



MISSOURI

We are a Live Well
Restaurant, proud
to offer you healthy
menu options.

Please tell us what you think.

What does it mean to be a Live Well

Restaurant? We must serve at least two

healthy menu options that meet this criteria:

Entrees (or full meals) must include one of the

following:

- fruits and/or vegetables
- lean protein, i.e., skinless white meat poultry, fish/seafood, tofu, etc.
- 100% whole grains

AND

Entrees (or full meals) must have:

- less than 751 calories and less than 26 grams of fat *and*
- less than 9 grams of saturated fat
- less than 1,050 mg of sodium

Appetizers, side dishes and desserts must have:

- less than 251 calories and less than 9 grams of fat *and*
- less than 4 grams of saturated fat
- less than 251 mg of sodium

None of the above may be deep fried.