



As Somerville's popularity grows as a food destination and more and more restaurants open up, these businesses bring more than just great places to dine to our neighborhoods, they bring new community partners. In Somerville, we are proud to have restaurants with deep roots in our community, that are as diverse as our people, and that share our community values.

One of those shared values is health, and Somerville eateries are playing an important role in supporting the goal of making it easy for our community to make healthy choices. Since 2002, Somerville restaurants have partnered with the City's Shape Up Approved healthy restaurant program to highlight healthy options on their menus. With every option reviewed and recommended by a certified nutritionist, this program provides a guide for eating healthy when out. Not only do residents benefit, our Shape Up Approved partnership is a model recognized by First Lady Michelle Obama, and we have advised communities around the country on how to start a similar program.

This booklet is a reminder of this great service and that healthy food can also be tasty! Enjoy.

A handwritten signature in blue ink that reads "Joseph A. Curtatone". The signature is fluid and cursive, with the first name being the most prominent.

Joseph A. Curtatone  
Mayor

## Shape Up Approved menu items feature some of the following:

- Lean proteins like chicken, fish, tofu or beans
- Small amounts of heart healthy fats/dressings
- Whole grains such as bread, brown rice, oats, quinoa
- Unsweetened or low fat dairy
- Items that are not deep fried or in creamy sauces
- At least one serving of fruit or vegetable

## Look for this logo in restaurant windows:



## Ask about delivery or catering your next meeting!

The Shape Up Approved healthy restaurant program proudly partners with The Welcome Project's YUM project to highlight immigrant-run restaurants in Somerville. Our YUM partners are identified in our index with this logo:



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness*

*Menu items are subject to change at owner's discretion*

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# FASIKA

## ETHIOPIAN RESTAURANT

45 Broadway  
Somerville MA 02145  
(617) 628-9300

### Appetizers

#### **Ethiopian Salad**

Shredded romaine lettuce, tomatoes, red onion and jalapeno in lemon vinaigrette

#### **Azifa**

Lentil salad with jalapeno, onion and vinegar

#### **Timatim Fitfit**

Diced fresh tomatoes, onions, jalapenos, in a lemon and dressing blended with injera

#### **Ayeb Begomen**

Homemade cottage cheese mixed with fine chopped collared green, herbs and spices.  
Served with injera. It can be served spicy or mild

### Vegetarian

#### **Tegabino**

Traditional sauce of roasted legumes and berbere

#### **Yesimir Wot**

Red split lentil in berbere sauce

#### **Yekik Alich**

Split yellow peas cooked in a garlic ginger sauce

#### **Yesimir Alich**

Lentils cooked in ginger, turmeric, and garlic

#### **Gomen Wot**

Collard greens sautéed with onions and garlic

### Vegetarian Combinations

#### **Vegetarian Combination**

Choose any five vegetables or appetizers except vegetable curry & sambosa

#### **Combo Special for Two**

Make your own combination of four vegetables and any three of the meat.

### Chicken and Fish

#### **Doro Key Wot Spicy**

Tender skinned chicken cooked in berbere/spicy sauce and served with hard-boiled eggs

#### **Doro Alich Wot Mild**

Tender skinned chicken cooked in turmeric sauce and served with hard-boiled eggs

#### **Fasika Fish**

Fresh water tilapia heavily seasoned with herbs and spices and cooked in red wine served with collard greens

#### **Yedoro Tibs**

Sautéed chicken breast with onions, peppers, tomatoes, and mild curry sauce



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.fasikarestaurant.com](http://www.fasikarestaurant.com)  
Takeout and delivery available!

# GAUCHAO

## Brazilian Cuisine

102 Broadway  
Somerville MA 02145  
(617) 625-6100

### O MEHLOR CHURRASCO GAUCHAO

#### Todos os Dias / Served Daily

Special Plates served with ½ cup of rice, beans, salad

Frango Assado / Roasted chicken breast  
Linguica de frango / Chicken sausage  
½ xícara arroz branco / ½ cup white rice  
½ xícara arroz com vegetais / ½ cup rice with vegetables  
Feijão preto / Black beans  
Feijão vermelho / Red beans  
Feijão tropeiro / Beans with farofa

#### **Segunda-Feira / Monday**

Polenta  
Brazilian Corn  
Frango com Quiabo / Chicken with Okra

#### **Terça-Feira / Tuesday**

Estrogonofe De Frango / Chicken Stroganoff

#### **Quarta-Feira / Wednesday**

Frango Assado / Grilled Chicken

#### **Sexta-Feira / Friday**

Galinha Caipira Ensopada com Batata / Heavy Fowl with Potatoes  
Bacalhoda / Codfish  
Muqueca / Fish Stew

#### **Sabado / Saturday**

Feijoada / Brazilian-Style Black Beans  
Couve / Collard Greens

#### **Domingo / Sunday**

Frango Assado / Grilled Chicken

### Buffet

Salad Bar  
Fresh Vegetables  
Lettuce  
Fresh Fruit  
½ Cup Rice with Fresh Vegetables  
Butternut Squash  
Boiled Okra  
Roasted Chicken Breast

### **Marmitex Completo com Churrasco / Complete Plate To-Go with BBQ**

Prato completo servido pelo funcionário com sua escolha de 2 tipos de carne da churrasqueira: Lingüiça de Frango e/ou Frango Assado

Complete plate served by the employee with 2 choice of meat from the BBQ: Chicken Sausage and/or Roasted Chicken





167 Broadway  
Somerville MA 02145  
(617) 629-5909

### Appetizers

#### **Avocado Salad**

Cucumber, crab, and a slight hint of Japanese mayonnaise

#### **Seaweed Salad**

Cucumber and seaweed

#### **Edamame**

A classic Japanese snack, lightly tossed with salt

### Soups

#### **Hot and Sour Soup**

Oyster sauce and tofu in a chicken base

#### **Miso Soup**

Soybean paste, soft tofu, seaweed, and scallions

### Seafood

#### **Szechuan Spicy Fish**

White fish, napa cabbage, and scallion

#### **Szechuan Spicy Mala Shrimp**

Succulent shrimp tossed in our spicy mala sauce with vegetables

#### **Shrimp with Vegetables**

Sautéed in white wine with scallion

#### **Steamed Shrimp with Vegetables**

With ginger sauce on the side

### Chicken

#### **Kung Pao Chicken with Peanuts**

Diced chicken with celery, peanuts, & chili

#### **Chicken with Vegetables**

Assorted vegetables sautéed with a light sauce

#### **Steamed Chicken with Vegetables**

With ginger sauce on the side

#### **Japanese Curry Chicken**

Sliced white meat chicken with peppers and onions

### Vegetables

#### **Seasonal Greens**

#### **Broccoli in Garlic Sauce**

#### **Eggplant with Basil in Garlic Sauce**

### Sides

#### **Brown Rice**

Available with all dishes upon request

### Sushi Rolls

Sushi is made fresh and can be ordered as a **Shape Up Approved** dish if ordered without tempura



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.lotusxpress.com](http://www.lotusxpress.com)  
Takeout and delivery available!

# RINCÓN MEXICANO

*Tastes from a little corner of home*

99 Broadway  
Somerville MA 02145  
(617) 776-1200

## Bocadillos / Appetizers

Order soft or corn tortillas for a healthier option

### **Guacamole en Molcajete**

Hand-mashed avocados mixed with chopped cilantro, onions, jalapeños, garlic, tomatoes and a hint of lime

### **Coctel de Camarones**

Shrimp mixed with chopped onions, tomatoes, cilantro, and ketchup topped with avocado

### **Ensalada Mexicana**

Mixed greens, strawberries, avocado and cilantro dressing topped with white cheese, and crispy house-made tortilla strips on the side

## Tacos

Served with cilantro and onions

### **Pollo / Chicken**

## Burritos

Served with rice, black beans, pico de gallo, guacamole, sour cream, cheese, and jalapeños

### **Vegetable**

### **Pollo / Chicken**

## Mexican Plates

Served with rice and beans

### **Chicken Enchiladas**

Three corn tortillas filled with chicken and topped with white cheese and served with Mexican sour cream on the side

Choice of mole or green sauce

### **Quesadillas**

Flour tortilla filled with monterrey cheese and served with guacamole and Mexican sour cream on the side

Choice of beef, chicken, or vegetarian

### **Tacos de Camarón**

Three corn tortillas filled with grilled shrimp, cabbage, and cilantro pesto, with chipotle mayo on side

### **Molcajete**

A combination of beef, chicken, and shrimp with green salsa, green peppers and onions, topped with oaxaca cheese, cactus, and scallion



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit [www.rinconmexicanosomerville.com](http://www.rinconmexicanosomerville.com)



76 Broadway  
Somerville MA 02145  
(617) 628-1921

*Authentic Sicilian  
Style Cuisine*

### Lunch

#### Appetizers

**Broccoli Rabe or Spinach**

**Caprice Salad**

**Mesclun Salad** with oil and vinegar dressing

**Turkey Salad** with oil and vinegar dressing

**Garden Salad** with oil and vinegar dressing

#### Cold Sandwiches

**Honey-Roasted Turkey**

Your choice of white or wheat bread

#### Seafood

Served with your choice of pasta:  
ziti, linguine, angel hair, or whole wheat

**Shrimp**

Your choice of scampi or fra diavolo

**Scallops**

Your choice of cacciatore, scampi, or marinara

**Haddock**

Sautéed in a fresh plum tomato and basil sauce

**Little Necks**

Marinara sauce or garlic & oil

#### Chicken

**Chicken Stir-Fry**

Chunks of chicken with vegetables

**Chicken alla Panna**

Chicken sautéed with onion and broccoli in a light garlic sauce

### Vinny's At Night

#### Appetizers

**New Zealand Mussels**

**Little Necks**

White wine, garlic, & olive oil or marinara

**Broccoli Rabe or Spinach**

**Caprice Salad**

#### Seafood

**Shrimp Fra Diavolo**

Shrimp, celery, and onions in a spicy white wine marinara sauce

**Shrimp Putanesca**

Shrimp, celery, black olives, and capers in a mild red wine marinara sauce

**Little Necks**

White wine, garlic, & olive oil or marinara

**Grilled Split Lobster Tail**

Lobster tail with shrimp, scallops, and mussels served with spinach

**Haddock with Vegetables**

Garlic & olive oil or tomato and basil sauce

**Seafood Extravaganza**

Shrimps, scallops, clams, mussels, calamari and fish of the day in zesty marinara sauce

**Scallops**

Garlic & olive oil sauce, marinara sauce, or tomato and basil sauce



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.vinnysatnight.com](http://www.vinnysatnight.com)  
Takeout and delivery available!



# Royal Bengal

364 Medford Street Somerville MA 02145  
(617) 491-1988

## Appetizers

### **Mulligatawny Soup**

Spicy soup with lentils, vegetables, and spices

## Indian Breads

### **Tandoori Roti**

Whole wheat bread baked without oil

### **Chapatti**

Whole wheat bread baked on a pan without oil

## Vegetable

### **Aloo Ghobhi**

Cauliflower and potatoes cooked with tomatoes, onions, herbs, and spices

### **Chana Masala**

Gently-cooked chickpeas, onions, herbs, spices

### **Chana Saag**

Fresh spinach and chickpeas cooked with a diced onions, fresh tomatoes, herbs, and spices

### **Aloo Saag**

Fresh spinach and diced potatoes cooked with diced onions, fresh tomatoes, herbs, and spices

## Rice

### **Chicken or Shrimp Biryani**

Basmati rice cooked with nuts, spices, and choice of chicken chunks or jumbo shrimp

### **Vegetable Biryani**

Basmati rice cooked with exotic spices, herbs, and fresh vegetables

## Tandoori — Baked in our Tandoor

### **Chicken Tikka**

Tender chicken marinated in spices and yogurt baked on skewers

### **Reshmi Kebab**

Chicken breast marinated in spices

### **Tandoori Shrimp**

Fresh jumbo shrimp marinated in delicate yogurt and baked on skewers

### **Tandoori Chicken**

Spring chicken marinated in tandoori masala and yogurt for 24 hours and baked

## Chicken

### **Chicken Curry**

Chicken cooked in spicy curried sauce

### **Dal Chicken**

Chicken cooked in special yellow lentils

### **Chicken Tikka Masala**

Boneless pieces of Tandoori Chicken cooked in a tangy, spicy paprika sauce

### **Chicken Do-Piazza**

Marinated chicken breast with tomatoes

### **Chicken Saag**

Tender pieces of chicken breast delicately spiced and cooked with spinach

### **Chicken Karahl**

Fresh chicken breast simmered with diced tomatoes, bell peppers, and spices

### **Chilli Chicken**

Chicken cooked with green chillies&onions



For the complete menu, visit  
[www.bengalicafe.com](http://www.bengalicafe.com)  
Takeout and delivery available!



# New Thurston Spa

393 Medford Street  
Somerville, MA 02145  
(617) 710-6801

## Breakfast — Served All Day

### **Cereal and Milk**

Various cereals with 3 or more grams of fiber

### **Eggs or Egg Whites with Cheese**

On your choice of English muffin or whole wheat

### **Dropped Egg on Whole Wheat Toast**

### **Egg or Egg White Omelet**

With your choice of vegetables and a side of whole wheat toast

### **Fresh Fruit Cups**

No added sugar

### Snacks

Varieties include:

Popcorn

Pop Chips

Almond Snack Pack

Cashew Snack Pack

Pure Protein Bars

Kind Bars

Luna Bars

Zone Bars

Think Thin Bars

## Lunch

### **Daily Lunch Specials**

Make it Shape Up Approved: substitute water for soda and side salad for chips

### **Deli Sandwiches**

Turkey, chicken, veggie, or cheese sandwich served on whole wheat bread or wrap with your choice of toppings

### **Salads**

Grilled Chicken or Chef's Salad on mixed greens with your choice of oil & vinegar or lite dressings

### **Soups**

Chicken Noodle or Meatless Minestrone

### **Subs**

Your choice of grilled chicken, pepper and egg, or turkey breast on whole wheat bread with your choice of toppings



Look for the coupon on the last page of this booklet for 10% off these items!

Menu changes weekly  
Takeout and free delivery available!



# ARTS AT THE ARMORY CAFÉ

191 Highland Avenue  
Somerville, MA 02145  
(617) 718-2191

## Breakfast

### **Oatmeal with Dried Cranberries**

### **Egg Sandwich**

On your choice of bagel, whole wheat, rye toast, or sourdough

## Salads

### **Chef**

Turkey, cheddar, tomato, cucumber, and avocado on mixed greens

### **Chicken Salad**

Chicken salad, cucumbers, walnuts, and cranberries on mixed greens

### **Boston**

Apples, walnuts, and goat cheese on mixed greens

## Plates

### **Hummus Plate**

Celery, carrots, peppers, hummus, and pita bread

### **Quiche**

Spinach and tomato

## Sandwiches

On your choice of whole wheat, rye, sourdough, or spinach wrap

### **Cali Tuna**

Tuna salad with cheddar, avocado, spinach, and tomatoes

### **Patriots**

Turkey, roast beef, cheddar cheese, lettuce, and tomato

### **Veggie**

Cheddar cheese, spinach, tomatoes, cucumber, avocado, and onions

### **Chicken Salad**

Chicken, mayonnaise, cranberries, and walnuts

### **Sweet Turkey**

Turkey, fig spread, cheese, and arugula

### **Brie**

Brie cheese, fig spread, arugula, and sliced apples



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit [www.artsatthearmory.org](http://www.artsatthearmory.org)

# HIGHLANDER CAFÉ

81 HIGHLAND AVENUE SOMERVILLE MA 02143  
617-625-6600 X6232  
HIGHLANDERCAFÉ@GMAIL.COM  
SERVING LUNCH WEDNESDAY - FRIDAY 11:00 A - 1:00 P

## Soup

### **Wonton Soup**

Vegetable-filled wontons in a vegetable broth

### **Chilled Strawberry Soup**

Fresh strawberries and honey

## Salads

### **Asian Cobb Salad**

Lettuce, avocado, carrots, cucumbers, egg, and 2oz of blue cheese (omit bacon)

### **Grab n Go Salad Shakers**

11:00AM—100PM, pick-up only

### **Asian**

Soba noodles, lettuce, carrots, edamame, and cashews with soy ginger dressing

### **Southwestern**

Lettuce, corn, black beans, and pickled jalapeño with cilantro lime vinaigrette

### **Spring**

Arugula, strawberries, quinoa, beets, goat cheese, and walnuts with balsamic vinaigrette

Add grilled chicken to any salad

## Main Dishes

### **Grilled Chicken Club**

Grilled chicken, lettuce, and tomato (omit bacon)

### **Chicken and Shiitake Steamed Buns**

Corn and rice flour dough wrapped around seasoned fresh mushrooms

### **Vegetable Quesadilla**

Flour tortilla with grilled vegetables and a 2oz portion of cheese

### **Baked Catfish Po'Boy**

Omit remia mayo

### **Baked Haddock**

Seasoned local haddock finished with a splash of wine and lemon

### **Cider-Brined Pork Tenderloin**

Grilled fresh lean pork tenderloin brined in local cider and served with a crisp cinnamon apple chutney

These are some of the Shape Up Approved menu items that we offer.

Our menu changes bi-weekly, so call or visit to see what's on for this week!



Look for the coupon on the last page of this booklet for 10% off these items!

For complete menu and online ordering, visit  
[www.somerville.k12.ma.us/schools/somerville-high-school/highlander-café](http://www.somerville.k12.ma.us/schools/somerville-high-school/highlander-café)  
Takeout available!

# CANTINA LA MEXICANA

247 Washington Street  
Somerville MA 02143  
(617) 776-5232

## Appetizers

### **Soup of the Day**

Chicken with vegetable soup served with tortillas. Soup changes daily.

### **Ceviche de Camarones**

Fresh shrimp, tomato, onions, and chile verde in citrus juices with a touch of honey

### **Cantina Guacamole**

Made to order with fresh chopped avocados, onion, lemon, cilantro, and fresh chiles

## Entrées

### **Mexican Salad**

Mixed greens, cheese, avocado, tomato, onions and olive oil & lime dressing plus your choice of grilled chicken, shrimp, or avocado on top

### **Enchiladas**

Two rolled corn tortillas stuffed with melted cheese and your choice of shredded chicken, camarones guisados, sliced avocado, or mixed vegetables, then topped with sauce and served with pico de gallo, rice, and black beans

### **Cantina Taco Plate (Fajita Style)**

Two soft corn tortillas with your choice of chicken or shrimp tossed with bell peppers & onions and served with avocado, pickled peppers, rice, and black beans

### **Burro Desnudo**

All the tasty ingredients of a burro in a bowl with corn tortillas on the side, your choice of chicken or grilled vegetables

## Entrées (continued)

### **Chiles Rellenos**

Two roasted poblano peppers with melted cheese and your choice of filling, topped with green, red, or guajillo sauce and served with pico de gallo, rice, beans, and sour cream on side

### **Mexican Plate**

Rice, black beans, avocado, mixed salad, and corn tortillas with your choice of grilled vegetables, camarones al ajillo, or chicken breast

### **Tamale Plate**

Steamed corn husks filled with masa, chile rojo, and savory braised chicken, served with rice, beans, and pico de gallo

## Assorted Combinations

### **Chile Relleno, Taco, and Enchilada**

Your choice of chicken or vegetarian

### **Enchilada, Taco, and Tamale**

Your choice of chicken or vegetarian

For the complete menu, visit  
[www.cantinalamexicana.com](http://www.cantinalamexicana.com)  
Takeout and delivery available!



**THE NEIGHBORHOOD**  
Restaurant & Bakery

25 Bow Street  
Somerville MA 02143  
(617) 623-9710

**Breakfast**

Entrées come with choice of Cream of Wheat or fruit

**Oatmeal Wheat Waffle**

Topped with banana. Includes side of scrambled egg whites with 1 slice of cheese, spinach, broccoli, tomato, and turkey bacon

**Grapenut Wheat Pancakes**

Topped with fresh berries. Includes side of scrambled egg whites with 1 slice of cheese, mushrooms, peppers, onions, and turkey bacon

*Other options may include:*

**Multigrain Belgian Waffle**

Topped with blackberries and bananas

**Whole Wheat French Toast**

Topped with granola and drizzled with vanilla yogurt, made with homemade bread

**Scrambled Egg Whites**

1 slice of cheese, broccoli, and mushrooms with a side of turkey bacon

**Egg White Omelet**

1 slide of cheese and assorted vegetables with a side of turkey bacon

**Lunch**

**Grilled Entrées**

All served with homemade vinegar and oil dressing and homemade wheat bread

**Grilled Salmon on Salad**

**Grilled Codfish and Vegetables**

**Chopped Salad with Grilled Chicken**

**Sandwiches**

All served on homemade wheat bread, cold or grilled

**TLT**

Lean turkey bacon, lettuce, and tomato

**Grilled Chicken**

With tomato and cheese

**Fresh Turkey**

With avocado, lettuce, and cheese

**Grilled Cheese & Tomato**

**Homemade Soup**

Made daily

**Our menu changes daily. Please visit us to see what's on for today!**



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.theneighborhoodrestaurant.com](http://www.theneighborhoodrestaurant.com)  
Delivery available through Fodler  
We cater!

# Sally O'Brien's

335 Somerville Avenue  
Somerville MA 02143  
(617) 666-3589

## Bar Snacks and Appetizers

### **Chicken Tenders**

Grilled Buffalo-style

## Salads

### **Garden Salad**

Romaine with onions, carrots, and tomatoes,  
Your choice of balsamic or Italian dressing  
Add grilled chicken

## Burgers

$\frac{1}{2}$  lb lean patty, substitute salad or slaw for fries

### **Sally's Pub Burger**

Cooked just the way you like it

### **Texas Chili Burger**

Homemade chili, jalapeños, and cheddar

### **Guac & Roll**

Guacamole, salsa, and cheddar

### **Portobello Mushroom Burger**

With cheddar or American cheese

### **Veggie Burger**

For the herbivores!

## Sally's Entrées

### **Grilled Shrimp**

Over steamed rice with salad  
Choice of Buffalo or Cajun style

### **Grilled Chicken Breast**

Seasoned with our in-house marinade and  
served with rice, roasted veggies, and  
Salad

## Sandwiches

Includes lettuce, tomato, onion, and a pickle  
Wheat rolls and wraps available upon request

### **Fish Sandwich**

Fresh catch grilled or pan-seared

### **Buffalo Chicken Sandwich**

Grilled chicken in a spicy hot sauce

### **Grilled Chicken Sandwich**

Seasoned with our in-house marinade

**Our specials change daily. Stop in or call  
to see what's on for today!**



Look for the coupon on the last page of  
this booklet for 10% off these items!

For the complete menu, visit  
[www.sallyobriensbar.com](http://www.sallyobriensbar.com)  
Takeout available

# Siam Ginger

## Thai Cuisine

22 Bow Street  
Somerville MA 02143  
(617) 625-5015

### Appetizers

#### **Chicken Satay**

Chicken barbecued on skewers, served with peanut sauce and cucumber salad

#### **Steamed Mussels**

Steamed mussels with onion, bell pepper, and basil leaves, served with Thai spicy lime sauce

#### **Edamame**

Steamed soybeans in pod lightly salted

### Soups

#### **Tom Yum**

Your choice of chicken or shrimp in the famous Thai hot & sour soup spiced with chili, lemon grass, mushrooms, cilantro, and lime juice

#### **Crystal Soup**

Bean threads, snow peas, carrots, onion, peas, baby corn, and cilantro in clear broth

#### **Miso Soup**

Soy bean paste, fresh cubed tofu, wakame seaweed and sliced scallion

#### **Seafood Noodle Soup**

Scallop, shrimp, squid, noodles, bean sprouts, string beans, cilantro, and crispy garlic

### Vegetarian Corner

#### **String Bean Delight**

Sautéed fresh string bean and red bell pepper in yellow bean house sauce, served with steamed rice and imitation meat available

### Stir-Fry

All stir-fries are Shape Up Approved with choice of chicken, tofu, shrimp, or scallop

### Sweet Ginger Specialties

#### **Delight of Two**

Sautéed chicken and shrimp with assorted vegetables in light house sauce

#### **Teriyaki**

Your choice of grilled salmon or chicken in teriyaki sauce, topped with sesame and served with sautéed assorted vegetables on a sizzling plate

#### **Boston Chicken**

Sautéed chicken with onion, celery, carrots, snow peas, roasted peanuts, and bell pepper in a spicy house sauce

#### **Mango Curry**

Shrimp, chicken, fresh mango, onion, carrot, yellow squash, bell pepper and tomatoes in our most popular yellow curry

### Seafood Offerings

#### **Seafood Madness**

Sautéed shrimp, mussels, squid, and scallops with assorted vegetables in a house spicy sauce

#### **Seafood Royal**

Sautéed shrimp, mussels, squid, and scallops with vegetables in a light sauce

#### **Seafood Volcano**

Sautéed shrimp, mussels, squid, and scallops with vegetables and basil in house spicy sauce, served on a hot sizzling plate

### Side Orders

Steamed Brown Rice

Steamed Mixed Vegetables

For the complete menu, visit  
[www.sweetgingerthai.com](http://www.sweetgingerthai.com)  
Takeout and delivery available!



445 Somerville Avenue  
Somerville MA 02143  
(617) 764-5731

### Create Your Own Pizza

Whole Wheat Thin Crust

**Sauces:** Manchurian (spicy) or Marinara

**Toppings:** Assorted vegetables, pineapple, or  
vegan cheese

### Specialty Pizza

#### **Fresh Tomato Mozzarella**

Fresh tomatoes, fresh mozzarella, light sauce,  
and fresh basil

#### **Garden Vegetable**

Broccoli, summer squash, zucchini, onion,  
jalapeño, sweet peppers, fresh basil, olives,  
fresh garlic, fresh ginger, mozzarella, marinara

#### **Soy Meat Barbeque**

Soy meat, mozzarella cheese, fresh cilantro,  
without red sauce. Ranch parsley on the side.

#### **Garden Veggie Manchurian**

Summer squash, zucchini, broccoli, onion,  
jalapeño, fresh tomato, sweet peppers, basil,  
olives, garlic, mozzarella, Manchurian sauce

### Fresh Pasta

#### **Pasta Neapoli**

Plum tomato sauce, parmesan, garlic, fresh basil

#### **Penne Puttanesca**

Gaeta olives, capers, garlic, spicy plum tomato  
sauce, and fresh basil

#### **Vegan Bolognese Penne**

Soy meat, celery, onion, tomato, carrot penne,  
fresh garlic, and herbs

### Tossed Salads

All salads made fresh to order and tossed with  
dressing, or request dressing on the side

#### **House Salad**

English cucumber, grape tomato, lettuce  
mix, salt, balsamic, pepper, oregano, and  
feta cheese with lime vinaigrette dressing

#### **Roasted Portabella**

Balsamic vinegar, red onion, arugula,  
parmesan, and olive oil with glazed  
balsamic dressing

### Homemade Panini

#### **Portabella**

Portabella mushroom, olive oil, basil  
pesto, and red onion

#### **Corn-Avocado**

Lime-vinaigrette marinated diced tomato,  
fresh avocado, fresh sweet corn, arugula,  
red onion, mozzarella cheese, basil pesto

#### **Roasted Eggplant**

Roasted eggplant, smoked mozzarella,  
fresh diced tomato, curry leaf pesto  
Make it Vegan – skip smoked mozzarella

### Fresh Juice Bar

**Single Shot:** Choose from apple, orange,  
carrot, beetroot, or watermelon

**Orange Pepper:** Orange pepper, carrot,  
grapefruit, cayenne pepper, apple, & lime



Look for the coupon on the last page of  
this booklet for 10% off these items!

For the complete menu, visit  
[www.vegcrust.com](http://www.vegcrust.com)  
Takeout and delivery available  
Limited dine-in



Vegetarian Fusion  
North Indian, South Indian, Indo-Chinese & Gourmet Pizza

245 Somerville Avenue  
Somerville MA 02143  
(617) 764-1051

### **Appetizers**

Some appetizers can be made vegan upon request

#### **Madurai Podi Idli**

Pieces of idli tempered with onion and spices

#### **Sandal**

Seasoned chickpeas sautéed with roasted onion, coconut, and spices

### **Soup**

#### **Mysore Tomato Rasam**

Tomato and tamarind South Indian soup

#### **Mulagatwny Soup**

Lentil soup with gram flour, garlic, and curry

#### **Hot & Sour Vegetable Soup**

Spicy & sour Indo-Chinese vegetable soup

### **Curries**

#### **Bhindi Masala**

Okra cooked with onions, tomatoes, and spices

#### **Khumb Saag**

Mushroom cooked with spinach, ginger, garlic

### **Indo-Chinese**

#### **Noodles**

Vegetables, Szechuan or chili garlic

#### **Chilli Style**

Tofu, vegan, potato, vegan or paneer

### **Dosas**

Served with sambar and chutney

#### **Sada Dosai**

Thin Rice and Lentil crepe, no masala

#### **Pesarattu**

Spicy green lentil crepe and uppuma

### **Uthappam**

All uthappams can be made Gluten Free

#### **Plain Uthappam**

Rice and lentil pancake

#### **Vegetable Uthappam**

Rice and Lentil pancake topped with vegetables and cilantro

### **Rice Specialties**

#### **Vegetable Biryani**

Fragrant rice cooked with vegetables and spices served with Raita

### **House Special**

#### **Khattae Mitthae Baigan**

Fresh eggplant cooked in sweet and sour sauce, spices and garnished with cilantro

#### **Achari Gobhi**

Fresh cauliflower cooked with pickle spices

### **Indian Breads**

#### **Paratha**

Multi layered whole wheat bread

#### **Aloo Paratha**

Wheat bread stuffed with potato masala



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.dosa-n-curry.com](http://www.dosa-n-curry.com)  
Takeout and delivery available!

# DAVE'S FRESH PASTA



Specialty Market · Wine & Cheese Shop

81 Holland Street  
Somerville MA 02144  
(617)623-0867

## Specialty Sandwich Menu

Choice of bread: Light rye, pita, multigrain

We only use real pita bread for our wraps, no flour tortillas

### **Non-Veggie Sandwiches**

#### **Pesto chicken**

Grilled chicken, homemade basil pesto, aged asiago, roasted pepper

#### **Grilled Chicken #2**

Grilled chicken, boursin cheese, roasted peppers, caramelized onions, greens

#### **Sun-Dried Tomato Turkey**

Plainville turkey, sun-dried tomato pesto, aged asiago, caramelized onions, baby spinach

### **Veggie Sandwiches**

#### **Caprese**

Handmade fresh mozzarella, tomato, basil pesto, balsamic reduction, evoo

#### **Artichoke & Arugula**

Artichoke & lemon pesto, handmade fresh mozzarella, grilled portabella mushroom, and baby arugula

### **Veggie Wraps**

#### **Lentil & Brown Rice Wrap**

Lentils & brown rice (majudarrah), baby spinach, shredded carrots, tomato, red onion, alfalfa sprouts, tamari tahini dressing

#### **Veggie Hummus Wrap (Vegan)**

Hummus, greens, tomato, shredded carrot, red onion, roasted peppers, cucumbers, Kalamata olives, fresh oregano, evoo

#### **Mediterranean Wrap**

Tzatziki, greens, tomato, red onion, shredded carrots, cucumbers, Kalamata olives, evoo

### Green Salads

Dressings are house-made & come on the side

#### **Garden salad**

Mixed greens, tomato, cucumbers, red onion, shredded carrots, red wine vinaigrette

#### **Spinach Salad**

Baby spinach, French brie, green apple, walnuts, honey-poppy seed dressing

#### **Hippie Salad**

Mixed greens, tomato, cucumbers, shredded carrots, red onion, alfalfa sprouts, sunflower seeds, tamari tahini dressing

#### **For an additional cost, add to your salad:**

Grilled chicken, plainville turkey, avocado, portabella, grilled flank steak, or grilled shrimp

Don't see a sandwich you like on the menu? You can build your own Shape Up Approved sandwich with our variety of choices!

For the complete menu, visit  
[www.davesfreshpasta.com](http://www.davesfreshpasta.com)



MEJU

243 Elm Street  
Somerville MA 02144  
(617) 764-3053

## Korean Restaurant

### Lunch — Small Plates

#### **Steamed Dumplings**

6 pieces, with tofu and onion stuffing

#### **Pan-Roasted Mushrooms** V GF

Oyster, shiitake, button, and enoki mushrooms glazed with garlic soy

#### **Tofu Kimchi** V

Pan-fried tofu topped with kimchi

#### **Tofu Salad** V GF

Baby arugula, radicchio, toasted pecans, lotus root chips, and gluten-free soy lime dressing

#### **Sweet Potato Fries**

Hand-cut sweet potato fries with jalapeño aioli

#### **Spicy Rice Cake**

Mozzarella, fish cake, onion, and cabbage

**V: Vegetarian**

**GF: Gluten-Free**

### Dinner — Big Plates

#### **Stone Pot Bibimbap** GF

Sizzling rice bowl with sautéed veggies (carrot, spinach, bean sprout, zucchini, bracken, radish, shiitake) and raw egg on top, served with side of chili pepper or gluten free soy sauce and soup of the day

Choice of tofu, chili octopus, or soy eel

Choice of white & brown rice mix or purple rice

#### **Mushroom Jabchae** V GF

Sweet potato noodles with shiitake, oyster, king oyster, and button mushrooms stir fried in gluten free soy sauce with onion and yellow peppers

Add chicken

#### **Seafood Bokkeum**

Scallop, shrimp, squid, and oyster with peppers and onions

Choice of mild or spicy sauce

Choice of white & brown rice mix or purple rice

#### **Grilled Seafood**

Scallop, shrimp, and squid with zucchini, onion, and king oyster mushroom

Choice of white & brown rice mix or purple rice

For the complete menu, visit  
[www.meju.com](http://www.meju.com)  
Takeout and delivery available!

# Mr. Crêpe

## Crêperie & Café

51 Davis Square  
Somerville MA 02144  
(617) 623-0661

### Gourmet Savory Crêpes

Add a layer of egg inside any savory crêpe

- Fresh sliced apples, grapes, and brie
- Roasted mushrooms with fresh thyme
- Fresh tomatoes with scallions and cilantro
- Baby spinach, portabello mushroom, and basil
- Baby spinach, tomatoes, and basil
- Smoked turkey with homemade cranberry sauce (ask for light sauce)

### BYOC — Build Your Own Crêpe

- Select your choice of greens
- Select your choice of vegetable
- Select your cheese, if desired
- Select a garnish/spice: basil, cilantro, scallions, black olives, green olives, mango chutney, pesto, toasted almonds, toasted walnuts, coconut shavings
- Add protein if desired: Shape Up Approved proteins include smoked chicken, smoked turkey, grilled salmon, and chicken tagine (chicken and vegetables stew)

### Super Crêpes — Vegetarian

Super Fennel                      Super Pear  
Super Avocado

### Super Crêpes — Non-Vegetarian

Super Tagine                      Super Pesto  
Super Chicken                  Super Salmon  
Super Spinach                    Super Chutney  
Super Turkey

### Salads

#### **Garden Salad**

Mesclun mix, tomato, cucumber, red onion, red and yellow bell peppers, and house dressing, with bread

#### **Greek Salad**

Mesclun mix, tomato, cucumber, red onion, red and yellow bell peppers, stuffed grape leaves, olives, pickled peppers, feta, and balsamic vinaigrette, with bread

#### **Spiced Pear Salad**

Baby spinach, spiced pears, toasted walnuts, grapes, blue cheese, and fat-free sweet dressing, with bread

### Other Yummies

#### **Fruit Cup**

Watermelon, honey dew melon, cantaloupe, and blueberries garnished with sliced strawberry and orange

#### **Homemade Granola**

Toasted oatmeal, almonds, coconut, sesame seed, honey, and brown sugar served with plain yogurt and strawberries



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.mrcrêpe.com](http://www.mrcrêpe.com)  
Takeout available

# ISTABUL'LU

237 Holland Street  
Somerville MA 02144  
(617) 440-7387

## Turkish-Style Eggs

### **Menemen**

Turkish style omelet with tomatoes, onions, red bell peppers, green peppers, cooked with beyaz peynir and spices

### **Firinda Kahvaltılık**

Tomatoes, red bell peppers, and green peppers baked with Turkish bread and kasar peynir

## Soup

### **Mercimek**

Red lentil with tomato, pepper sauce, and mint

## Salads

### **Coban Salad**

Very famous Turkish salad made with tomatoes, pickle cucumbers, chopped red onions, parsley, and scallions mixed with olive oil and lemon juice then topped with Turkish beyaz penir

### **Piyaz Salat**

White beans marinated in lemon juice, olive oil, chopped red onions, sumac, and parsley

### **Cacik Salad**

Very cooling salad, made with plain yogurt, shredded cucumbers, garlic and dill

## Turkish-Style Hot Tapas

### **Kirmizi Beyaz**

Roasted red pepper stuffed with suzme mixed with garlic and spices

### **Mercimek**

Steamed red lentil mixed with tomatoes, pepper sauce, parsley and scallion topped with yogurt

## Turkish-Style Cold Tapas

### **Peynir Plate**

Turkish cheeses like beyaz peynir, kasar, and suzme with fresh tomatoes and cucumber, topped with olive oil

### **Patlican Salad**

Roasted eggplant mixed with roasted bell peppers, tahini, garlic, olive oil and spiced

### **Engina**

Artichoke hearts cooked with peas, carrots and potatoes

## Turkish Veggie Sandwiches

### **Kirmizi Beyaz**

Sliced tomatoes, scallions, feta cheese, and olive oil

### **Kasarli**

Turkish Kasar cheese with tomatoes, mixed greens, scallions and cucumbers, topped with olive oil

### **Hummus**

Regular hummus with sliced tomatoes and mixed greens

### **Patlican Salad**

Roasted eggplant with mixed greens and tomatoes



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.istabul-lu.com](http://www.istabul-lu.com)  
Takeout and delivery available!

# Masala

237 Holland Street  
Somerville MA 02144  
(617) 440-7387

## AUTHENTIC INDIAN & NEPALI CUISINE

### Indian Cuisine

#### Soups, Salads, and Appetizers

##### **Lentil Soup**

Yellow lentil soup cooked with herbs and spices

##### **Chicken Salad**

Chicken Tikka with lettuce, tomatoes, cucumbers, onion and lemon wedges

##### **Chicken Tikka**

Tender pieces of boneless chicken marinated in spices and yogurt then cooked in tandoor

#### Entrées

All entrées served with Basmati rice and raita

##### **Tandoori Chicken, Fish, or Shrimp**

Your choice of chicken, fish, or shrimp marinated in yogurt, ginger, lemon, and spices

##### **Bhindi Masala**

Stir-fried okra sautéed with tomatoes and onion

##### **Shrimp Vindaloo**

Shrimp marinated in spices and vinegar cooked with potatoes in a traditional sauce

##### **Chicken Curry**

Home-style curry made of a fine blend of spices

##### **Chicken Methi**

Boneless chicken cooked with onion and tomato sauce simmered with fenugreek leaves

##### **Chana Masala (Vegetarian)**

Chickpeas cooked in onion, tomato, and spices

##### **Khatta Metha Baigan (Vegetarian)**

Strips of eggplant simmered in sweet and sour tomato sauce enhanced with fenugreek leaves

### Nepali Cuisine

#### Soups and Appetizers

##### **Kiwatti Soup**

Prepared from a colorful array of mixed beans with Himalayan herbs (jimba), this soup is highly nutritious and aids digestion

##### **Chicken Sekuwa**

Boneless chicken meat marinated overnight in masala and grilled

##### **Kukhara Ko Chhoyla**

Shredded dry chicken flavored with herbs and masala with a touch of chili and lime

#### Entrées

All entrées served with Basmati rice

##### **Chicken Chilli**

Stir-fried with green chilli, onion, & pepper

##### **Macha Ko Jhol**

Boneless haddock fish cooked with mild masala and a splash of lime

##### **Panir Chilli (Vegetarian)**

Stir-fried with green chilli, onion, & pepper

##### **Simi Ko Daal (Vegetarian)**

Brown beans cooked with ginger and garlic

##### **Aloo Dam (Vegetarian)**

Nepali-style potato with cumin and herbs



Look for the coupon on the last page of this booklet for 10% off these items!

For the complete menu, visit  
[www.somervillemasala.com](http://www.somervillemasala.com)  
Takeout and free delivery available!



# Tu y Yo Mexican Fonda

858 Broadway  
Somerville MA 02144  
(617) 623-5411

## Lunch Specials

Fill with your choice of chicken or vegetables

**Burrito**

**Quesadillas Norteñas**

**Enchiladas**

## Dinner Menu

### Appetizers

**Crepa de Camarón**

Thin crepe filled with shrimp, olives, and cheese served with a chipotle pepper sauce

**Caldo Tlalpeno**

Chicken soup from Tlalpan, Mexico City made with chipotle pepper, chickpeas, rice, cheese, herbs, and spices

### Kid's Menu

**Pollo al Grill**

Grilled chicken served with rice and beans

**Kid's Quesadilla**

Corn tortillas with melted cheese

## Entreés

**Calamares Enjitomatados**

Calamari sauteed with onions, garlic, tomatoes, scallions, and chile de arbol spices

**Chile Relleno De Camarón**

Poblano pepper stuffed with shrimp, goat cheese, and black olives drizzled with a red bell pepper sauce

**Pipian Paskal**

Chopped chayote squash in pipian made of pumpkin seeds, peanuts, cilantro, herbs, and ancho and guajillo peppers

**Bisteces "Mama Eveli"**

Angus chopped tender sirloin cooked in onion and tomatillo-chipotle sauce

**Tinga Poblana**

Shredded chicken breast cooked in assorted chipotle peppers and tomatoes



For the complete menu, visit  
[tuyyorestaurant.com](http://tuyyorestaurant.com)

# Shape Up Approved 2017 Highlights



YUM: A Taste of Immigrant City 2017 was another success! The Welcome Project hosts the YUM event each year to showcase the immigrant-run restaurants they support—all of which have Shape Up Approved items! Find them in this booklet with the YUM logo.

The Neighborhood Restaurant won Restaurant of the Year Award at YUM! On right, from left to right: Sheila Borges-Foley, owner of Neighborhood Restaurant and Bakery, Mayor Joe Curtatone, and Ben Echevarria, Executive Director of The Welcome Project.



Somerville High School students in the Culinary Arts program cook delicious food and serve it up at the Highlander Café. The students created all the Shape Up Approved items on the menu!

A number of City meetings have been catered by Shape Up Approved restaurants so far this year. Veggie Crust is one of our newest approved restaurants and has already been called for catering!



# Shape Up Approved Coupons

**10% OFF** of one Shape Up Approved menu item in this book from



**FASIKA**

Original coupon must be surrendered  
One time use only

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**ARTS AT THE ARMORY CAFÉ**

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**New Thurston Spa**

Original coupon must be surrendered  
One time use only



## Stay healthy and connected in Somerville!

Other resources to check out

ResiStat Newsletter: [www.somervillema.gov/resistat](http://www.somervillema.gov/resistat)

The Somerville Food Security Coalition and their Somerville Food Resource Guide: [www.somervillefoodsecurity.org](http://www.somervillefoodsecurity.org)

Somerville Public Schools: [www.somerville.k12.ma.us](http://www.somerville.k12.ma.us)

Somerville Hub: [www.somervillehub.org](http://www.somervillehub.org)

The Somerville Mobile Farmers' Market: [bit.ly/tsmfm](http://bit.ly/tsmfm)