



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.

FOR MORE INFORMATION ABOUT THIS INITIATIVE VISIT

WWW.HEALTHYMIAMIDADE.ORG

500 CALORIES MENU

CEVICHE ARIGATO

LECHE DE TIGRE WITH FISH, CUCUMBER, AVOCADO AND A HINT OF LOW SODIUM SOY SAUCE.

400 CALORIES, 500 MG OF SODIUM

CEVICHE DE PESCADO

LECHE DE TIGRE WITH FISH, ONIONS CHOCLO AND SWEET POTATO.

490 CALORIES, 490 MG OF SODIUM

SUSHI TUNA AND AVOCADO ROLL

FISH AND AVOCADO ROLL WITH SESAME SEEDS AND LOW SODIUM SOY SAUCE.

500 CALORIES, 430 MG OF SODIUM

PESCADO A LA MACHO

GROUPEL, SHRIMP, MUSSELS AND SQUID IN HOUSE SIGNATURE SAUCE SERVED WITH QUINOA RISOTTO.

410 CALORIES, 480 MG OF SODIUM

LOMO SALTADO

SIRLOIN STRIPS, ONIONS AND TOMATO IN LOW SODIUM SOY SAUCE SERVED WITH QUINOA RISOTTO.

500 CALORIES, 420 MG SODIUM

11401 NW 12 ST. MIAMI, FL. 33172