

# HEALTHY Dining Options

for RESTAURANTS



## Big 10 Sports Bar & Grill

510 E 23rd St., Columbus, NE • 402-562-0040

### 8 oz. Atlantic Salmon with choice of two sides

Come in and enjoy a delicious salmon filet seasoned with lemon pepper and grilled to medium. For a healthier option, choose the side salad and grilled veggies!



## Whiskey Sands Bar & Grill

265 33rd Ave., Columbus, NE • 402-562-9506

### Grilled salmon with steamed veggies & jasmine rice

One FREE non-alcoholic beverage



## Burrito King

2167 33rd Ave., Columbus, NE • 402-564-9909

### Veggie fajita

Try out our new veggie fajitas. We use olive oil to cook our fresh tomatoes, peppers and onions, and serve them with rice, beans and corn tortillas. Bring this coupon in for a free drink when you try our new fajitas!

FREE drink with purchase of veggie fajita



## CK Grill & Bar

655 S 33rd Ave., Columbus, NE • 402-563-4030

### Homemade CK bean burger

Come on in and try out our new homemade CK bean burger, which is made from scratch and served on a healthy, whole-wheat thin bun with all the fixings! Served with a choice of side. (Choose multigrain rice for a healthy option.)

\$1 OFF order



## Husker House

1754 33rd Ave., Columbus, NE • 402-564-4121

### Three entrée choices:

- Salmon filet (*grilled or broiled*)
- Halibut filet (*grilled or steamed*)
- Grilled chicken breast

### Side choices:

- Wild rice or baked potato
- Steamed vegetables
- Fresh fruit (in season) or seasonal garden salad
- Dressings include house Italian, oil & vinegar or honey lime vinaigrette

If you've got a big appetite but are watching what you eat, we have some great options for you! For entrées, try our salmon filet, halibut filet or grilled chicken breast, paired with wild rice or a baked potato and some steamed vegetables. Start off with fresh, in-season fruit or a seasonal garden salad.



## El Tapatio

2721 13th St., Columbus, NE • 402-564-6645

Dinner salad options:

### Shrimp salad

Shrimp sautéed in olive oil served with lettuce, tomato, avocado and red onion and topped with a vinaigrette dressing.

### Chicken fajita salad

Chicken strips sautéed in olive oil served with tomato, lettuce, avocado, red onions and bell peppers topped with a vinaigrette dressing.

Buy one healthy option, get one HALF OFF

Healthy meal options:

### Fajita del mar

Five large shrimp, surimi and fish filet sautéed in olive oil with onions, bell peppers and tomatoes. Served with California blend vegetables, refried beans, corn tortillas, guacamole and pico de gallo.

### Cocktail de camarón

Colossal shrimp boiled and served in a special spiced tomato sauce with onion, tomato, cilantro and avocado.

If you're trying to find some healthier options in a fun place to dine, come to El Tapatio. We've got some great options, with delicious food prepared using healthy methods that will leave you satisfied in more ways than one. Come on in and enjoy some delicious flavors in a great atmosphere!

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### Dusters Restaurant

2804 13th St., Columbus, NE • 402-564-8338

(Both available lunch and dinner):

#### Cranberry and pumpkin seed salad

Crisp romaine salad topped with cranberries, toasted pumpkin seeds, tomato and red onion. Served with choice of dressing.

#### Portobello Philly

Sliced portobello mushrooms with sautéed red bell peppers, onions and provolone cheese. All on a toasted hoagie bun and finished with a drizzle of balsamic vinegar reduction.

FREE glass of iced tea with purchase of one of these healthy options.

Come on in to Dusters and try some exciting new healthy options! All of these options are prepared without butter, using healthy methods that will satisfy your taste buds and leave you feeling better about what you eat. So check us out, and enjoy an iced tea on the house when you try one of these great new creations.



### Tokyo Japanese Cuisine

2610 23rd St., Columbus, NE • 402-606-4482

Healthy meal options:

#### Cucumber crabstick salad

Chopped lettuce with cucumbers, crabstick, spicy mayo and sesame seeds.

#### Miso soup

This soup, commonly used for vegan diets, starts with a dashi stock and contains seaweed and tofu.

#### Cucumber roll

Cucumbers rolled inside seaweed and rice, topped with sesame seeds.

#### Avocado roll

Avocados rolled inside seaweed and rice, topped with sesame seeds.

Check out one of the newest restaurants in Columbus, with a variety of dishes to satisfy every appetite. Come on in and try one of these healthy options!



### Tropical Smoothie Café

2280 33rd Ave., Columbus, NE • 531-230-1568

Healthy meal options:

#### Thai chicken salad

Grilled chicken, Thai peanut dressing, wontons, carrots, sesame seeds, romaine, cilantro and scallions.

#### Chicken pesto flatbread

Grilled chicken, parmesan, mozzarella, pesto and tomatoes.

Healthy smoothie options:

#### Detox island green

Spinach, kale, mango, pineapple, banana and ginger.

#### Sunrise sunset (sub turbinado for sweetener)

Strawberry, pineapple, mango and orange juice.

If you thought all we had was smoothies, you're in for a treat! Come on in and check out one of these healthy options from our new restaurant. You'll be happy to see there are even more healthy options inside!

\$1 OFF any combo meal



### Clean Slate Food Co.

(No physical location in Columbus, but deliver every Sunday to your home.)

#### Order online:

[cleanslatefoodco.com](http://cleanslatefoodco.com)

Use code "first15" to receive **15% OFF** your first order.

Use code: first15

Each week, we produce a new, fresh menu of packaged and prepared meals with a healthful focus. We offer a plant-based set & an omnivorous option. Never compromising great taste for affordability & convenience. Your meal set is delivered to your door every SUNDAY to last you through the week.