



Cafe Melao

Healthy Happens Here is an initiative of the Consortium for a Healthier Miami Dade. These meals were analyzed and modified by a Registered/Licensed Dietitian. These meals are 500 calories or less and lower in sodium. The calories and sodium content were based on the highest combination possible for each entrée. For more information about this initiative visit www.healthymiamidade.org

MENU

***Baby Churrasco**

Grilled beef tenderloin served with two sides.

500 calories, 565 mg sodium

***Pechuga de Pollo Melao**

Grilled chicken breast in Melao's special sauce served with two sides.

450 calories, 320 mg sodium

***Pescado a la Veracruz**

Tilapia with tomato, olives, onions, capers and spices served with two sides.

470 calories, 485 mg sodium

***Select one: brown rice, mangu, or yucca with mojo**

***Select one: steamed vegetables or salad**

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