



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)**



\*Updated 4/13/17, Restaurant Menu Items are subject to change.

## Aero Café at Lockheed Martin

Lockheed Blvd.  
Fort Worth, Texas 76116  
(Badge in only access)



### Blue Zones Project Inspired Menu Items:

**SPICY HUMMUS CIABATTA** - jalapeño hummus, avocado, pickled onion, tomato and cilantro

**VEGGIE BURGER**

**MEDITERRANEAN GREENS AND GRAINS BOWLS**

**Delivery:** Yes within Lockheed Martin

**Cater:** Yes within Lockheed Martin

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

**Accepted payment methods:** Please call

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

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



## Bank of America Café

4200 Amon Carter Blvd.  
Fort Worth, TX 76155  
p. 817-864-5008

**Bank of America**



### Blue Zones Project Inspired Menu Items:

Build your own **VEGGIE PLATE** in any of the food stations throughout the café.

Build your own **EARTH BOWL** featuring wheat berries and quinoa.

Other menu items include:

- VEGGIE EGG WHITE OMELET
- BROCCOLI AND FETA PASTA SALAD
- OATMEAL (BREAKFAST)
- ROASTED BEET BARLEY
- GRILLED PORTOBELLO AND ONION

**Delivery:** Yes within Bank of America

**Cater:** Yes within Bank of America

**Advanced notice required:** 48 hours

**Accepted payment methods:** N/A

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

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



## Bird Café

155 E. 4th and Commerce  
Fort Worth, Texas 76102  
p. 817-332-2473  
w. www.birdinthe.net



### Blue Zones Project Inspired Menu Items:

#### BRUNCH:

**Breakfast Porridge**  
oats, farro, rice,  
quinoa, dried fruit,  
pecans, brown  
sugar  
**Egg-white Omelet**  
fresh goat cheese

#### LUNCH:

**Mango, Tomatillo, & Roasted Poblano Chile Goat Queso** - iced & served with crisp taro  
**Fall Bird Green Salad** - plums, cranberries, watercress, arugula, toasted hazelnuts, feta, lemon ginger vinaigrette  
**Egg White Frittata** - goat cheese, exotic mushrooms, herbs, wild arugula salad  
**Chilled Cucumber Sandwich** - avocado, sprouts, lola rosa, chive goat cheese, hippie bread

#### DINNER:

**Roasted Beets** - chevre, toasted walnuts, Blackland Texas Honey  
**Fall Bird Green Salad** - plums, cranberries, watercress, arugula, toasted hazelnuts, feta, lemon ginger vinaigrette  
**Mango Green Chile Goat Queso** - chilled, served with crisp taro & tortilla chips  
**Root Mash** - parsnips, celery root, white yams, toasted hazelnuts, fried sage  
**Asparagus** - roasted pepper vinaigrette, Grana Padano

**Delivery:** Yes

**Cater:** Yes

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

**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



## Buffalo West

7101 Camp Bowie West  
Fort Worth, Texas 76116  
p. (817) 732-2370  
w. www.buffalowestfw.com



### Blue Zones Project Inspired Menu Items:

**Vegetable Soup** - Made from farm fresh heart-healthy vegetables  
**Warm Grilled Vegetable Sandwich** - grilled zucchini, red peppers, mushrooms, feta cheese, lettuce and tomato on wheat berry bread. Served with vegetable medley, broccoli or sweet potato.  
**Grilled portabella Mushroom** - Topped with melted herbed goat cheese. Paired with sweet potato and grilled asparagus.  
**Veggie Tacos** - Corn tortillas filled with seasonal vegetables, pico de gallo and feta cheese. Paired with corn relish.

**Delivery:** Delivery available, minimum order required

**Cater:** Yes, on and off site

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

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

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

**Are you able to bill/invoice?** Yes

#### SIDES MENU

**Vegetable Medley** - farm-fresh vegetables sautéed in extra olive oil with a pinch of garlic  
**Broccoli** - Fresh steamed broccoli  
**Asparagus** - Fresh asparagus sautéed in olive oil and lemon

#### DESSERTS

**Bread Pudding Nice Bite**  
**Fresh Seasonal Fruit**  
**Homemade Belgian Waffle Nice Bite** - topped with fresh strawberries and honey



# Byblos Mediterranean Restaurant and Hookah Lounge

1406 N Main Street  
Fort Worth, Texas 76106  
p. (817) 625-9667 w. www.byblostx.com



## Blue Zones Project Inspired Menu Items:

### APPETIZERS:

Hummus  
Baba Ganoushe  
Feta & Olives Plate  
Sfiha Sampler

### SALADS & SOUPS:

Fatoosh  
Tabouli  
Adas Bi-Hamod  
Feta Greek Salad

### LUNCH & DINNER:

Vegetarian Combo Plate  
Salad Trio  
Baked Mousasaka  
Fa-Tti Bil-Laban  
Moojjadra  
Veggie Pita Pocket  
Baked Falafel Wrap

### KID'S MENU:

Olivia's Favorite

### DESSERT:

Baklava "Nice Bite" portion  
Olivia's Favorite  
Dessert of the day "Nice Bite" portion  
Rose Water Rice Pudding  
"Nice Bite" portion

**Delivery:** No

**Cater:** Yes

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

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

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

**Are you able to bill/invoice?** Yes



## Café at Bell Helicopter

3255 Bell Helicopter Blvd.  
Fort Worth, Texas 76118  
(Badge-in access only)



## Blue Zones Project Inspired Menu Items:

- Build your own "VEGGIE PLATE" at any food station throughout the café.
- **GARDEN BURGER**
- The "WOK" food station offers "BUILD YOUR OWN BOWL" with Blue Zones inspired foods.
- The café offers a Blue Zones Project Grab-n-Go

**Delivery:** Yes, within Bell Helicopter

**Cater:** Yes, within Bell Helicopter

**Advanced notice required:** 48 hours.

**Accepted payment methods:** N/A

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

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



## Café Modern

3200 Darnell Street  
Fort Worth, Texas 76107

p. 817-840-2174

w. [www.themodern.org/café-modern](http://www.themodern.org/café-modern)

# Café Modern

### Blue Zones Project Inspired Menu Items:

#### BRUNCH:

Vegetable Antipasto Plate  
West African Peanut & Sweet Potato Soup  
Pistachio and Mixed Green Salad  
Butternut and Mizuna Salad  
Children's peanut butter & jelly sandwich

#### LUNCH:

Vegetable Antipasto Plate  
West African Peanut & Sweet Potato Soup  
Pistachio and Mixed Green Salad  
Butternut and Mizuna Salad  
Dukkah Tofu & Rice  
Children's peanut butter & jelly sandwich

#### FRIDAY DINNER:

Vegetable Antipasto Plate  
West African Peanut & Sweet Potato Soup  
Pistachio and Mixed Green Salad  
Children's peanut butter & jelly sandwich

**Delivery:** No

**Cater:** Yes

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



## Camelot Court at Cook Children's Hospital

1500 Cooper St.  
Fort Worth, Texas 76104

# Camelot Court

### Blue Zones Project Inspired Menu Items:

#### CHOOSE SALAD BAR ITEMS WITH A BLUE UTENSIL.

**VEGGIE PIZZA** - whole wheat crust with Italian Marinara or Spicy BBQ sauce and add any combination of veggies and goat cheese.

**ROBIN HOOD VEGGIE BURGER** - served on a multi-grain bun.

**VEGGIE OR MIXED BEAN WRAP** - served on a spinach or honey wheat tortilla.

**ROASTED VEGGIE SANDWICH** - served on whole wheat bread.

**PASTA GWENEVERE** - tossed with fresh garden vegetables sautéed in garlic and herbs, served with whole grain penne pasta.

**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



## Daddy Jack's

353 Throckmorton @ 3rd  
Fort Worth, TX 76102  
p. (817) 332-2477 w. [www.daddyjacks.org](http://www.daddyjacks.org)

## Daddy Jack's Lobster & Chowder House

### Blue Zones Project Inspired Menu Items:

#### SALADS & APPETIZERS

**Daddy's House Salad:** Greens, carrots, radishes, mushrooms, red onion with Italian Vinaigrette

**Portabella Mushroom Salad:** Greens, portabella and sliced tomato with Italian Vinaigrette

**Daddy Jack's Sautéed Burgundy Mushrooms**

**Delivery:** Yes, deliveries may be arranged with large orders.

**Cater:** Yes

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

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

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

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

#### ENTREES

**Portabella Mushroom Sandwich:** Goat cheese and sundried tomato spread served with lettuce, tomato, onion, and pickle. Paired with house salad and Italian Vinaigrette.

**Pasta Primavera:** Fresh seasonal veggies, marinara and fettuccine

**Veggie Platter:** Mushrooms, roasted new potatoes, sliced tomatoes and sautéed veggies.



## Down to Earth

Vegetarian and Vegan Food Truck

Clearfork Food Park  
Fort Worth, TX 76107

p. (682) 583-4641 w. [www.downtoearthfw.com](http://www.downtoearthfw.com)



### Blue Zones Project Inspired Menu Items:

**BLACK BEAN BURGER**

**CURRIED EGGPLANT/LENTIL/QUINOA BURGER**

**LENTIL SLOPPY JOE**

**GRILLED VEGGIE AND HUMMUS WRAP**

**MUSHROOM/POBLANO PEPPER TACOS**

**Delivery:** Delivery available, please call for details

**Cater:** Yes

**Advanced notice required:** 24-48 Hours

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

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

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

**BARBECUE "RIB" SANDWICH TEXAS STYLE**

served with chopped onions & pickle slices

**BARBECUE "RIB" SANDWICH HAWAIIAN STYLE**

served with sliced onions & grilled pineapple

**GYRO PITA SANDWICH**

**DRINKS:** Water & Coconut Water



## Feastivities

3637 West Vickery Blvd.  
Fort Worth, Texas 76107  
p. (817) 377-3011  
w. [www.feastivitiesinc.com](http://www.feastivitiesinc.com)

# Feastivities

### Blue Zones Project Inspired Menu Items:

#### LAYER AND SAVOR

Veggie Wrap - carrots, cucumber, lettuce, tomato, hummus, and feta cheese all in a spinach wrap.

*Be sure to choose the fresh fruit or side salad with next sandwich from Feastivities!*

**Delivery:** Yes

**Cater:** Yes

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

#### DAILY SURPRISE

Fruit Cup  
Hummus and Veggies

#### KIDDIE CORNER

Peanut Butter, Strawberries, and bananas on a wheat wrap with fresh fruit or side salad.



## Fixture Kitchen and Social Lounge

401 West Magnolia Ave  
Fort Worth, Texas 76104  
p. (817) 708-2663  
w. [www.fixturefw.com](http://www.fixturefw.com)



### Blue Zones Project Inspired Menu Items:

- CAULIFLOWER HUMMUS
- CILANTRO PESTO TOFU AND GREENS
- THE KALE LEAF
- VEGGIE SANDWICH - comes with a Fresh Side
- BLUE ZONES PROJECT PLATE

**Delivery:** No

**Cater:** Reservations Available

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

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

**Do you accept credit card on delivery?** No

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



## Grand Cru

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



### Blue Zones Project Inspired Menu Items:

- 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



### Blue Zones Project Inspired Menu Items:

#### 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

Advanced notice required: 24-48 hours

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

Cater: Yes

Accepted payment methods: Cash & Credit Card



## Juice Junkies

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



### Blue Zones Project Inspired Menu Items:

- 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



## Lady & The Pit

2220 Handley Dr.  
Fort Worth, TX 76112  
p. (817) 201-6567  
w. www.facebook.com/LadyAndThePit/



### Blue Zones Project Inspired Menu Items:

**ITEMS CAN BE MIXED AND MATCHED TO BUILD YOUR OWN BLUE ZONES PROJECT PLATE.**

- Fresh spinach sautéed with mushrooms, onions and garlic in olive oil.
- Baked sweet potato served with honey, nutmeg and cinnamon.
- Fresh fruit salad tossed in a house made vinaigrette, served over fresh greens and topped with walnuts.
- Sautéed zucchini and squash

**Delivery:** No

**Cater:** Yes

**Advanced notice required:** 48 hours

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

**Do you accept credit card on delivery?** No

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



## Los Vaqueros

2629 North Main  
Fort Worth, Texas 76164  
p. (817) 624-1511  
w. [www.losvaqueros.com](http://www.losvaqueros.com)



### Blue Zones Project Inspired Menu Items:

#### LUNCH AND DINNER:

Avocado Enchiladas  
Blue Zones Project® Chile Rellenos  
Guacamole Tostadas  
Vegetarian Enchiladas  
Spinach Enchiladas  
Fresh Seasonal Fruit Dessert Option

#### BRUNCH:

Blue Zones Project Migas  
Blue Zones Project Huevos Rancheros  
Blue Zones Project Migas  
Fresh yogurt parfait, garnished with honey, toasted walnuts and seasonal fruit

#### KID'S MENU:

Crispy Taco with corn and black beans  
Veggie quesadilla with corn tortillas  
Whole wheat tortilla with almond butter, strawberries and bananas

**Delivery:** No

**Cater:** Yes

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



## Oliva Italian Eatery

12477 Timberland Boulevard Suite 633  
Fort Worth, TX 76244  
p. (817) 337-6999 w. [www.olivaeatery.com](http://www.olivaeatery.com)

*oliva*  
italian eatery

### Blue Zones Project Inspired Menu Items:

**Mediterranean** mixed greens, kalamata olives, feta, roasted red peppers, sun dried tomatoes

**Linguini Carciofi** artichokes, spinach, portabello mushrooms, tomatoes, feta, lemon-garlic sauce

**Spaghetti** classic marinara sauce

**Spaghetti Putanesca** tomatoes, katamata olives, capers, red pepper flakes, marinara

**Linguini Aglio Olio** olive oil, garlic and pepperoncini peppers

**Delivery:** Delivery available, please call for details

**Cater:** Yes

**Advanced notice required:** 24-48 Hours

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

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

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



## Planet Sub

411 West 7th Street  
Fort Worth, Texas 76102  
p. (817) 846-7106  
w. fortworth-downtown.planetsub.com

# Planet Sub

### Blue Zones Project Inspired Menu Items:

**GREEK WRAP** - feta, black olives, cucumbers, sprouts, tomatoes, dill, and Greek vinaigrette.

**TEMPEH MARINARA** - 5-grain Tempeh and marinara served in whole wheat wrap or romaine lettuce wrap. Half or Whole

**TEMPEH BBQ** - 5-grain Tempeh, red onions, tomatoes and BBQ sauce served in whole wheat wrap or romaine lettuce wrap. Half or Whole

**Delivery:** Yes

**Cater:** Yes

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

Delivery minimum \$100 and \$3.50 delivery charge.

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

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

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

**VEGGIE GRINDER** - onions, green peppers, black olives, mushrooms, tomatoes and marinara served in whole wheat wrap or romaine lettuce wrap. Half or Whole

### Kids Menu

**GREEK WRAP** - feta, black olives, cucumbers, sprouts, tomatoes, dill, and Greek vinaigrette.

**VEGGIE GRINDER** - onions, green peppers, black olives, mushrooms, tomatoes and marinara served in whole wheat wrap or romaine lettuce wrap.



## Righteous Foods

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



### Blue Zones Project Inspired Menu Items:

**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



## 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:

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



## Sip Wine Bar & The Cup Espresso Bar

3909 Camp Bowie Blvd.  
Fort Worth, Texas 76107  
p. (817) 735-5226  
w. [www.facebook.com/The-Cup-236957803017351/?fref=ts](https://www.facebook.com/The-Cup-236957803017351/?fref=ts)

the **SIP** wine bar

### Blue Zones Project Inspired Menu Items:

**OLIVES OR WARM NUTS**

**GRILLED SANDWICH** (ask for the daily selection)

**KID'S CORNER** - Almond butter and honey on whole wheat served with a vegetable side

**FRESH SEASONAL FRUIT DESSERT**

**Delivery:** No

**Cater:** No

**Advanced notice required:** N/A

**Accepted payment methods:** Not Picky! Just Pay.

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

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



## Spiral Diner

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



### Blue Zones Project Inspired Menu Items:

- 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



## Snappy Salads

6115 Camp Bowie Blvd.  
Suite 120  
Fort Worth, Texas 76116  
p. (817) 616-6016  
w. www.snappysalads.com



### Blue Zones Project Inspired Menu Items:

#### CYO

Create Your Own Salad (aka "Snap"). Mix-and-Match lettuce, select up to 8 "Plant Slant" items for a Half Snap and 12 for a Full Snap, pick one dressing, and a nutty topping.

**Delivery:** Yes

**Cater:** Yes

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

Call today or email [catering@snappysalads.com](mailto:catering@snappysalads.com), and make it Snappy! (*Minimum \$85 order*)

**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



## Taco Heads

1812 Montgomery St.  
Fort Worth, TX 76107  
p. (817) 732-2370  
w. www.tacoheads.com



# Taco Heads

### Blue Zones Project Inspired Menu Items:

**Bourbon Black Bean Veggie** - Calabaza, yellow bell peppers, mushrooms, spinach and pico  
**Charred Avo and Roasted Corn** - topped with housemade citrus slaw, onion, and crispy mushrooms  
**Fresh Pineapple** - cut fresh to order- try with lime and chile  
**Kid's Sweet Corn on the Cob**  
**Kid's Black Bean Taco**

#### TACO ADD-ONS:

Purple Pickled or Citrus Slaw  
Sauteed Veggies  
Grilled Jalapeños or Onions  
Avocado Slice  
Bourbon Black Beans  
Texas Raised Egg or Egg White

**Delivery:** Delivery available, minimum order required  
**Cater:** Yes  
**Advanced notice required:** 24-48 hours  
**Accepted payment methods:** Cash & Credit Card  
**Do you accept credit card on delivery?** Yes  
**Are you able to bill/invoice?** No



## Terra Mediterranean

2973 Crockett St.  
Fort Worth, Texas 76107  
p. (817) 744-7485  
w. www.terramedgrill.com



### Blue Zones Project Inspired Menu Items:

#### MEZZA:

Feta Cheese & Olives  
Halloumi Cheese  
Vegetarian Moussaka

#### SALADS:

Mediterranean Salad  
Greek Salad  
Tabouli

#### ENTREES:

Vegetarian Moussaka  
Halloumi  
Blue Zones Project Veggie Plate  
Soup and Salad Pairing

#### KIDS MENU:

Blue Zones Project Veggie Plate

#### DESSERT:

Baklava  
Fresh Seasonal Fruit

**Delivery:** No  
**Cater:** Yes  
**Advanced notice required:** 24-48 hours  
**Accepted payment methods:** Cash & Credit Card  
**Do you accept credit card on delivery?** Yes  
**Are you able to bill/invoice?** Yes



## 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:

**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)



BROUGHT TO FORT WORTH BY:



CookChildren's



THE RYAN FOUNDATION



Sid W. Richardson Foundation

Central Market · Higginbotham Insurance & Financial Services

Area Metropolitan Ambulance Authority/Medstar · Republic Title of Texas · The Junior League of Fort Worth, Inc. · Freese and Nichols · Epic Systems Corporation  
Real Estate Council of Greater Fort Worth · Rainwater Charitable Foundation · Meta Alice Keith Bratten Foundation · North Texas Community Foundation