

Top Five Healthy Restaurants in Phoenix Menu Choices

Soma Café

10810 N. Tatum Blvd., Suite 136
Phoenix, AZ 85028
602-867-2175
NW corner Tatum and Shea

- Spicy Egg Noodles – 451 calories, 3.5g fat, 4g fiber
- Ahi Tuna Burger – 481 calories, 15g fat, 7g fiber

Fitness Café

13610 N. Scottsdale Rd.
Scottsdale, AZ 85254
480-905-7227
SW corner Scottsdale and Thunderbird Rd.

- The Ironman – 412 calories, 14g fat, 2g fiber
- Olympian Pita – 373 calories, 6g fat, 2g fiber

PF Chang's

7132 E Greenway Pkwy
Scottsdale, 85254
480- 367-2999
NW corner Greenway and Scottsdale Rd.
Training Table Menu

- Chicken with Black Bean Sauce – 640 calories, 22g fat (3g saturated fat)
- Wild Alaskan Sockeye Salmon Salad – 470 calories, 30g fat (4g saturated fat)

Wildflower Bread Company

Deer Valley Town Center
2805 W. Agua Fria Freeway
Deer Valley
623-879-6819
SW Intersection of Loop 101 & I-17
Complimentary Wi-Fi

- Fresh Fruit Salad – 315 calories, 7g fat, 6g fiber
- Turkey Breast and Brie – 568 calories, 15g fat (8g saturated fat), 6g fiber

Top Shelf Mexican Food & Cantina

3301 West Greenway Road
Phoenix, AZ 85053-3806
602 993 5463
South side
Open Hours: 11a-10p M-F, 11a-11p Sa-Su

- Lite Vege-bean Chimi – 414 calories, 2g fat,
- Lite Fish Tacos – 555 calories, 4g fat