

# Heart Healthy Menu Selections

## \* Chick Pea Dip (Hummus-bi-Tahini)

Chick peas pureed with Tahini, lemon juice and garlic and sprinkled with a touch of olive oil

## \* Lebanese Mini Maza

Servings of hummus, babaghanooj, Taboleh, chickpea and cucumber tomato salads over a bed of greens

## \* Roasted Eggplant Dip (Babaghanooj)

Roasted eggplant puree with Tahini, lemon juice, garlic and sprinkled with a touch of olive oil

## \*Taboleh Boat (Taboleh-bi-Banadorah)

Taboleh salad {Bulgur wheat, tomato, parsley & mint} on a bed of Romaine leaf garnished with red Onions & Greek olives

## \* Greek Salad ( Salata Yonanni)

Tossed salad topped with feta cheese, red onions, red peppers, artichoke hearts, Peppercini and calamata olives and our own croutons and Greek dressing

## \* Fattoush Salad (Salata Fattoush)

Mixed greens topped with diced tomato, cucumber, lemons, peppers, scallions, red onions, mint, toasted pita chips and drizzled with our special olive oil and lemon dressing.  
MMM !!! nothing like it!

## \* Lebanese Salad ( Salata Lebnaneah)

Mixed greens topped with seasoned, cucumber tomato vinaigrette salad and sprinkled with chick peas and toasted pita bread

## Roasted Zaatar Chicken (Dajaj -Mohammara)

Chicken breasts smothered with a zesty Zaatar spice and ground mustard roasted to perfection and served with roasted garlic new potatoes and vegetable Du-jour

## Moroccan Chicken (Dejaj-bil-Zaitun)

Chicken breast marinated in Mediterranean herbs and spices, baked with onions, fresh lemon and olives, served with steamed couscous & glazed Moroccan carrots

## Grilled Swordfish

Fresh swordfish steak marinated in olive oil, lemon juice, garlic & spices and grilled and served with our special Tahini Sauce. Served with Basmati Rice and vegetable Du-Jour

## Blackened Tuna Steak

Pan seared tuna steak smothered with Cajun spices and topped with roasted red pepper Sauce, served with roasted garlic New Potatoes and vegetable Du-Jour

## Roasted Herbed Salmon

Fresh herbed roasted Salmon filet with Three jumbo shrimp topped with creamy seafood wine sauce, served over a bed of fresh tricolor tortellini and vegetable Du-Jour

## Pasta Sauté ala Pomodoro

Ziti Penne topped w/sun dried and fresh tomatoes, roasted red peppers & capers sauté in fresh garlic and olive oil

## Vegetarian Du Jour

Lentils Sauté, vegetable & spinach korma prepared with Mediterranean Spices, garnished with Imported Feta, served with basmati rice pilaf and roasted red pepper Humus

## Wraps And Sandwiches

Choose from Our Roasted Turkey, Deluxe Ham and Chicken Breast, or lentil sauté or spinach korma and Greek Salad Wraps All Make for great choices, delicious and healthy eating

Traditional Mediterranean Cuisine as represented in this menu not only tastes great - it's great for your heart. In fact, regularly eating this way has been shown in a ground breaking medical research trial to decrease heart disease risk by an impressive 70%\*. Mediterranean people have been eating this way and enjoying life to the fullest for 3,000 years.

Traditional Mediterranean cuisine emphasizes:

- Multiple courses shared in a relaxed atmosphere with family/friends
- The freshest ingredients, minimally refined and processed
- Generous portions of vegetables sauteed in the magnificent oil of the olive
- The use of Omega-3 fats from multiple sources including walnuts and almonds
- Lean cuts of meat
- Whole grain breads and, of course, pasta

The Center for Preventive Medicine and Cardiovascular Health of Prime Care Physicians P.C. has teamed up with BFS Restaurant to develop menu choices which taste great and are especially good for your heart. Items on this menu have a composition which promotes the highest dietary standards of heart health.

For more information on the Heart Healthy Restaurant Program and the select area restaurants which are participating, visit the program selection at [www.CenterForPreventiveMedicine.com](http://www.CenterForPreventiveMedicine.com).

Paul E. Lemanski, M.D., M.S.

Director, Center for Preventive Medicine and Cardiovascular Health, Prime Care Physicians, P.L.L.C.

Assistant Clinical Professor of Medicine, Albany Medical College

Laurie Burton-Grego, M.S., R.D.

Registered Dietician, Prime Care Physicians, P.L.L.C.

*\*The Lyon Diet Heart Study published in the American Heart Association Journal Circulation, 1999.*