

# *Fox Cities and Oshkosh Healthy Dining Guide*

*Affinity Wellness and Preventive Services*



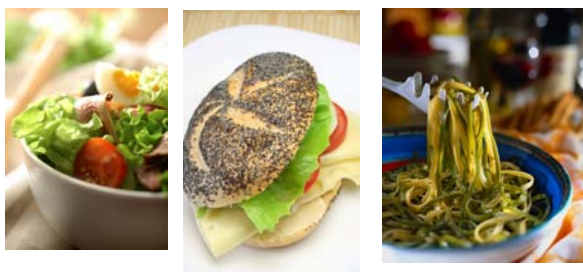
# *Fox Cities and Oshkosh Healthy Dining Guide*

Affinity Wellness and Preventive Services

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## About the Healthy Dining Guide

The Healthy Dining Guide was developed as a resource for healthy dining options in the Fox Valley and Oshkosh area. For each participating restaurant you will find a list of their healthiest menu options.



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*Fox Valley and Oshkosh*  
*Healthy Dining Guide*  
Affinity Wellness and Preventive Services

**White Bag Special**  
Add a chip, cookie and a fountain  
soda for only \$2.50

**Uncle Ned's Deli**  
124 West Wisconsin Ave.  
Neenah, WI  
920- 886-9242

Offer available daily.



**\$5.<sup>00</sup> Off a Bill of \$20.<sup>00</sup> or more**  
**Village Limits Supper Club**

1721 East Main Street  
Little Chute, WI  
920-788-7009

Affinity Healthy Dining Guide Promotion. Not valid with any other offers.  
Limit one coupon per table per visit.

**Order Any Item from the Healthiest  
Options List and Receive \$1.<sup>00</sup> Off**

**DINER**

**West Wisconsin Diner**

3011 W. Wisconsin Ave.  
Appleton, WI  
920-993-9418

Affinity Healthy Dining Guide Promotion. Not valid with any other offer.

**Guidelines for Healthy Restaurant Dining**

Dining out is a great way to socialize with friends and relax, but if you're concerned with your weight or are just trying to eat healthy, navigating a restaurant menu for healthy choices can be a real challenge! This guide lists the healthiest options at area restaurants, but you can also use the following tips to help you make healthy choices wherever you are dining.



**When You're Eating Out...**

- **Plan ahead.** If you know you are going to be dining out for dinner, eat a lighter lunch or vice versa. If you know where you'll be eating out, decide what you will order before you arrive at the restaurant.
- **Order first.** If you have planned ahead and know what you're going to order, be the first at your table to order. Putting in your

order first reduces the chance that you will be influenced to make an unhealthy choice based on what others are ordering.

- **Don't arrive hungry.** If you arrive at the restaurant overly hungry it will be more difficult to make a healthy choice. Don't skip a meal because you know you'll be dining out; in fact, it is often helpful to eat a light snack (think an apple, a few nuts or a salad) an hour or two before arriving at the restaurant to avoid making an unhealthy choice due to hunger.
- **Watch your portions.** Many restaurant portions are large enough to feed 2 or 3 people. To help you avoid overeating consider splitting an entrée with a friend, ordering an appetizer as your meal or asking the server to box up half of the entrée before bringing it to the table.
- **Make substitutions whenever possible.** Ask that your meal be prepared without butter or oil and with less salt. Have dressings and gravy served on the side or ask for a low-fat substitution (like swapping the butter on your baked potato for margarine).
- **Drink water with your meal.** Soda is a huge source of hidden calories. One regular cola packs about 425 calories, so one glass of soda can quickly gulp up a big portion of your daily calorie intake. Try adding a little lemon to your water or ordering unsweetened iced tea.
- **Get exactly what you want.** Order each item separately (a la carte). For example, one chicken enchilada easy-on-the-sauce, side salad, and fruit dessert instead of the #8 enchilada plate with rice, beans, sour cream, guacamole, etc.
- **Don't tempt yourself!** Have the waiter remove the bowl of chips or peanuts, or the basket of bread, after you've had a small portion. Calories from mindless nibbling can add up before you know it. Don't sit near the dessert cart.



**15% OFF ANY ORDER and  
FREE DELIVERY!**

600 W College Ave  
Appleton, WI 54911  
(920) 749-1111

Affinity Healthy Dining Guide Promotion. Not valid with any other offer.



**\$1.<sup>00</sup> off**

**Any Fresh Fruit / Non Dairy Smoothie**

New York Deli  
1853 N. Casaloma Drive

Affinity Healthy Dining Guide Promotion. Not valid with any other coupon,  
promotion or discount.

**Bring this coupon into Schreiner's Diner for a  
free slice of Pie!**



2437 S Oneida St  
Appleton, WI 54915  
(920) 734-9191

Affinity Healthy Dining Guide Promotion. Not valid with any other offer.

## Deciding What to Order

- Look for foods that are described as broiled, baked, grilled, steamed, poached or flame-broiled. Avoid foods that are described as fried, sautéed, breaded, batter-dipped, stuffed, creamy, cheesy, crispy or crunchy.
- Choose a baked potato, salad, soup or steamed vegetables as a side dish instead of French fries.
- When ordering soup look for one that is broth-based instead of cream-based.
- Fill up on salad or soup before your entrée arrives; try to avoid the bread basket.
- Choose the leanest cuts of meat offered and trim the visible fat.



### **For Breakfast:**



- Start your meal with a glass of 100% juice or low-fat milk.
- Choose whole wheat toast over white.
- Instead of butter, use margarine, low-fat cream cheese or sugar-free jam on your toast
- Top waffles and pancakes with fresh fruit instead of sugary syrup.
- Instead of bacon or sausage, choose low-fat Canadian bacon.
- Ask for extra veggies in your omelet.
- Enjoy a bowl of fresh fruit and low-fat yogurt

### **At the Fast Food Restaurant or Deli:**



- Avoid fried chicken or fish sandwiches; instead choose sandwiches that are grilled or regular hamburgers.
- Ask for extra lettuce, tomatoes, onions, cucumbers and other veggies on your sandwich or burger.
- Skip the mayonnaise, special sauce and cheese; instead top sandwiches, wraps and burgers with ketchup or mustard.
- Choose healthy sides like a salad, fruit, pretzels or baked chips over French fries or potato chips.

### \$5.00 Gift Coupon



One coupon per visit

A gift for: Fox Cities Healthy Dining Guide

From: Jean & Mark

Landremans Family Restaurant And Kone Korner  
2300 E Main St. (Hwy 96) Kaukauna, WI 54130  
Landremanfamilyrestaurant.com (920) 759-0196  
[lfr1995@hotmail.com](mailto:lfr1995@hotmail.com)

No Cash Value

### \$5.00 Gift Coupon



One coupon per visit

A gift for :Fox Cities Healthy Dining Guide

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Landremans Family Restaurant And Kone Korner  
2300 E Main St. (Hwy 96) Kaukauna, WI 54130  
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No Cash Value

### \$5.00 Gift Coupon



One coupon per visit

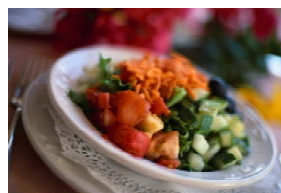
A gift for: Fox Cities Healthy Dining Guide

From: Jean & Mark

Landremans Family Restaurant And Kone Korner  
2300 E Main St. (Hwy 96) Kaukauna, WI 54130  
Landremanfamilyrestaurant.com (920) 759-0196  
[lfr1995@hotmail.com](mailto:lfr1995@hotmail.com)

No Cash Value

### At the Supper Club or Family Restaurant:



- Choose a garden salad with the dressing on the side over Caesar salad. When selecting a salad dressing, look for vinaigrettes or olive oil-based dressing over cream-based dressing.
- If a salad bar is offered, choose dark leafy lettuce, raw vegetables and lean meats like ham or turkey. Be careful of potato and pasta salads, bacon bits, croutons and creamy full-fat dressing.
- Order a baked potato without butter, steamed or grilled vegetables or rice as a side dish.
- When selecting a steak, look for a lean cut such as filet mignon, tenderloin, sirloin tip, round or flank steak. Avoid ordering the super-size cuts; one serving of steak should be about 3 oz.
- Look for fish or chicken that has been grilled, broiled or baked rather than breaded and fried.

### At the Mexican Restaurant:



- Ask the server not to bring chips and salsa to the table.
- Top your meal with pico de gallo, salsa, guacamole or low-fat sour cream instead of full-fat sour cream or cheese.
- Look for brown rice and black beans as a side dish.
- Choose burritos, soft tacos, fajitas or enchiladas over fried entrees like chalupas, chimichangas, nachos or flautas.

# Coupons

## At the Italian Restaurant:



- Ask the server to remove the bread basket so you won't be tempted.
- Choose red sauce over creamy white sauce.
- Ask for extra veggies on your pasta or pizza.
- Order whole wheat noodles for your pasta, if they are available.
- Order pizzas with a thin crust.
- Avoid adding extra cheese to pizza and pasta.

## At the Asian Restaurant:



- Choose entrees with lots of vegetables
- Look for steamed rice over fried rice; steamed brown rice is the best option if it is available.
- Look for entrees that are broiled, steamed, grilled or lightly stir-fried over deep-fried or tempura.
- Skip the fried appetizers like egg rolls and wontons; choose steamed dumplings instead.

## For Dessert:



- Fresh fruit with a light sauce or angel food cake are both healthy dessert choices.
- If you decide to indulge in a decadent dessert consider splitting it with a friend, or even the entire table, or ask the server to box up half to take home.



**10% Off**  
**Angels Restaurant**

1401 E. John Street  
Appleton, WI  
920-993-8847

Affinity Healthy Dining Guide Promotion.  
Not valid with any other offer.

**FREE 12 oz. Cup of  
Coffee or Tea**



**Aspen Coffee & Tea**

1110 Midway Road, Menasha 920-886-1880  
124 W. Wisconsin Ave. Neenah 920-720-0068  
107 E. College Ave. Appleton 920-882-9336

Affinity Healthy Dining Guide Promotion. Not valid with any other offer.

**\$5.<sup>00</sup> Off a \$25.<sup>00</sup> Purchase**



**Mark's East Side**

1405 East Wisconsin Avenue  
Appleton, WI  
920-733-3600

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

Affinity Healthy Dining Guide Promotion. Not valid with any other offer.

## West Wisconsin Diner



3011 W Wisconsin Ave  
Appleton, WI  
(920) 993-9418

### Hours of Operation

Monday–Friday: 5:30am–9:00pm  
Saturday: 5:30am–7:00pm  
Sunday: 7:00am–7:00pm

### Healthiest Menu Options:

Grilled Chicken Breast Sandwich  
R.B. Panini  
Grilled Chicken Salad  
Turkey Wrap  
Veggie Omelet



333 Watson St  
Ripon, Wisconsin 54971  
(920) 748-flag (3524)

### Hours of Operation

Tuesday - Saturday  
11:30am-3:00pm Lunch  
5:00pm- Close Dinner

### Healthiest Menu Options:

Grilled Chicken

Artichoke and Zucchini Bread Salad, Polenta, Roasted  
Tomato Vinaigrette.

Seasonal Salad

Chef choice of mixed greens and seasonal fresh produce

Grilled Salmon “BLT” – without to B!

8 oz Salmon Fillet, Creamed Spinach, Smoked Tomatoes

Fettuccini with Marinara Sauce



1401 E. John Street  
Appleton, WI 54915  
(920) 993-8847

**Hours of Operation**

6:00am–8:00pm  
Seven days a week

**Healthiest Menu Options:**

Fajita Wrap  
Friday Grilled Fish  
Vegetable or Shrimp Stir-Fry

**Vitale's Italian Bistro**



215 West Murdock  
Oshkosh, WI 54901  
(920) 426-0886

**Hours of Operation**

Tuesday-Thursday: 11:00am-2:00pm, 4:00pm-9:30pm  
Friday: 11:00am-2:00pm, 4:00pm-10:00pm

**Healthiest Menu Options:**

Spaghetti  
Cheese pizza  
Chicken Faro Faro's  
Seafood Marinara Shrimp  
Chicken Cacciatore Chicken  
Lake Perch lightly breaded (Broiled/baked if available)



333 West College Ave  
Appleton, WI 54911  
(920) 380-9390

### **Hours of Operation**

Opens at 4:00pm daily except Sundays during the summer

### **Healthiest Menu Options:**

Jumbo Shrimp Cocktail  
Herb Chicken Breast (no butter)  
Grilled Atlantic Salmon (no sauce)  
Petite Filet Mignon (no béarnaise sauce)  
Walleye (no herb butter)



1110 Midway Rd  
Menasha, WI 54952  
(920) 886-1880

124 W Wisconsin Ave  
Neenah, WI 54956  
(920) 720-0068

### **Hours of Operation**

Hours vary by location

### **Healthiest Menu Options:**

Heavenly Havartichoke  
White Tuna Sandwich  
Harvest Wrap  
Acai Smoothie  
Yogurt Cup



650 N Casaloma Dr  
Appleton, WI 54913  
(920) 735-1504

**Hours of Operation**

Monday-Friday: 6:30am-9:00pm  
Saturday: 7:00am-9:00pm  
Sunday 8:00am-7:00pm

**Healthiest Menu Options:**

Salsa Fresca Salmon Salad

Half Turkey Sandwich on Nine Grain Bread and a bowl of  
Garden Vegetable Soup

Balsamic Bleu Salad with Fat Free Raspberry Vinaigrette

Bella Chicken Sandwich

Half Veggie Sandwich on Nine Grain Bread and a Bowl of  
Chicken Noodle Soup

**Village Limits Supper Club**



1721 E Main St  
Little Chute, WI 54140  
(920) 788-7009

**Hours of Operation**

Tuesday-Saturday: 4:00pm–10:00pm  
Sunday: 4:00pm–9:00pm

**Healthiest Menu Options:**

Broiled Haddock  
6 oz. Tenderloin  
Vegetable Stir-Fry



W 3254 Van Roy Rd  
Appleton, WI 54915  
(920) 731-2111

**Hours of Operation**

Sunday-Thursday: 11:00am-10:00pm  
Friday & Saturday: 11:00am-11:00pm

**Healthiest Menu Options:**

Herb Rubbed all Natural Chicken Breast  
Lemon Basil Salmon  
Chopped Power Salad  
Farrow Salad Appetizer  
Baked Stuffed Chicken



427 College Ave  
PO Box 1311  
Appleton, WI 54912  
(920) 822-0690

2435 W Nordale Ave  
Appleton, WI 54913  
(920) 954-0888

825 N. Washburn St  
Oshkosh, Wisconsin 54903  
(920) 232-3566

**Hours of Operation**

Food Served: 11:00am-11:00pm Daily

**Healthiest Menu Options:**

Turkey Cucumber Sandwich  
Chef Salad with Fat Free dressing  
Chicken Breast Sandwich  
Pesto Chicken Panini  
Buffalo Wrap using grilled chicken

All sandwiches on menu can be made gluten free by substituting the bread or bun. Chicken wings and pizzas can also be prepared gluten free.

# BECKET'S

2 Jackson St corner of the river  
Oshkosh, WI 54901  
(920) 230-3333

## Hours of Operation

Monday-Sunday: Open 11:00am  
Closing Hour Varies

## Healthiest Menu Options:

Tuna Fillet  
Grilled Shrimp  
Grilled Chicken Salad Wrap  
Mango Salmon  
Grilled Tenderloin



124 W Wisconsin Ave  
Neenah, WI 54956  
(920)886-9242

## Hours of Operation

Monday–Thursday: 10:30am–6:00pm  
Friday: 10:30am–4:00pm  
Saturday: 10:30am–2:00pm

## Healthiest Menu Options:

Garden Wrap  
Tricorn Sandwich  
Hamburg Sandwich  
Stuffed Green Pepper Soup  
Chicken Breast Salad with Fat Free Dressing



W3010 Edgewood Trail  
Appleton, WI 54913  
(920) 968-0222

N1739 Lily of the Valley Dr  
Greenville, WI 54942  
(920) 750-6960

### **Hours of Operation**

Food Served: 11:00am-12:00am Daily  
Delivery Hours 11:00am-10:00pm

Appleton Delivery Boundaries: Hwy. 55 to Hwy S to Hwy 47 to  
Northland Ave

Greenville Delivery Areas: Hortonville and East to Lyndale in  
Appleton

### **Healthiest Menu Options:**

Deli Club Wrap  
Turkey Cucumber Ciabatta  
Chicken or Steak Fajita Wrap  
Grilled Chicken or Steak Fajitas

# **BLIMPIE.**

**America's Sub Shop.**

200 City Center  
Oshkosh, WI 54901  
(920) 651-1550

### **Hours of Operation**

Monday-Friday: 9:00am-8:00pm  
Saturday: 10:00am-4:00pm  
Sunday: Closed

### **Healthiest Menu Options:**

The Club Sub, 6 inch  
Ham and Swiss Sub, 6 inch  
Turkey and Provolone Sub, 6 inch  
Grilled Chicken Teriyaki Sub, 6 inch  
Roast Beef and Provolone Sub, 6 inch



425 Nebraska St  
Oshkosh, WI 54901  
(920) 230-6900

### **Hours of Operation**

Monday-Sunday: 10:00am to Close  
Daily

### **Healthiest Menu Options:**

Chicken Salad  
Tuna Melt  
Grilled Chicken  
Grilled Chicken Wrap  
Tuna Salad Wrap  
Garden Wrap



1004 S Olde Oneida Street  
Appleton, WI 54915  
*In the "Between the Locks" Building*  
(920) 731-3322

### **Hours of Operation**

11:00am – Close  
Seven days a week

### **Healthiest Menu Options:**

Tri-Colored Salmon Salad  
Artichoke Hummus Wrap  
Indian Curry – Veggie  
Pasta Fresco  
Portabella Melt

Organic Luncheon Salad & Soup Bar  
(Served Monday-Friday 11:00am-2:00pm)



Next time you want a home cooked meal, stop in at Schreiner's Diner. We feature breakfast all day, succulent soups and sandwiches, daily specials and fresh pies "made from scratch" all in our smoke free environment.

2437 S Oneida St  
Appleton, WI 54915  
(920) 734-9191

### **Hours of Operation**

Monday-Friday: 6:00am-7:00pm  
Saturday & Sunday: 7:00am-1:00pm

### **Healthiest Menu Options:**

Cholesterol Free Eggs  
Fresh Chef Salads  
Turkey Clubs  
Fish Sandwiches  
Chicken Breast Sandwiches

Home style dining at its best can be found at Schreiner's Diner!



607 South Main St  
Oshkosh, WI 54902  
(920) 230-4477

### **Hours of Operation**

Open Daily at 11:00am  
Happy Hour: Monday-Friday 3:00pm-6:00pm

### **Healthiest Menu Options:**

Italian Underworld  
Monterey Enforcer  
Little Chinatown  
The Lucky Luciano Chicken Caesar Wrap  
Fresh Lake Perch  
Gambler Salad (Fresh Garden Salad)



1170 N Casaloma Dr  
Appleton, WI 54913  
(920) 954-1188

**Hours of Operation**

Monday-Thursday: 11:00am- 10:00pm  
Friday & Saturday: 11:00am-11:00pm  
Sunday: 11:00am-10:00pm

**Healthiest Menu Options:**

Guiltless Salmon with Garlic and Herbs  
Caribbean Salad with Grilled Chicken  
Guiltless Santa Fe Chicken Wrap  
Chicken and Green Chile Soup  
Margarita Grilled Chicken  
Guiltless Classic Sirloin



700 N Koeller St  
Oshkosh, WI 54902  
(920) 230-6818

**Hours of Operation**

Monday-Wednesday: 11:00am-10:00pm  
Central Bar Open till Close or Late  
Thursday-Saturday: 11:00am-Close

**Healthiest Menu Options:**

Chicken Taco  
Fajitas Classicas  
Trio Chicken Enchiladas  
Sangria's Classic Chicken Burrito  
Vegetarian Spinach Enchiladas  
Enchiladas Fortin De Las Flores

\*Brown rice and black beans are healthy choices for sides



571 N Main St  
Oshkosh, WI 54901  
(920) 231-1980

**Hours of Operation**

Monday-Thursday: 10:00am-11:00pm  
Friday-Saturday: 11:00am-11:00pm  
Sunday: 8:00am-10:00pm

**Healthiest Menu Options:**

- Broiled Haddock, Walleye, or Shrimp
- Grilled Chicken Sandwich (no mayo)
- Grilled Chicken Quesadilla
- Broiled Seafood platter
- Grilled Chicken Salad
- Chicken Princes
- Grilled Salmon



706 W. Northland Ave  
Appleton, WI 54914  
(920) 954-5880

122 Fox River Drive  
Appleton, WI 54913  
(920) 830-9050

3020 E. College Avenue  
Appleton, WI 54915  
(920) 731-5440

667 S. Green Bay Road  
Neenah, WI 54956  
(920) 722-7733

1508 S Koeller St  
Oshkosh, WI 54902  
(920) 426-2782

2231 Westowne Ave  
Oshkosh, WI 54904  
(920) 230-6711

**Hours of Operation**

Vary by location

**Healthiest Menu Options:**

- 7 1/2" Garden Veggie (Better Bunch)
- 7 1/2" Ham (Better Bunch)
- 7 1/2" Chicken Breast (Better Bunch)

\* All Better Bunch subs are made with no mayo, cheese or salt\*



905 Commercial St  
Neenah, WI 54956  
(920) 725-2662

100 N Main St # 1  
Oshkosh, WI 54901  
(920) 230-7287

### **Hours of Operation**

Sunday-Wednesday: 11:00am-12:00am  
Thursday: 11:00am-3:00am  
Friday-Saturday: 11:00am-3:30am

### **Healthiest Menu Options:**

Spaghetti  
Garden Pizza  
Cheese Pizza  
Veggie Sandwich  
Salad Bar with Low-Fat dressing



1810 Omro Rd  
Oshkosh, WI 54902  
(920) 235-2840

### **Hours of Operation**

Monday-Saturday: 11:00am-Close

### **Healthiest Menu Options:**

6 oz Baked Haddock  
Grilled Chicken Sandwich, no Mayo  
Chicken Stir Fry  
Vegetable Lasagna  
Side Salad  
Baked Fish

# Remington's

STEAKS AND SEAFOOD

123 E Wisconsin Ave  
Neenah, WI 54956  
(920) 725-8441

## Hours of Operation

Breakfast:

Monday-Friday: 6:30am-9:30am  
Saturday & Sunday: 7:00am-10:00am  
Sunday Brunch: 10:00am-1:30pm

Dinner:

Monday-Saturday: 5:00pm-9:00pm  
Sunday-Dinner Service through Fan Club

## Healthiest Menu Options:

Appetizers:

Chilled Jumbo Shrimp Cocktail  
Wild Mushroom Bruschetta

Entrée:

Pork Tenderloin with Apple-Cranberry Relish  
Grilled Atlantic Salmon  
Rosemary-Lemon Chicken  
Chef Salad

Sides:

Roasted Asparagus  
Steamed Broccoli



599 Westhill Blvd  
Appleton, WI 54914  
(920) 830-2331

3631 E Calumet St  
Appleton, WI 54915  
(920) 733-7700

1161 W Towne Drive  
Neenah, WI 54956  
(920) 720-5500

1580 South Koeller St  
Oshkosh, WI 54902  
(920) 231-6028

## Hours of Operation

10:30am-10:30pm Daily

## Healthiest Menu Options:

Beef Pot Roast Value Basket 363 Calories

Mashed Potatoes & Gravy 140 Calories

**Total Calories 503**

Garden Fresco Salad with Raspberry Vinaigrette 274 Calories

Tomato Florentine Soup 112 Calories

**Total Calories 386**

Flame Roasted Chicken Sandwich 308 Calories

Tomato Florentine Soup 112 Calories

**Total Calories 420**

The Original Value Basket

ButterBurger, Single 331 Calories

Side Salad with **Raspberry Vinaigrette 106 Calories**

**Total Calories 437**

ButterBurger Cheese, Single 401 Calories

Mashed Potatoes & Gravy 140 Calories

**Total Calories 541**



515 N Sawyer St  
Oshkosh, WI 54902  
(920) 235-0900

**Hours of Operation**  
5:00am-9:00pm Daily

**Healthiest Menu Options:**

Broiled Fillet of Haddock  
Grilled Chicken Breast  
Baked Ham Sandwich  
Tuna Salad Sandwich  
Vegetarian Burrito  
Grilled Salmon



1123 Oregon St  
Oshkosh, WI 54902  
(920) 231-3290

**Hours of Operation**

Monday: Closed  
Tuesday-Thursday: 4:00pm-Close  
Friday-Saturday: 11:00am-Close

**Healthiest Menu Options:**

Thin Crust Cheese Pizza  
Thin Crust Vegetarian Pizza  
Broiled Icelandic Haddock  
Tossed Salad with Light Dressing  
Grilled Chicken Breast Fillet  
Grilled Chicken Plate  
Fishwich



N109 Stoneybrook Rd  
Appleton, WI 54915  
(920) 733-8750

### Hours of Operation

Sunday–Thursday: 11:00am–10:00pm  
Friday & Saturday: 11:00am–11:00pm

Whether you're trying to count calories or just want to select among a wide variety of craveable toppings for your gourmet burger, the Red Robin Customizer app and online tool can help consumers make dining choices on the fly. The iPhone app and online tool offers a variety of features including:

- **Create a meal:** allows users to create and save meals including burgers, sandwiches, wraps, salads, sides and beverages.
- **Add/remove ingredients:** all menu items are displayed as they are served at the restaurant, but the app allows users to add or remove ingredients to their taste and dietary preferences.
- **Customized comparison:** shows a side-by-side comparison of the original order and the custom order, allowing users to adjust calories easily.
- **Save feature:** allows you to save customized meals within the application, so you can revisit and edit your favorite orders again and again.

Visit [www.redrobin.com](http://www.redrobin.com) to use the Red Robin online Customizer tool and iTunes to download the free Red Robin Customizer app.



1179 S Washburn St  
Oshkosh, WI 54904  
(920) 235-2200

2301 Jackson St  
Oshkosh, WI 54901  
(920) 233-3030

### Hours of Operation

Sunday–Thursday: 10:30am–11:00pm  
Friday–Saturday: 10:30am–1:00am

### Hours of Operation

Sunday–Thursday: 10:00am–11:00pm  
Friday–Saturday: 10:00am–1:00pm

206 W. Calumet  
Appleton, WI 54915  
(920) 380-4030

333 W. Northland Ave  
Appleton, WI 54911  
(920) 738-9680

4733 Michaels Dr Ste. 2  
Appleton, WI 54915  
(920) 731-0100

436 S. Commercial St  
Neenah, WI 54956  
(920) 725-6656

819 Schelfhout Ln #101  
Kimberly, WI 54136  
(920) 687-9790

### Hours of Operation

Sunday–Thursday: 11:00am–11:00pm  
Friday–Saturday: 11:00am–1:00am  
(Commercial Street location opens at 10:00am daily)

### Healthiest Menu Options:

Cheese Pizza

Ham & Pineapple Pizza

Grilled Chicken & Veggie Pizza

Veggie Pizza

Healthiest options are based on a serving size of 1 slice of a 12" pizza.



218 E College Ave  
Appleton, WI 54911  
(920) 730-8701

355 N Casaloma Dr  
Appleton, WI 54915  
(920) 968-0503

### **Hours of Operation**

Monday-Thursday: 10:30am–2:00am  
Friday & Saturday: 10:30am–2:30am  
Sunday: 11:00am–2:00am

### **Healthiest Menu Options:**

Comet Morehouse  
Halley's Comet  
Boney Billy  
Geeter  
Girl



2318 S Oneida St  
Appleton, WI 54915  
(920) 830-4121

### **Hours of Operation**

Daily 11:00am–9:00pm  
Friday & Saturday until 10:00pm

### **Healthiest Menu Options:**

Cajun Broiled Salmon  
Stuffed Cucumber Boats  
Seafood Salad Monterey  
House Grilled Tuna Steak Sandwich  
Haddock Broiled with Lemon Pepper & White Wine

All steaks are broiled or grilled. Any seafood can be done with lemon pepper or Cajun and white wine for a healthier alternative.



3825 E Calumet St  
Appleton, WI 54915  
(920) 749-0938

### **Hours of Operation**

Monday–Saturday: 10:00am–9:00pm  
Sunday: 10:00am–8:00pm

### **Healthiest Menu Options:**

Pesto Turkey Bullet  
Roadhouse Steak Sammie  
Small Honey Bourbon Chicken  
Pan Asian Chicken Salad (Entrée Size)  
Bowl of Chili



4905 County Rd S  
Oshkosh, WI 54904  
(920) 233-2511

### **Hours of Operation**

11:00am-2:00am Daily

### **Healthiest Menu Options:**

Fish Sandwich  
Haddock Plate  
Chicken Breast Sandwich  
Hot Ham Sandwich  
Cauliflower



1 N Main St  
Oshkosh, WI 54901  
(920) 231-0807 ex 2660

**Healthiest Menu Options:**

Chicken Caesar Wrap  
Bruschetta Chicken Sandwich  
Spaghetti with Marinara sauce  
Grilled Salmon  
Tuna Salad  
Fox River Salad



2605 Jackson St  
Oshkosh, WI 54901  
(920) 230-2605

**Hours of Operation**

Monday-Saturday: 11:00am-10:00pm  
Sunday: 8:00am-10:00pm

**Healthiest Menu Options:**

Chicken Primo

Veggie Panini or Veggie Pizza

Broiled Sea Scallops, Broiled Haddock or Broiled Shrimp  
Chicken, Shrimp and Asparagus Salad with choice of fat-free  
French or Ranch Dressings

"Fresh Catch of the Day"  
(Choice of either Salmon or Red Snapper; choice of Broiled,  
Cajun-Blackened or Tomato Basil Bruschetta)



100 City Center #C  
Oshkosh, WI 54901  
(920) 235-9891

### **Hours of Operation**

Monday–Friday: 6:30am–6:00pm  
Saturday: 7:00am–3:00pm  
Sunday: 7:00am–3:00pm

### **Healthiest Menu Options:**

Diced Fruit  
Turkey Wrap  
Cherry Blue Salad  
Asian Sesame Chicken Salad  
Veggie Wrap with Roasted Red Pepper Hummus  
Milano Grilled Sandwich (made with eggplant, no meat)



1501 Arboretum Dr  
Oshkosh, WI 54901  
(920) 232-2337

### **Hours of Operation**

Open 11:00am Daily  
Serving Dinner until  
10:00pm Monday–Thursday  
11:00pm Friday and Saturday  
8:00pm Sunday

### **Healthiest Menu Options:**

Grilled Salmon  
Blackened Chicken Tacos  
Seasonal Fruit and Spinach Salad  
Blackened white fish Salad  
Grilled Turkey Sandwich w/out cheese  
Buffalo Chicken Sandwich w/out dressing  
Black Bean Burger



1651 W South Park Ave  
Oshkosh, WI 54902  
(920) 231-9555

### **Hours of Operation**

Monday-Thursday: 11:00am-11:00pm  
Friday and Saturday: 11:00am-12:00am

### **Healthiest Menu Options:**

Turkey Wrap  
Fish Sandwich  
Raw Vegetable Platter  
Grilled chicken Breast  
Grilled Chicken Breast Salad



910 N Main St.  
Oshkosh, WI 54901  
(920) 233-5565

### **Hours of Operation**

Monday-Tuesday: 8:00am-3:00pm  
Wednesday-Friday: 8:00am-8:00pm  
Saturday: 8:00am-3:00pm

### **Healthiest Menu Options:**

Pilora's Mandarin Chicken Salad Wrap-minus dressing  
Eden's Garden Sandwich-minus dressing  
Tuna Salad on Wheat Bread  
Egg Salad on Wheat Bread  
Cashew Chicken Salad  
Feta Chicken



2005 W 9th Ave  
Oshkosh, WI 54904  
(920) 233-6074

**Hours of Operation**  
24 Hours Daily

**Healthiest Menu Options:**

Energizer wrap  
Salmon Dijon calorie counter  
Chicken & Spinach Salad  
Chef Wrap with light or fat free ranch



1903 Harrison St  
Oshkosh, WI 54901  
(920) 235- 9307

**Hours of Operation**  
Monday-Saturday: 11:00am-Close

**Healthiest Menu Options:**

Sea Scallops  
Broiled Haddock  
Broiled Grouper  
Broiled Chicken Breast—plain or Cajun  
Smothered Chicken Breast topped by mushrooms and onions  
(without cheese)



4101 W Wisconsin Ave  
Appleton, WI 54913  
(920) 733-6829

1400 S Koeller St  
Oshkosh, WI 54902  
(920) 233-9848

### **Hours of Operation**

Appleton

Sunday-Thursday: 6:00am-Midnight  
Friday & Saturday: 24 hours

Oshkosh

Monday-Saturday: 6:00am to Midnight  
Sunday: 6:00am-10:00pm

### **Healthiest Menu Options:**

Veggie Omelet  
Fresh Fruit and Yogurt Bowl  
Grilled Balsamic Chicken  
Blueberry Harvest Grain 'N Nut Combo  
Whole Wheat French Toast Combo



523 Campus Place  
Oshkosh, WI 54901  
(920) 231-1334

### **Hours of Operation**

Sunday-Tuesday: 11:00am-11:00pm  
Wednesday-Saturday: 11:00am-2:30am

### **Healthiest Menu Options:**

Chicken Caesar Pita  
Greek Salad Pita  
Caesar Pita  
Greek Salad  
Caesar Salad  
Garden Salad with Grilled Chicken

# NEW YORK DELI

DELI • MARKET • CAFE

1853 N Casaloma Dr  
Appleton, WI 54913  
(920) 734-3354

## **Hours of Operation**

Monday-Friday: 10:00am–7:00pm  
Saturday & Sunday: 10:00am–3:00pm

## **Healthiest Menu Options:**

Sesame Ginger Chicken with Mandarin Orange Salad  
West Coast Turkey Sandwich  
Tuscan Chicken Panini  
Chicken Caesar Wrap  
Greek Salad

# JEFF'S

*On Rugby*

1005 Rugby St  
Oshkosh, WI 54902  
(920) 231-7450

## **Hours of Operation**

Dinner: Tuesday-Thursday: 5:00pm-Close  
Friday, Saturday, and Sunday: 4:30pm-Close

## **Healthiest Menu Options:**

Natural California Burger  
Southwest Chicken sandwich  
Blackened Pollock Sandwich  
Cajun Blasted Shrimp Salad  
Pure Chicken Caesar



2828 N Richmond St  
Appleton, WI 54911  
(920) 882-2255

345 W. College Ave  
Appleton, WI 54911  
(920) 882-8470

4194 W Wisconsin Ave  
Appleton, WI 54913  
(920) 830-1111

3420 E Calumet St  
Appleton, WI 54915  
(920) 882-7788

911 Tullar Rd  
Appleton, WI 54956  
(920) 886-9390

### **Hours of Operation**

Vary by location

### **Healthiest Menu Options:**

Slim #2 (Roast Beef)  
Slim #4 (Turkey Breast)  
#4 Turkey Tom Unwich\*  
#2 Big John Unwich\*  
#4 Turkey Tom

\*All Jimmy John's sandwiches are available on multi-grain whole wheat bread or as an Unwich in lieu of French bread. An Unwich replaces the bread with lettuce leaves which are rolled up in paper and eaten much like a burrito. An Unwich is a great way to save calories and is a delicious option for anyone with Celiac disease as they are gluten-free.

## **New Moon Café**



401 N Main St  
Oshkosh, WI 54901  
(920) 232-0976

### **Hours of Operation**

Monday-Thursday: 6:30am-10:00pm

Friday: 6:30am-11:00pm

Saturday: 7:00am-11:00pm

Sunday: 7:00am-9:00pm

### **Healthiest Menu Options:**

Maki Wrap  
Ella Sandwich  
Dizzy Sandwich  
Veggie Quesadilla  
Firehouse Burrito  
Benny Sandwich with Light or Fat Free Ranch

# MUNCHEEZ PIZZERIA

When you want the good stuff!

600 W College Ave  
Appleton, WI 54911  
(920) 749-1111

**Hours of Operation**  
11:00am-3:00am Daily

## Healthiest Menu Options:

Chef Salad (unlimited free extra veggies)  
Caesar Salad (unlimited free extra veggies)  
Grilled Chicken Caesar Salad (unlimited free extra veggies)  
Grilled Chicken Melt Sub (unlimited free extra veggies)  
Mexican Pizza (with no meat and lite cheese)  
Veggiefest Pizza (thin crust, lite cheese)



2059 Witzel Ave  
Oshkosh, WI 54904(920) 426-9939

## Hours of Operation

Lunch Served:  
11:00am-4:00pm Daily  
Dinner Served:  
Monday-Saturday: 4:00pm-10:00pm  
Sunday: 4:00pm-9:00pm

## Healthiest Menu Options:

Grilled Shrimp  
Chicken Cordon Blue  
Baked Haddock  
Broiled Seafood Platter  
Sizzling low-fat Stir Fry- Chicken or Shrimp  
Eagles Nest



# Landreman's Family Restaurant

2300 E Main St  
Kaukauna, WI 54130  
(920) 759-0196

## **Hours of Operation**

7:00am-7:30pm Daily  
Extended summer hours  
Memorial Day-Labor Day until 9:00pm

## **Healthiest Menu Options:**

Egg Beater Veggie Omelette  
Grilled Chicken Supreme Sandwich  
Char Grilled Chicken Chef Salad  
Deluxe Veggie Burger Wrap  
Grilled Salmon



2402 Jackson St  
Oshkosh, WI 54901  
(920) 426-0684

## **Hours of Operation**

6:00am-9:00pm Daily

## **Healthiest Menu Options:**

Grilled Chicken Sandwich  
Grilled Chicken Salad  
Tuna Melt  
Grilled Chicken Wrap

Wraps... these whole wheat wraps are low in carbohydrates but you'd never know it!



2295 W College Ave  
Appleton, WI 54914  
(920) 739-3533

### **Hours of Operation**

Monday-Thursday: 4:00pm–10:00pm  
Friday & Saturday: 4:00pm-11:00pm  
Sunday: 11:30am-9:00pm

### **Healthiest Menu Options:**

Spinach Artichoke Cheese Fondue  
Seafood & Trio with Salmon\*  
Pacific Rim\*  
Veggie Boat\*



715 N Main St  
Oshkosh, WI 54901  
(920) 233-4440

### **Hours of Operation**

Monday-Saturday: 11:00am-Close

### **Healthiest Menu Options:**

Chicken Cheese Crisp  
Chicken Calabacita  
Chicken Taco Salad  
Chipotle Shrimp Quesa  
Veggie Grilled Quesa



1405 E Wisconsin Ave  
Appleton, WI 54911  
(920) 733-3600

**Hours of Operation**

Monday-Thursday: 11:00am–9:30pm  
Friday: 11:00am–10:30pm  
Saturday: 4:30pm-10:30pm  
Sunday: CLOSED

**Healthiest Menu Options:**

Mahi Mahi  
Broiled Haddock  
Fresh Salmon  
Lean Cuts of Beef  
Broiled Chicken Breast  
Fresh Vegetables  
Pecan Encrusted Grilled Chicken Salad

Serving Gluten Free Options



2505 Oregon St  
Oshkosh, WI 54902  
(920) 235-9854

**Hours of Operation**

Monday-Thursday: 10:00am–9:00pm  
Friday: 10:00am–10:00pm  
Saturday-Sunday: 11:00am–9:00pm

**Healthiest Menu Options:**

Shrimp Veracruz  
Veggie Fajita Dinner  
Steak Burrito Dinner

All meals are available with baked tortilla chips and salsa. Fat-free cheese and/or fat-free sour cream are available upon request.