

JUST ASK US!

FOR

HEALTHIER CHOICES ON RESTAURANT MENUS

Look for the heart or decal at participating restaurants

A Steps  HEALTHY CHOICE



Healthy Dining Tips for You and Your Family:

- Order entrées that are baked, broiled, grilled, or steamed.
- Share an appetizer, entrée, or dessert.
- Choose flavored seltzer, water, or unsweetened iced tea instead of soda.



Visit www.rocklandsteps.org or call 845-364-2500

Visit these member restaurants

BARDONIA

Bardonia Oriental
Bardonia Pizza
Rockland Seafood

BLAUVELT

Lanie Lou's Café
Mia Cucina Restaurant
Tastes of Italy
Torino's Salumeria

CHESTNUT RIDGE

Chestnut Ridge Hot Bagels
Jade Village
Sal's Pizza

CONGERS

X-Travagant Taste

HAYERSTRAW

Harbor's Café
Pantano's Deli & Pizzeria
Soup Stone Café

MONSEY

Zishe's Homemade Bakery
and Cafe

NANUET

Banchetto Feast
D&D Deli & Catering
Franco's Pizza
Gourmet Garden
Marigrills
Mister D's
Posa Posa Restaurant
The Dog House

NEW CITY

Drop By Gourmet
Gary & Company
Goldberg's Famous Bagels
Hilltop Deli & Pizza
Mandarin Restaurant
Maple Ave. Deli
Napoli's Pizza
New City Pizza
Rhoda's Café
Shen Wang
Zambetti's Low Carb &
Sugar Free Center

NYACK

Nyack Gourmet
O' Donoghues
Olde Village Inne
O'Malleys
Pizza Bistro
Reality Bites Café
Roxy's
The Hudson View Bar &
Restaurant

ORANGEBURG

Del' Arte
Twin's India Palace
Yogi's

PEARL RIVER

3 Daughters Pizzeria
Best Wok Chinese
Restaurant

Edible Arrangements

Kwan Thai
On The Way Gourmet

PIERMONT

Sidewalk Café

POMONA

A Taste of Distinction
Basilico
Mt. Ivy Café
Ocean Empire
Rainbow Grill

SLOATSBURG

Characters Bar &
Restaurant
Rhode's North Tavern

SPARKILL

Mountain House

SPRING VALLEY

Bernie's Bagels and Deli
Caribreeze Vegetarian
Cuisine
Golden Krust Bakery
Hillcrest Carvel
Hoppy's Deli
Kathy's Bagel Café & Deli

SUFFERN

Airmont Diner-Ramapo
Forum Diner
Il Villaggio
Marcello's

Ole' Ole' Restaurant &
Grill

Pasta Cucina
Priya Indian Cuisine
RCC Café

TALLMAN

The Waterwheel
Restaurant & Café

TAPPAN

Bob's Thin Crust Pizza
Village Grille
Banana Split Ice Cream
Cafe

VALLEY COTTAGE

David's Bagels
Dee Maria's
Jonnie's Wok

WESLEY HILLS

Bubba's Bagels

WEST NYACK

Deli Central & Bagel
LuLu's Café

...and more to come!



Rockland County Department of Health
C. Scott Vanderhoef, County Executive
Joan H. Facelle, MD, MPH, Commissioner of Health