

Keep Your Heart Healthy with Greenz!

These low-calorie, low-fat, low-sodium entrees meet Medical City's guidelines to help you keep your heart healthy. That's something we can all fall in love with!

RECOMMENDED SALADS:

Apple Walnut (no brie pastries)

Mesclun mix with crisp apple slices and toasted walnuts. Drizzled with champagne vinaigrette.

The Mediterranean

Chopped romaine, tomato, red onion, cucumber, olives and crumbled feta mixed with creamy tzatziki dressing. Garnished with a homemade pita crisp.

Grilled Chicken Riviera

Mixed greens, grilled chicken and assorted fresh fruit. Kissed lightly with strawberry balsamic vinaigrette.

Grilled Southwestern Shrimp

Delectable grilled shrimp, roma tomatoes, sweet and spicy tomatillo-jicama relish and sweet potato straws, all atop our spinach and romaine mix. Served with cilantro-lime vinaigrette.

MEDICAL CITY HEART'S GUIDELINES*:

≤ 650 calories

≤ 20 g Total Fat

≤ 7 g Saturated Fat

≤ 800 mg Sodium



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www.greenzsalads.com

*For more information visit medicalcityheart.com.

Greenz chooses only hormone-free, naturally raised chicken and never uses trans fat in any of its dishes.

Greenz Restaurants, LLC, obtains nutritional information from various sources including product manufacturer(s). Our heart healthy menu analysis provided and approved through Medical City Heart Hospital. Although we have made every effort to be as accurate as possible, manufacturers frequently change formulations and it may take some time to get our records updated to reflect these changes. In addition, because we cook each dish to order, some nutritional values may not be exact. There can be variances in the actual values versus the recipe specifications. The information posted here may not be 100% accurate as such we cannot be responsible for individual reactions to any products listed here. HH0110