

HEALTHY CHOICES JUST GOT TASTIER!



Blue Zones Project Approved™
Restaurants in Fort Worth
bluezonesproject.com



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



The Bangkok

3529 Heritage Trace Parkway, Suite 147
Fort Worth, TX 76244
p. (817) 741-3993 w. www.thebangkokdfw.com



Blue Zones Project Inspired Menu Items:

EGG PLANT KRA PROW

Sautéed eggplant, basil leaves, bell pepper, jalapeños and baby corn in hot chili paste. Served with steamed brown rice.

MIXED VEGETABLE WITH TOFU

Stir-fried mixed vegetables and tofu in house sauce. Served with steamed brown rice.

Delivery: No

Cater: Yes

Advanced notice required: 24 hours

Accepted payment methods: Cash & Credit Card

Do you accept credit card on delivery? N/A

Are you able to bill/invoice? No

MOCK DUCK KRA PROW

Sautéed vegetarian duck with basil leaves, bell pepper and jalapeño in hot chili paste. Served with steamed brown rice.

GANG PAK

Red curry paste, mixed vegetables, bamboo shoots, soft tofu, basil and bell pepper in coconut milk. Served with steamed brown rice.



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)

Bell Helicopter[®]

A Textron Company

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

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



Central Market Café

4651 West Freeway, Suite 100

Fort Worth, TX 76107

p. 817-989-4700

w. www.centralmarket.com/fort-worth/

Central Market
REALLY INTO FOOD

Blue Zones Project Inspired Menu Items:

The café promotes a build-your-own sandwich option. You can build your sandwich with:

whole wheat breads, sourdough, grilled veggies, goat cheese, and spreads such as **hummus** and **guacamole**.

Side dishes are a la carte; options include: **quinoa, beans, fresh fruit,** and **side salads**.

Delivery: No

Cater: Yes.864.5008

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



Clearfork Bistro at THR Clearfork

5400 Clearfork Main St.
Fort Worth, Texas 76107
p. (817) 433-7021



Blue Zones Project Inspired Menu Items:

BUILD A VEGGIE PLATE in the Entree Food Station at the Cafe. There are many vegetable offerings to choose from.

GARDEN BURGER on whole grain bread.

BLACK BEAN BURGER on whole grain bread.

Delivery: Yes, within Texas Health Resources

Cater: Yes, within Texas Health Resources

Advanced notice required: 48 hours

Accepted payment methods: NA

Do you accept credit card on delivery? NA

Are you able to bill/invoice? NA



Courtyard Cafe at THR Southwest

6100 Harris Pkwy
Fort Worth, Texas 76132
p. (817) 433-1363



Blue Zones Project Inspired Menu Items:

BUILD A VEGGIE PLATE in the Entree Food Station at the Cafe. There are many vegetable offerings to choose from.

GARDEN BURGER on whole grain bread.

BLACK BEAN BURGER on whole grain bread.

Delivery: Yes, within Texas Health Resources

Cater: Yes, within Texas Health Resources

Advanced notice required: 48 hours

Accepted payment methods: NA

Do you accept credit card on delivery? NA

Are you able to bill/invoice? NA



Cramer Café at Texas Health Methodist Hospital – Fort Worth

1301 Pennsylvania Ave.
Fort Worth, TX 76104
p. (817) 250-5028



Blue Zones Project Inspired Menu Items:

- Build a **VEGGIE PLATE** in the home food station at the cafe.
There are many vegetable offerings and many combinations that can be made.
- **GARDEN BURGER** and **BLACK BEAN BURGER** on whole grain bread.
- The Mediterranean Station offers a **BYO PASTA BOWL**.
There are many options to build a pasta dish that meets the Healthy Dish Guidelines

Delivery: Yes, within Texas Health Resources

Cater: Yes, within within Texas Health Resources

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



Daddy Jack's

353 Throckmorton @ 3rd
Fort Worth, TX 76102
p. (817) 332-2477 w. 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

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.

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



Down to Earth

Vegetarian and Vegan Food Truck

Clearfork Food Park

Fort Worth, TX 76107

p. (682) 583-4641 w. 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

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



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.grandcruagnolia.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 ARTICHOKEs
- 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



Great Harvest Bread Company

1305 W Magnolia Ave
Fort Worth, TX 76104
p. (682) 708-7228 w. www.greatharvestbread.com



Blue Zones Project Inspired Menu Items:

VEGGIE THREE-SEED HUMMUS

Roasted sesame, sunflower, and pumpkin seeds pureed with chickpeas in a healthy, protein-packed hummus spread. Includes lettuce, tomato, onion, salt & pepper mix, carrots, cucumbers, and sprouts.

PB&J

Creamy peanut butter & local jelly on our amazing multigrain bread.

FRESH SEASONS GRAIN BOWL

Kale & mixed greens, sliced almonds, sunflower seeds, crumbled cheese, and seasonal fresh fruit. Tossed with toasted wheat, quinoa, and our house-made balsamic vinaigrette.

Delivery: No

Cater: Yes

Advanced notice required: 24 hours

Accepted payment methods: Cash & Credit Card

Do you accept credit card on delivery? N/A

Are you able to bill/invoice? No



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





Alliance

9517 Sage Meadow Tr.
Fort Worth, TX 76177
p. (817) 750-0151

Camp Bowie

6244 Camp Bowie Blvd
Fort Worth, TX 76116
p. (817) 738-7144

Midtown

2217 Midtown Ln.
Fort Worth, TX 76104
p. (817) 920-1880

Overton Ridge

5100 Overton Ridge Blvd
Fort Worth, TX 76132
p. (817) 370-9187

“PLANT SLANT” Menu Items:

Soups available by the cup or bowl

French Onion, Organic Vegetable, Tomato Basil

Caprese Panini - Fresh mozzarella, organic spinach, Roma tomatoes, fresh basil pesto. Pressed within olive oil-basted herb focaccia bread.

Zucchini Garden Pasta - Bowtie pasta topped with roasted zucchini, our fresco mix, Asiago. Served with toasted herb focaccia bread.

Delivery: Yes

Cater: Yes

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

Spinach Veggie Wrap - Mushrooms, organic spinach, Asiago, guacamole, pico de gallo, in a toasted organic wheat wrap. Served with salsa. Choice of one side: fresh fruit, steamed veggies, baked ships or organic blue corn chips.

Zucchini Grillini - Roasted zucchini, Muenster, organic spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on olive oil-basted multigrain wheat. Choice of one side: fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa.

Black Bean Taco Salad - Mixed salad greens, organic blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.

Dessert - Fresh Fruit

Mixed, seasonal fruit. Served with creamy fruit dip.

Kid's Menu - Peanut Butter and Jelly

Made with organic peanut butter and organic jelly on multigrain bread.



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



Local Foods Kitchen

4548 Hartwood Dr.
Fort Worth, Texas 76107
p. (817) 238-3464
w. www.localfoodskitchen.com

local foods kitchen

Blue Zones Project Inspired Menu Items:

POWER SALAD WRAP - Sweet potato, broccoli, edamame, carrot, sunflower, walnut, raisin, apple & lettuce, select a dressing.

HIPPIE CRUNCH SANDWICH - Guacamole, sprouts, tomato, hummus, cucumber, fried onion & walnut scallion.

GRILLED VEGGIE TACOS - Spinach, pico de gallo, queso fresco, with or without egg.

You can build a sampler plate by choosing 4 side/salad options.

There are 9 choices that meet the Blue Zones healthy dish guidelines.

Delivery: Please inquire with restaurant

Cater: Yes

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



Los Vaqueros

2629 North Main
Fort Worth, Texas 76164
p. (817) 624-1511
w. 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

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

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

Spaghetti classic marinara sauce

Spaghetti Putanesca tomatoes, kalamata olives, capers, red pepper flakes, marinara

Linguini Aglio Olio olive oil, garlic and peperoncini peppers



Pho District

2401 West 7th Street

Fort Worth, TX

p. (817) 862-9988 w. www.phodistrict.com



Blue Zones Project Inspired Menu Items:

MIXED VEGETABLE SPRING ROLL

Avocado, Cucumber, Vermicelli, Tomatoes, Pickled Carrots & Daikon, Lettuce, Topped with Peanuts.

TOFU VERMICELLI

Tofu, Vermicelli, Herb Salad, Sautéed Onions, Topped with Peanuts and Avocado Spring Roll.

Delivery: Please inquire with restaurant

Cater: Yes

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

SHAKEN VEGGIES

Fried Tofu, Broccoli, Bok Choy, Carrots, Red Onions, Choice of Rice.

PHO VEGETABLE

Fried Tofu, Broccoli, Bok Choy, Carrots, Sundried Shallots, Red & Green Onions.



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



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 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

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

SPIRAL
DINER & BAKERY

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, 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



Spice

411 W Magnolia Ave.
Fort Worth, TX 76104
p. (817) 984-1800 w. www.spicedfw.com



Blue Zones Project Inspired Menu Items:

EGG PLANT KRA PROW

Sautéed eggplant, basil leaves, bell pepper, jalapeños and baby corn in hot chili paste. Served with steamed (white) rice or brown rice.

MIXED VEGETABLE WITH TOFU

Stir-fried mixed vegetables and tofu in house sauce. Served with steamed brown rice.

Delivery: No

Cater: Yes

Advanced notice required: 24 hours

Accepted payment methods: Cash & Credit Card

Do you accept credit card on delivery? N/A

Are you able to bill/invoice? No

MOCK DUCK KRA PROW

Sautéed vegetarian duck with basil leaves, bell pepper and jalapeño in hot chili paste. Served with steamed brown rice.

GANG PAK

Red curry paste, mixed vegetables, bamboo shoots, soft tofu, basil and bell pepper in coconut milk. Served with steamed brown rice.



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

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

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



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



Thailicious

4601 West Fwy, Suite 206
Fort Worth, TX 76107
p. (817) 737-8111
w. www.lovethailandicious.com



Blue Zones Project Inspired Menu Items:

VEGETARIAN "CHICKEN" LETTUCE WRAP - Minced vegetarian meat with water chestnuts, mushrooms, scallions, crispy noodles and cool lettuce cups with spicy lime sauce

PAD PRIK KING JAY - Stir-fried vegetarian Abalone with green beans, bell pepper, and dried chili paste

EGG PLANT KRA PROW - Stir-fried with fresh basil, jalapenos, garlic, baby corn, and bell peppers

KEE MAO HED - Stir-fried mixed mushrooms with sweet basil, chili, bell pepper, onion

Delivery: Please inquire with restaurant

Cater: Yes

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



Thai Rice N Noodle

8577 North Beach Street
Fort Worth, TX 76244
p. (817) 741-9001 w. www.thairiceandnoodle.com



Blue Zones Project Inspired Menu Items:

PAD BROCCOLI WITH VEGGIES

Stir-fried steamed broccoli with brown gravy sauce.

PAD GINGER WITH VEGGIES

Sautéed mushrooms, yellow onion, red bell pepper, scallion with ginger sauce.

SPICY BASIL WITH VEGGIES

Stir-fried basil, bamboo shoot, jalapenos, onion & red bell pepper with Thai spicy sauce.

Delivery: No

Cater: Yes

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

ANY CURRY DISH WITH TOFU

Panang Curry: Basil in panang curry sauce garnished with red bell pepper.

Green Curry: Bamboo shoots, eggplant and basil in green coconut sauce.

Red Curry: Bamboo shoots, eggplant and basil in green coconut sauce.

Yellow Curry: Bamboo shoots, eggplant and basil in yellow coconut sauce.

Massaman Curry: Potato, yellow onion and cashews in massaman coconut sauce.

Kaeng Kua Pineapple: Basil and pineapple Kaeng Kua coconut sauce.



Thai Select

4630 SW Loop 820

Fort Worth, TX 76109

p. (817) 731-0455 w. www.thaiselectfw.com



Blue Zones Project Inspired Menu Items:

EGG PLANT KRA PROW

Sautéed eggplant, basil leaves, bell pepper, jalapeños and baby corn in hot chili paste. Served with steamed (white) rice or brown rice.

MIXED VEGETABLE WITH TOFU

Stir-fried mixed vegetables and fried tofu in house sauce. Served with steamed brown rice.

Delivery: No

Cater: Yes

Advanced notice required: 24 hours

Accepted payment methods: Cash & Credit Card

Do you accept credit card on delivery? N/A

Are you able to bill/invoice? No

MOCK DUCK KRA PROW

Sautéed vegetarian duck with basil leaves, bell pepper and jalapeño in hot chili paste. Served with steamed brown rice.

GANG PAK

Red curry paste, mixed vegetables, bamboo shoots, soft tofu, basil and bell pepper in coconut milk. Served with steamed brown rice.



Z's Cafe & Catering

1116 Pennsylvania Avenue

Fort Worth, Texas 76104

p. (817) 348-9000

w. 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



Zatar Mediterranean Food Truck

Clearfork Food Park
Fort Worth, TX 76107
p. (817) 877-7856
w. www.zatartruck.com



Blue Zones Project Inspired Menu Items:

KIDS WHOLE GRAIN PB&J (with fresh fruit)

ARTICHOKE HUMMUS WRAP - whole grain tortilla, hummus, Jerusalem artichokes, roasted red peppers, mixed greens, and feta cheese.

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



Zoe's Kitchen | www.zoeskitchen.com

University

1601 South University Drive
Fort Worth TX, 76107
p. (817) 885-8965

Waterside

5917 Convair Dr. Suite 309
Ft. Worth TX, 76109
p. (817) 377-0080

Alliance

9574 Sage Meadow Trail
Fort Worth TX, 76177
p. (817) 750-1055



Blue Zones Project Inspired Menu Items:

SIDES MENU

Braised White Beans - with fresh rosemary

Seasonal Fresh Fruit - delicious assorted fruits

Roasted Vegetables - mixed and lightly seasoned

Potato Salad - baby reds (no mayo)

Rice Pilaf - with fresh seasonings

Pasta Salad - fresh basil, feta (no mayo)

Marinated Slaw - feta, scallions, light vinaigrette (no mayo)

Side Greek Salad

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? Yes

Are you able to bill/invoice? No

Hummus Trio - basil, pesto, red pepper and classic hummus, cucumbers, bell peppers, cherry tomatoes. Ask for extra cucumber instead of pita bread.

Basil Pesto Hummus - infused with basil pesto, served with cucumbers

Red Pepper Hummus - infused with red pepper, served with cucumbers

Classic Hummus - freshly made on premise, served with cucumbers

Mediterranean Lentil Soup

Quinoa Salad - quinoa tossed with tomatoes, cucumbers, celery, broccoli, green onion, olives and lemon vinaigrette, topped with feta, served over bed of greens

Orzo "Tabouli" Salad - orzo "tabouli," baby spinach, mixed greens, cucumbers, cherry tomatoes, feta, olives, lemon vinaigrette

Hummus & Salad Plate - with Greek salad, cucumber raita, olives.

Ask for cucumber instead of pita bread.

Veggie Kabobs - charbroiled kabobs, zucchini, hummus, cucumber raita, side greek salad.





For more information on Blue Zones Project
Approved™ Restaurants or healthy eating, please visit
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