can easily have over 1,000 calories. Stick with the small or regular size subs on wheat bread or flatbread.
Jimmy John's Since JJ 1983 Gourmet Sandwiches	• Turkey Breast Slim Sub w/ Vegetables & Avocado Spread • #2 Big John • #4 Turkey Tom	• #9 Italian Night Club • #15 Club Tuna • The J.J. Gargantuan	Jimmy John's is heavy on the mayo. Substitute avocado spread for mayo and knock off 200 calories, 24 grams of fat, and 175 mg of sodium.
Jason's deli	• Mediterranean Wrap • Fire Roasted Tortilla Soup • Chicken Pasta Primo "Lighter Portion"	• Ham Muffaletta • Chicken Pot Pie Soup • Chicken Pasta Alfredo	If ordering pasta, choose the "lighter portion" and a side salad. The salad bar is also a great choice, but watch out for the high fat dressings.
McALISTER'S DELI	• Tuna Salad Sandwich • Sweet Chipotle Chicken Sandwich • Veggie Spud	• Muffuletta • Spicy Southwest Chicken Sandwich • Spud Max	McAlister's baked potatoes are smothered in high fat toppings. Opt for a sandwich with a side of potato salad instead
FIREHOUSE SUBS Founded by Firemen	• Medium Turkey Sandwich • Medium Pastrami Sandwich • Medium Engineer	• Large Chicken Salad Sandwich • Large Club Sandwich • Large Italian Sandwich	Ordering a medium sized sandwich will keep your sandwich under 1,000 calories. Choosing wheat bread will add fiber to your meal.

Fast Food Best & Worst Choices

Restaurant	The Bad	The Better	Food For Thought
Wendy's	• Asiago Ranch Chicken Club • Dave's Hot N' Juice ¾ lb. Triple • Baconator and Medium French Fries	• Ultimate Chicken Grill Sandwich • Jr. Cheeseburger • 5 Piece Spicy Chicken Nuggets and Small Chili	The Ultimate Chicken Grill sandwich only contains 1.5 grams of fat. If you want your chicken spicy, it will be fried, tacking on another 9.5 grams of fat.
McDonald's	• Premium Crispy Chicken Club Sandwich • Angus Bacon Cheeseburger • Double Quarter Pounder w/ cheese	• Premium Grilled Chicken Classic Sandwich • Regular Cheeseburger • 6 Piece Chicken McNuggets	Making good food choices at McDonald's is very doable. Try to avoid foods with the key words "double," "triple," "crispy," "deluxe," and "fried."
BURGER KING	• Double Whopper Sandwich • BK Big Fish Sandwich • Premium Crispy Chicken Sandwich	• Whopper Jr. Sandwich w/o mayo • Tendergrill Chicken Salad w/ Light Italian Dressing • 3 Piece Home-style Chicken Strips	Burger King's mayo is one of the worst in the fast food world. You could save 17 grams of fat by switching to barbeque sauce.
Arby's	• Roast Beef and Swiss Market Fresh Sandwich • Roast Turkey, Ranch, & Bacon Sandwich • Large Mozzarella Sticks	• Classic Roast Beef Sandwich • Turkey n' Cheddar Classic • Jr. Chicken Sandwich	Arby's large mozzarella sticks contain 26 grams of saturated (bad) fat. This is as much saturated fat as a Triple Whopper.
KFC	• KFC Famous Bowl Mashed Potato w/ gravy • Popcorn Chicken Value Box • Crispy Caesar Salad w/ Caesar Dressing	• Honey BBQ Sandwich • 3 Crispy Strips w/ side of green beans and corn on the cob • Roasted BLT Salad w/ Fat-Free Ranch	Order a side of green beans for a good sources of vitamins A, C, and K. Choose the mashed potatoes and gravy over the potato wedges to save 110 calories.
ZAXBY'S Real Chicken	• Wings & Things w/ Ranch Sauce & Zax Sauce • The Blue Zalad, Fried & Buffaloed • Kickin' Chicken Sandwich Meal	• 3 Chicken Fingerz • Grilled Chicken House Salad w/ Lite Ranch Dressing • 5 Boneless Wings w/ Celery & Ranch	One of Zaxby's most popular meals, Wings & Things, is about 1,500 calories and 90 grams of fat! Instead of having both the crinkle fries and the Texas toast, choose only the toast and go light on the sauces.

Objectives

- State one tip that you will use to make a healthy choice the next time you dine out
- State one “high-calorie/high-fat” word and one “low-calorie/low-fat” word to look for on a menu

Questions?