

## Who is eligible for a Healthy Dining Partner Award of Excellence?

Restaurants listed in this brochure have voluntarily completed our Healthy Dining Partner application. To receive an award they must **meet at least 80% of the required healthy food options that apply to their menu.**

### These include offering:


- whole grain foods
- at least 4 choices of fruits and/or vegetables, (excluding deep fried or vegetables in dressing or sauces)
- at least two entrées prepared using a lower-fat cooking method
- at least one lower-fat dessert
- reduced fat milk, if offered as a beverage



### Upon request they provide:

- information about recipe ingredients
- serve half-size portions on regular menu items, allow sharing of entrees, or offer a menu for smaller appetites that is available to customers of all ages at all meals
- milk as an alternative to cream for tea or coffee
- milk or 100% juice as a beverage for children's meals
- reduced-fat or fat-free salad dressings
- a substitute for French fries, if served as part of an entrée
- gravies, sauces, butter, etc. served on the side

*Awards of Excellence are based solely on the nutritional quality of the menu, independent of the requirements of the Carroll County Bureau of Environmental Health.*

## Look for the Healthy Dining Partner decal at these restaurants:

**Amante Pizza and Pasta**   
21 Liberty Road, Sykesville, MD 21784  
[www.amantepizzasykesville.com](http://www.amantepizzasykesville.com)

**Blue Bistro**    
330 One Forty Village Road  
Westminster, MD 21157  
[www.bluebistrocatering.com](http://www.bluebistrocatering.com)

**Brick Ridge**   
6212 Ridge Road, Mt. Airy, MD 21771  
[www.brickridge.com](http://www.brickridge.com)

**Bud's at Silver Run**  
4115 Littlestown Pike, Westminster, MD 21158  
[www.budsatsilverrun.com](http://www.budsatsilverrun.com)

**The Buttersburg Inn**    
9 North Main Street, Union Bridge, MD 21791  
[www.thebuttersburginn.net](http://www.thebuttersburginn.net)

**China Manor Restaurant**    
2315 C/D Hanover Pike, Hampstead, MD 21074  
[www.chinamanormd.com](http://www.chinamanormd.com)

**Concetta's Mainstreet Bistro**   
231 S. Main Street, Mt. Airy, MD 21171

**Dutch Corner Restaurant**    
3154 Main Street, Manchester, MD 21102  
[www.dutchcornerrestaurant.com](http://www.dutchcornerrestaurant.com)

**Firehouse Subs**     
625 Baltimore Blvd., Westminster, MD 21157  
[www.firehousesubs.com](http://www.firehousesubs.com)

**Greenmount Station Restaurant**   
1631 N. Main Street, Hampstead, MD 21074  
[www.greenmountstation.com](http://www.greenmountstation.com)

**Gypsy's Tearoom**    
111 Stoner Avenue, Westminster, MD 21157  
[www.gypsys-tearoom.com](http://www.gypsys-tearoom.com)



**Harry's Main Street Grille**     
65 West Main Street,  
Westminster, MD 21157  
[www.harrysmainstreetgrille.com](http://www.harrysmainstreetgrille.com)

**IHOP Restaurant**     
1001 Twin Arch Road, Mt. Airy, MD 21771  
[www.ihop.com](http://www.ihop.com)

**Kountry Kafe & Katering, LLC**    
3 Locust Lane, Westminster, MD 21157


**Ledo Pizza**     
405 N. Center Street, Westminster, MD 21157  
[www.LedoPizza.com](http://www.LedoPizza.com)

**Maggie's Restaurant**  
310 East Green Street, Westminster, MD 21157  
[www.maggieswestminster.com](http://www.maggieswestminster.com)




**New Win Long**    
1912 Liberty Road, Eldersburg, MD 21784  
[newwinlong.com](http://newwinlong.com)

**Papa Joe's Mexican Restaurant**     
250 Englar Road, Westminster, MD 21157  
[www.papajoeswestminstermd.com](http://www.papajoeswestminstermd.com)





**Rafael's Restaurant**   
32 West Main Street, Westminster, MD 21157  
[www.rafaelsrestaurant.com](http://www.rafaelsrestaurant.com)

**Smokehouse at Antrim\***   
30 Trevanion Road, Taneytown, MD 21787  
[www.antrim1844.com](http://www.antrim1844.com)

\*Menu changes daily based on fresh, local ingredients. Call for information or specific dietary requests: 410-756-6812

**Subway**     
444 W.M.C. Drive, Suite 101  
Westminster, MD 21158  
[www.subway.com](http://www.subway.com)

### Symbol key

-  Restaurant offers at least 2 vegetarian entrées
-  Restaurants use locally produced foods
-  Healthy options identified on the menu
-  Family friendly, healthier options available for kid's meals

## Tips for Eating Healthy when Eating Out

### Before you leave home:

Check the menu. Many restaurants post their menus and nutrition information on their web sites. For additional information see the National Restaurant Association's web site, [healthydiningfinder.com](http://healthydiningfinder.com) - select "Kids LiveWell" for information about healthy meals for children.

### At the restaurant:

- If you don't know what is in a dish, ask.
- Limit bread, chips, or whatever is in the basket while you wait for your meal, or ask the waiter not to bring the basket.
- Share a main dish with a friend, or take home half of your meal.
- Enjoy a salad and an appetizer in place of an entrée.
- Ask for light salad dressings or vinaigrettes.
- Have broth-based soups more often than cream soups.
- Order foods that are baked, broiled, roasted, or grilled more often than fried foods.
- Choose foods prepared without added cheese, creamy sauces and gravies.
- Have sauces, dressings, and condiments served on the side.
- Select grilled chicken or lean deli meat sandwiches on whole grain bread without mayonnaise. Add flavor with mustard, lettuce and tomato.
- Hold the fries; have a side salad, baked potato or steamed vegetables instead.
- Drink unsweetened beverages, water, 100% fruit juice, or reduced fat milk.
- Split a dessert or order fruit or sorbet.

## Healthy Dining Partner

### Award of Excellence



The Partnership for a Healthier Carroll County

Presented by the Chronic Disease Prevention and Intervention Leadership Team, which focuses on reducing rates of chronic illnesses including obesity, diabetes, and heart disease among Carroll County residents. This program promotes The Partnership's goal of improving the health of the community by providing consumers with information they need to make better choices when eating out.



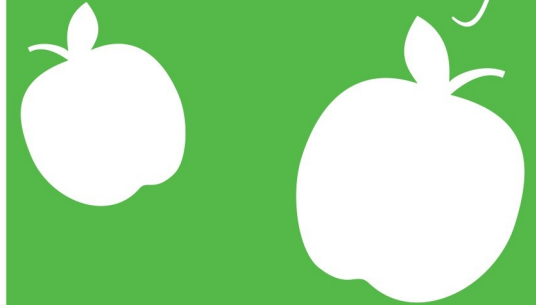
**The Partnership**  
for a Healthier Carroll County

*Connecting people. Inspiring action.  
Strengthening community.*

535 Old Westminster Pike, Suite 102  
Westminster MD 21157  
410-871-7645

For more information visit  
[HealthyCarroll.org](http://HealthyCarroll.org)

# Healthy Dining Guide of Carroll County



5th Edition

## Healthy Dining Partner

### Award of Excellence



The Partnership for a Healthier Carroll County