



BLUE ZONES PROJECT<sup>®</sup>  
by HEALTHWAYS

# HEALTHY CHOICES JUST GOT TASTIER!



Blue Zones Project Approved<sup>™</sup>  
Restaurants in Fort Worth  
[bluezonesproject.com](http://bluezonesproject.com)



## Grand Cru

1257 W. Magnolia Ave  
Fort Worth, Texas 76104  
p. (817) 923-1717  
w. [www.grandcrumagnolia.com](http://www.grandcrumagnolia.com)



### Blue Zones Project Inspired Menu Items (as of 6/18/15):

- NUTTY BUDDIES: DUO OF NUTS
- MIXED MEDITERRANEAN OLIVES
- HUMMUS WITH PITA CHIPS/CRACKERS OR VEGGIES
- SIDE OF FRUIT SALAD
- HOUSE-MARINATED ARTICHOKE
- VEGETARIAN PLATE
- DOLMAS: STUFFED GRAPE LEAVES
- WHIPPED FETA & BALSAMIC TOMATO CROSTINI
- MUSHROOM CROSTINI
- PB&J – FOR KIDS

**Delivery:** No

**Cater:** No

**Advanced notice required:** N/A

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?** N/A

**Are you able to bill/invoice?** N/A

## HoYA Korean Kitchen

355 W 3rd Street  
Fort Worth, Texas 76102  
p. (817) 334-7999  
w. [www.hoyakoreankitchen.com](http://www.hoyakoreankitchen.com)



### Blue Zones Project Inspired Menu Items (as of 7/7/15):

#### FRESH AND CRISP VEGGIE CHOICES

##### Pickled Veggies:

Zucchini, shitake mushrooms, shredded carrots, bean sprouts, bitter daikon radish, sweet daikon radish

##### Veggies:

Kimchi, baby carrots, broccoli, black olives, red and green bell pepper, grape tomatoes

**GRILLED TOFU ENTRÉE** - ask for two veggie sides and brown rice.

**HOT STONE BOWL** - ask for tofu, brown rice and choice of six veggies.

#### STEP 1

Choose your Entree

Hoya Bowl or Bibimap or  
Combo Box with tofu  
(Served with brown rice  
or potato noodle)

#### STEP 2

Choose your Veggies

Pickled Veggies  
or Veggies  
(see listed above)

#### STEP 3

Choose your Sauce  
(served on the side)

Korean Sweet Chile,  
Kimchi, Teriyaki, Soy,  
Spicy Soy or Miso

**Delivery:** Yes through Entrees on Trays

**Cater:** Yes **Advanced notice required:** 24-48 hours

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?**

Must be paid through Entrees on Trays

**Are you able to bill/invoice?** Please call for more information

## Juice Junkies

925 Foch Street  
Fort Worth, Texas 76107  
p. (817) 885-7775  
w. [www.juicejunkies.com](http://www.juicejunkies.com)



### Blue Zones Project Inspired Menu Items (as of 7/7/15):

- KELP! I NEED SOME BODY
- VEGGIE CARROT GINGER SUSHI ROLL
- QUINOA SALAD WITH CURRY VINAIGRETTE
- QUINOA BREAKFAST BOWL
- ACAI/CHIA BOWL
- WONDERWICH – FOR KIDS
- SUPER DIPPER – FOR KIDS

**Delivery:** Yes

**Cater:** Yes

**Advanced notice required:** Home deliveries are made within a 2-hour time frame; contact to Juice Junkies set up special event catering to home, office, or event

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?** Please pay prior to delivery

## La Perla Negra

910 Houston Street  
Fort Worth, Texas 76102  
p. (817) 882-8108  
w. [www.lpnegra.com](http://www.lpnegra.com)



### Blue Zones Project Inspired Menu Items (as of 7/7/15):

- VEGAN SANDWICH
- VEGAN BOWL
- QUINOA BOWL

**Delivery:** No

**Cater:** Please email [justinu@lpnegra.com](mailto:justinu@lpnegra.com) for details

**Advanced notice required:** N/A

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?** N/A

**Are you able to bill/invoice?** No

## Righteous Foods

3405 W 7th Street  
Fort Worth, Texas 76107  
p. (817) 850-9996  
w. [www.eatrighteously.com](http://www.eatrighteously.com)



### Blue Zones Project Inspired Menu Items (as of 7/7/15):

**ORGANIC WILD ARUGULA** - organic bulls blood beets, blackberry vinaigrette, goat cheese.

**KELP NOODLES** - pickled organic carrot, cucumber, black olive, cashew cream.

**JOB'S TEARS** - salsify, organic baby spinach, golden raisins, crushed pecans.

**HIMALAYAN RED RICE** - brussels sprouts, roasted organic sweet potato, organic baby shiitakes.

**ORGANIC WHEAT BERRY** - organic spaghetti squash, pickled vegetables, organic ginger soy broth.

**ORGANIC BANANA AND DARK CHOCOLATE** - coconut yogurt, berries, hemp seed granola.

**Delivery:** No

**Cater:** Yes, please call for details.

**Advanced notice required:** Two to three weeks

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?** N/A

**Are you able to bill/invoice?** No

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## Salata

Sundance Square  
520 Commerce Street  
Fort Worth, Texas 76102  
p. (817) 885-7720  
w. [www.salata.com](http://www.salata.com)



### Blue Zones Project Inspired Menu Items (as of 7/7/15):

Build your own “**SALAD WRAP**” with a whole grain tortilla and choose from 46 plant-based options.

Replace your chips with “**SEEDFUL WHEAT BREAD**” or simply request no chips.

Please visit [www.salata.com](http://www.salata.com) to view all 46 plant-based options for your wrap.

**Delivery:** Yes

**Cater:** Yes

**Advanced notice required:** Catering can be ordered online or by phone.

Please give 24 hours of advanced notice.

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?** Please pay prior to delivery.

**Are you able to bill/invoice?** No



## Spiral Diner

1314 W Magnolia Street  
Fort Worth, Texas 76104  
p. (817) 332-8834  
w. [www.spiraldiner.com](http://www.spiraldiner.com)



### Blue Zones Project Inspired Menu Items (as of 7/7/15):

- THE BUNNY BOWL
- RAMSEY'S PERFECT PROTEIN PLATTER
- THE ALL DAY LUNCH PLATE
- VIVA LAS MIGAS

**Delivery:** No

**Cater:** Yes

**Advanced notice required:** One week notice

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?** N/A

**Are you able to bill/invoice?** No

## Z's Cafe & Catering

1116 Pennsylvania Avenue  
Fort Worth, Texas 76104  
p. (817) 348-9000  
w. [www.zscafe.com](http://www.zscafe.com)



### Blue Zones Project Inspired Menu Items (as of 7/7/15):

VEGGIE WRAP - with fruit salad

VEGGIE SANDWICH - with fruit salad

VEGGIE QUICHE - with fruit salad

#### BLUE ZONES PROJECT DESSERTS

Fresh fruit salad

100-Calorie Brownie Bite

**Delivery:** Yes

**Cater:** Yes

**Advanced notice required:** 24-48 hours. Please allow more notice for large caterings.

**Accepted payment methods:** Cash & Credit Card

**Do you accept credit card on delivery?** N/A

**Are you able to bill/invoice?** N/A



For more information on Blue Zones Project  
Approved™ Restaurants or healthy eating, please visit  
[www.bluezonesproject.com](http://www.bluezonesproject.com)

