



## EXTREMELY HEALTHY EATING

At California Chicken Cafe, there are many ways to eat very healthy at our restaurant. We pride ourselves on offering a fresh and healthy menu. By following a few additional recommendations, your meal can be extremely healthy.

### Chicken

**When ordering chicken, request all white meat. It's much lower in fat and calories. Also, before eating our chicken, remove the skin and don't eat the wing. For added flavor, try one or more of our many low calorie, fat free sauces over at our condiment bar.**

### Wraps

**By ordering the wraps without mayo and dressing, you will save many calories and reduce your fat intake considerably. As a substitution, we offer mustard and fat free mayo, which is available upon request.**

### Salads

**We offer a low fat Italian dressing (15 calories and 1 gram of fat per two tablespoons) and several other low fat dressings. To lower calories and fat even further, here are some suggestions:**

1. Mix 1 part low cal ranch with 1-2 parts salsa
2. Mix 1 part of any low cal dressing with 1-2 parts salsa, green or red

**When ordering salads, by eliminating the Chinese noodles, almonds, and croutons, you will cut down on your calorie intake. We also offer several low cal salads. The Low Cal Veggie Salad and the Low Cal Caesar Salad are delicious and healthier alternatives.**

### Sides

**Our soups are delicious, made fresh daily and very, very low in fat. We recommend our **LOW CALORIE** and **DAIRY-FREE BROCCOLI SOUP**. A seven ounce serving has only 60 calories and 2 grams of fat.**

**For the side salad, order without croutons and ask for a low cal dressing. We will even customize a side salad for you! For example, you can request a side of tomatoes with green onions, a side of broccoli with carrots, etc.**

**When ordering the mashed potatoes, hold the gravy. The squash is also an excellent choice. It is simply steamed, with nothing added.**

THANK YOU.