

RESTAURANT GUIDE

- these suggestions are based on the general dietary guidelines to eat a diet rich in fruits, vegetables, and whole grains, low in saturated/trans-fats, added sugars, and sodium.
- all foods fit in a well-balanced, healthy diet. This guide is to help you choose foods that will support your fast-paced, busy lifestyle and provide you with the energy you need to rock your day. Listen to your body and your cravings and be kind and respectful to yourself.
- when ordering salads, order the dressing on the side. Before each bite, dip your fork in the dressing. This way, you get a taste of dressing with each bite without dowsing your greens in calorie-laden sauce.
- be vocal when ordering entrees or sandwiches with sauce/condiments. Ask for a light spread on sandwiches or for condiments and sauces on the side.
- there is nothing wrong with eating bread; however, processed carbohydrates will cause a spike in your blood sugar and a consequences, a sugar crash. Consider reducing carbohydrates moderately to help stabilize blood sugar levels. Most restaurants tend to provide large portions of carbohydrates since they are inexpensive



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DAYTIME MENU

FAVORITES

FRITTATA

FARMER'S SCRAMBLE

hold the hash browns and high-fat breakfast meats, and get a side of fresh fruit and toast.

OMELETTES

VEGGIE

WESTERN

BUILD YOUR OWN

add mushrooms, green peppers, onions, jalapenos, and tomatoes, spinach

hold the hash browns and sour cream for fresh fruit cup

SOUPS AND SALADS

HOUSE

SPINACH

GRILLED LEMON CHICKEN

CHOPPED

choose turkey over salami as it is lower in saturated fat

AVOCADO CHICKEN

hold the bacon bits to reduce saturated fat content

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DAYTIME MENU

SANDWICHES

CHICKEN BREAST

AHI SANDWICH

TURKEY, SPINACH, ARTICHOKE

BURGERS

GARDEN BURGER

ROSE'S SPECIALTY
HEALTHY BURGER

VEGETABLE OF THE
DAY SPECIALTY SIDE

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DINNER MENU

SALADS

CHARRED CAESAR

hold the bacon

STEAK

to reduce saturated fat intake, ask for chicken or salmon instead of steak

SEAFOOD

GARDEN BURGER

ROSE'S SPECIALTY HEALTHY BURGER

VEGETABLE OF THE DAY SPECIALTY SIDE

FISH YOUR WAY

SALMON OR MAHI MAHI

charbroiled or steamed

pineapple salsa

rice and vegetable of the day

KAZOKU FAVORITES

PERI-PERI CHICKEN

rice and vegetable of the day

sauce on the side