

## HEALTHY SNACKS

Pirate’s Booty (\$1.29) (130 calories)

Veggie Chips (\$1.29) (160 calories)

Tortilla Chips (\$1.39) multigrain / sweet potato (210 calories)

Pop Chips (\$1.29) orig/ s&p / sour cream & onion (100 calories)

## SANDWICHES & WRAPS

**Teriyaki Chicken Wrap (\$6.99)**

grilled chicken, teriyaki sauce, brown rice,

seared peppers, onions & broccoli on our lo cal wrap

410 cal, 6 g fat, 40 mg chol, 37 g protein, 61 g carbs, 14 g fiber

**Thai Chicken Wrap (\$6.99)**

grilled chicken, jasmine rice, carrots, baked crispy

noodles, cucumbers, spicy peanut sauce our lo cal wrap

460 cal, 12 g fat, 40 mg chol, 37 g protein, 61 g carbs, 14 g fiber

**Southwest Wrap (\$6.99)**

Spicy black bean burger grilled with low fat cheddar cheese,

shredded lettuce, tomato and guacamole in our lo cal wrap

390 cal, 15 g fat, 15 mg chol, 27 g protein, 44 g carbs, 21 g fiber

**Wok Seared Vegetable Wrap (\$5.99)**

Broccoli, snap peas, water chestnuts, carrots, baby corn, onion,

red peppers, celery, mushrooms, sprouts with garlic hummus spread,

herbs & spices, low fat muenster cheese in our lo cal wrap

390 cal, 16 g fat, 20 mg chol, 29 g protein, 43 g carbs, 19 g fiber

**Crispy Beef Lettuce Wrap (\$7.99)**

marinated lean flank steak grilled w/ sweet Asian garlic

sesame sauce, chopped red peppers, water chestnuts,

shredded carrots, baked crispy noodles, scallions &

cilantro in Baby Iceberg lettuce pockets

430 cal, 18 g fat, 70 mg chol, 39 g protein, 34 g carbs, 4 g fiber

**Fish Burritos (\$7.99)**

broiled schrod with lettuce, tomato, guacamole, mango salsa,

spices and low fat cheddar cheese in crisp tortilla rollups

480 cal, 21 g fat, 80 mg chol, 48 g protein, 33 g carbs, 15 g fiber

## BURGERS

**Thai Veggie Burger (\$6.75)**

Napa cabbage, cilantro, scallions, sweet Thai chili sauce and

lime juice with veggie burger on a lo cal wheat flat bread

270 cal, 4 ½ g fat, 10 mg chol, 11 g protein, 52 g carbs, 11 g fiber

**Premium Cheeseburger (\$6.25)**

All-natural, extra lean Angus beef, low fat American

cheese, lettuce & tomato in a wheat kaiser roll

500 cal, 20 g fat, 100 mg chol, 42 g protein, 39 g carbs, 5 g fiber

**Turkey Burger (\$6.25)**

Lean ground white meat w/ seasonings, caramelized

Onions, lettuce & tomato on a wheat kaiser roll (add cheese .50)

350 cal, 5 g fat, 55 mg chol, 34 g protein, 45 g carbs, 6 g fiber

**Wasabi Salmon Burger (\$7.25)**

Salmon, fresh ginger & seasonings grilled, topped

w/ cucumber wasabi slaw on a wheat kaiser roll

470 cal, 20 g fat, 75 mg chol, 37 g protein, 39 g carbs, 6 g fiber

**Veggie Burger (\$5.99)**

w/ seasonings, spicy sauce, lettuce, tomato, wheat flat bread

220 cal, 5 g fat, 10 mg chol, 11 g protein, 39 g carbs, 10 g fiber

## FROZEN YOGURT

Self-serve ...\$ .49/oz. and over 50 toppings w/ 12 flavors of yogurt!

Our yogurt all have live active cultures, are fat free or low fat, 100% all-natural

with no artificial preservatives & sweeteners, also most are gluten free ...all have

Probiotics for your immune system and are certified for these facts!

**Smoothies (\$4.50)**

**Strawberry Banana** – our fat free yogurt, grinded ice, touch of sugar, fresh

strawberries and sliced bananas - 300 cal, 0 g fat, 0 mg chol, 7 g protein, ♥

**Mixed Berry** – our fat free yogurt, grinded ice, touch of sugar, fresh raspberries,

blackberries, strawberries & blueberries -270 cal, ½ g fat, 0 mg chol, 7 g protein, ♥

**Design Your Own Smoothie**...just tell us what’s in it

## ENTREES (comes with 1 side of your choice)

**Chicken** (boneless & skinless 10 oz breasts)

**Grilled** - marinated & grilled w/ balsamic glaze (\$7.99)

210 cal, 1 g fat, 85 mg chol, 41 g protein, 8 g carbs, 0 g fiber ♥ gf

**Stir Fry** – wok veggies, brown rice, teriyaki sauce (\$8.99)

490 cal, 2 g fat, 85 mg chol, 48 g protein, 62 g carbs, 5 g fiber

**Fajita** – skillet cooked onions, peppers, cheddar, salsa,

Cajun seasoning, fat free sour cream, crisp tortillas (\$8.99)

410 cal, 12 g fat, 105 mg chol, 54 g protein, 28 g carbs, 8 g fiber

**Salmon** (fresh Atlantic farmed, center cut, 7 oz)

**Grilled** - lightly marinated and grilled (\$9.25)

370 cal, 22 g fat, 115 mg chol, 40 g protein, 4 g carbs, 1 g fiber, ♥ gf

**Latino** – broiled and topped w/ a mango salsa (\$9.75)

420 cal, 24 g fat, 115 mg chol, 40 g protein, 8 g carbs, 1 g fiber ♥ gf

**Cajun** – grilled with Cajun spices (\$9.50)

410 cal, 26 g fat, 115 mg chol, 40 g protein, 3 g carbs, 1 g fiber ,gf

**Asian Thai** – grilled with a sweet Thai chili sauce (\$9.75)

460 cal, 22 g fat, 115 mg chol, 40 g protein, 23 g carbs, 3 g fiber

**Tuna** (sushi grade yellowfin, 7 oz. med rare in middle)

**Grilled** - lightly marinated and grilled (\$10.25)

190 cal, 2 g fat, 75 mg chol, 40 g protein, 4 g carbs, 1 g fiber, ♥ gf

**Latino** – grilled and topped w/ a mango salsa (\$10.75)

280 cal, 5 g fat, 90 mg chol, 47 g protein, 11 g carbs, 2 g fiber ♥ gf

**Cajun** – pan seared with Cajun spices (\$10.50)

300 cal, 11 g fat, 90 mg chol, 47 g protein, 3 g carbs, 1 g fiber ,gf

**Asian Thai** – grilled with a sweet Thai chili sauce (\$10.75)

360 cal, 2 g fat, 90 mg chol, 47 g protein, 37 g carbs, 4 g fiber

**Schrod** (boneless, skinless, filet cut, fresh 8 oz.)

**Broiled** - broiled with light seasoned crumbs (\$8.99)

340 cal, 9 g fat, 100 mg chol, 46 g protein, 19 g carbs, 3 g fiber

**Latino** – broiled and topped w/ a mango salsa (\$9.50)

270 cal, 7 g fat, 100 mg chol, 41 g protein, 11 g carbs, 2 g fiber, ♥ gf

**Cajun** – broiled with Cajun spices (\$9.25)

230 cal, 6 g fat, 100 mg chol, 41 g protein, 3 g carbs, 1 g fiber , gf

**Asian Thai** – grilled w/ Thai chili sauce & scallions (\$9.50)

310 cal, 1 ½ g fat, 100 mg chol, 41 g protein, 30 g carbs, 3 g fiber

## SIDES (extra sides are \$1.50 each)

Brown Rice ♥ gf, 150 cal

Steamed Broccoli gf, 60 cal

Mixed Greens ♥gf, 70 cal

Fresh Fruit ♥ gf, 70 cal

Steamed Beets gf, 5 cal

Seasonal Vegetables ♥ 80 cal

Green Beans gf, 40 cal

Stir Fry Veggies 90 cal

## SALADS

### Grilled Salmon Salad (\$8.25)

*Grilled Atlantic salmon, shredded romaine lettuce, green & red peppers, cucumbers, English celery, shredded carrots, capers and a champagne vinaigrette dressing*

490 cal, 34 g fat (5 saturated), 65 mg chol, 20 g carbs, 7 g fiber, 26 g protein

### Asian Salad w/ Grilled Shrimp (\$8.25)

*Grilled skewered shrimp over mesclun lettuce mix, red & green peppers, cilantro, shredded carrots, crispy baked Chinese noodle, mandarin oranges, toasted sesame seeds and a sweet pan-Asian dressing*

490 cal, 20 g fat (4 saturated), 85 mg chol, 58 g carbs, 9 g fiber, 20 g protein

### Apple Walnut Chicken Salad (\$7.99)

*Shredded iceberg lettuce, toasted walnuts, gorgonzola cheese, sweet dried cranberries, golden delicious apple slices & a cran-raisin vinaigrette dressing*

500 cal, 36 g fat (10 saturated), 25 mg chol 38 g carbs, 5 g fiber, 10 g protein

### Steak Tip Salad (\$8.50)

*Grilled lean tips over shredded romaine lettuce, gorgonzola cheese, grilled red peppers, caramelized onions and grilled mushroom caps tossed in low fat burgundy wine vinaigrette dressing*

500 cal, 31 g fat (12 saturated), 90 mg chol 23 g carbs, 4 g fiber, 31 g protein

### Build Your Own Salad (\$5.25)

Just tell us what you want...protein toppings are an extra charge

### Salad Toppings Available:

Grilled Chicken (\$3.00) (130 cal, 2 g fat, 65 mg chol, 26 g protein)

Seared Rare Tuna (\$6.00) (130 cal, 2 g fat, 50 mg chol, 27 g protein)

Grilled Salmon (\$5.00) (210 cal, 13 g fat, 65 mg chol, 23 protein)

Veggie Burger (\$3.00) (110 cal, 4 g fat, 10 mg chol, 5 protein)

### SOUP of the DAY

We rotate healthy soups & provide all nutrition...ask what's on

### Other "Healthy" Beverages

Smart Water	Vitamin Water
Poland Spring Water	Diet Pepsi
Muscle Milk (Protein Drink)	Crystal Lite

Healthy Kitchen is a Common Market Company

Consider using our catering division for your office or home party needs...ask for a menu!

All our food is cooked to order.

We use a HACCP certified produce company inspected by the Dept. of Commerce & the FDA. By partnering w/ them, we support their industry leading efforts to buy from local farmers & growers whenever in season.

Enjoy the convenience of quality take-home cooking.

We accept cash, MasterCard/Visa, American Express, Discover and Common Market Gift Certificates.

Please feel free to offer any suggestions or comments. Many of our best ideas have come from our customers. There is a suggestion box by the back door or e-mail us at [info@commonmarketrestaurants.com](mailto:info@commonmarketrestaurants.com)

Prices are subject to change without notice

Per health department order, consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

♥ symbol = LOW SODIUM...meals & main dishes: 140mg or less per 100g  
GF symbol = a gluten free menu item

For people eating 2,000 calories per day, the DRV's are:

Total Fat	65 g
Saturated Fatty Acids	20 g
Cholesterol	300 mg
Sodium	2300 mg
Potassium	4700 mg
Total Carbohydrate	300 g
Fiber	25 g
Protein	50 g

Read This!

# HEALTHY KITCHEN

"to eat well is to live well"

(617) 471-3463

Nothing Over 500 Calories

We Provide You With Nutrition  
On Calories, Fat, Protein,  
Fiber, Cholesterol,  
Gluten Free & Low Sodium Info

Everything Is  
Grilled, Baked or Wok Cooked

110 Willard St., Quincy  
Located Inside  
Village Common Food Court  
(across from Common Market)

[www.commonmarketrestaurants.com](http://www.commonmarketrestaurants.com)