Healthy Living in Downtown Phoenix

For more information visit DowntownPhoenix.com or
Contact the Downtown Phoenix
Ambassadors – 602.495.1500

Tom's Tavern

» Turkey Burger–$12
» Tri-Tip Steak Salad–$13.50

(602) 257-1688
2 N Central Ave.

1130 The Restaurant

» CHOP HOUSE STEAK SALAD – Grilled sirloin strips over crisp romaine lettuce with Avocado ranch dressing, bleu cheese crumbles, tomatoes and spicy pecans – $15.00
» LOBSTER LETTUCE CUPS–Succulent lobster meat with fresh avocado & fried wontons in a lettuce cup with vegetable slaw, radish sprouts and served with a sesame ginger dipping sauce– $13.00
» CHICKEN SATÉ–Grilled chicken breast skewers glazed with orange sauce and served over fresh greens with fresh fruit salsa – $12.00

(602) 368-3046
The Arizona Center—455 N. 3rd St.

Seamus McCaffrey's Pub

» Garden Burger–$8.75
» Asian Chicken Salad–$8.75

(602) 253-6081
18 W Monroe St Phoenix, AZ 85003

The Arrogant Butcher

» Salmon- Maple Glazed Beets, Farro, Arugula–$22
» Scallops – Smoke Cauliflower, Clementine, Brussels, Marcona Almonds–$22
» The Waldorf Salad – Green Apples Grapes, Celery, Walnuts, Yogurt Dressing–$8

(602) 324-8502
CityScape—2 E. Jefferson Ste. 150

Fair Trade Cafe

We have gluten free and vegan pastries ready for your taste buds to salivate over and also be sure to check out our "better earth menu" – It's an organic, local and vegetarian/vegan menu that we change weekly!

(602) 354-8150
1020 N. 1st Ave
&
(602) 253-6913
424 N. Central Ave

Duck and Decanter

» Where's the Beef?–our vegetarian sandwich includes: Celery, pine nuts, cucumber, jicama, tomatoes, avocado, Lettuce, sprouts, and swiss cheese on your choice of bread or can be made as a salad on spring mix–$7.50
» Our Roasted Turkey breast, and Smoked turkey breast are 99% fat free. – $6.50
» Our imported Ham is 97% fat free–$5.75

(602) 266-6637
1 N. Central Ave

Squid Ink Sushi

» All Sashimi–$10-11
» Sashimi Salad–$14
» Albacore Tataki–$8
» Tuna Poke–$12
» Kale Salad w or w/o Grilled Salmon–$7/12
» Grilled Chicken Salad–$10
» Pan Seared Butterfish–$14

(602) 258-0510
CityScape—2 E. Jefferson St. #108

Chloe's Corner

» Fruit & Yogurt Parfait – Laura's Gourmet granola, honey vanilla low-fat yogurt, fresh berries–$5.00
» Spinach Salad – chopped spinach, strawberries, blueberries, goat cheese, roasted pistachios and raspberry vinaigrette. Option to add chicken for $1.50–$7.00 or $8.50 with chicken

(602) 252-7600
CityScape—50 W. Jefferson St .

LUSTRE Rooftop Garden

» BLACK KALE CHIPS...grey salt, sesame–$6
» THE MED...baba ghanoush, cilantro hummus, tabbouleh, whole wheat pita–$9
» GRILLED VEGETABLE SKEWERS...harissa dipping sauce–$11
» MCCLENDON FARMS ORGANIC GREENS...campari tomato, grilled vegetables, carrot, vinaigrette– $9
» GROUND FREE RANGE TURKEY...red onion jam...11

(480) 478-1765
CityScape—2 E. Jefferson St.

Canyon Cafe

» Grilled Fajita Wrap Sirloin or Chicken option–$10.95
» Orange Glazed Tilapia Salad– $13.95 lunch, $14.95 dinner
» Grilled Lemon Salmon– $16.29 lunch, $16.95 dinner
» Margarita Soft Tacos with chicken– $11.95 lunch, $12.95 dinner

(602)252-3545
The Arizona Center—455 N. 3rd St. Ste. #114

The Phoenix Public Market Cafe

The Phoenix Public Market Cafe offers healthful dining with flexibility. From gluten free, to vegan, to vegetarian, to low-glycemic, to dairy free...we have something for everyone. Here are just a few to get your taste buds interested:

» The Evan's Churchill vg, gf poached eggs, market vegetables, quinoa, pesto–$10.25
» Steel Cut Oats Risotto vg, gf vanilla fruit compote, honey, nuts & seeds–$7.25
» AB&J Sandwich vg, v, df almond butter, sliced apples & jelly on 9-grain bread – $6.50
» The del Real Sandwich vg peppers, cucumbers, sprouts, goat cheese, onion marmalade, avocado, on 9 grain bread–$8.95

The Cafe is open DAILY serving Breakfast 7am-3pm and Lunch/Dinner 11am-10pm.

(602) 253-2700
14 E. Pierce Street

Bonjour Vietnam

» Ca Thru Spring Rolls – Seared Ahi Tuna, mango & avocado served with miso ginger sauce–$9.50
» Buddha Pho *(Vietnamese Noodle Soup)* – Tofu, asparagus, baby corn, and shitake mushrooms–$7 Half–$9 Full

(602) 252-1223
202 N Central Ave.

Coney Island

» Chicken Feta Salad–$7.55
» Chicken Caesar Pita with side salad–$7.55
» Hummus Pita with side salad–$6.95

(602) 253-0292
16 W Adams St.

Alice Cooper'stown

» "The Yardbirds" Southwest Chicken–Grilled chicken breast topped with our signature pork green chili, melted pepperjack cheese, green chili strips and finished with sliced avocado. Garnished with lettuce and diced tomatoes. Served with a LoCarb green salad.–$12.99
» "Ricky Bobby" Bullet Wrap–Chopped Grilled Chicken Breast Rolled up in a LoCarb Tortilla with bacon, lettuce ranch and a delicious cheese mix. Served with a LoCarb green salad.–$10.99
» "The Jeff Salad" – Crisp Greens topped a half pound of grilled chicken breast, diced bacon, shredded cheese, diced tomatoes, cucumbers, carrots, jalapeños and avocado.–$11.99

(602) 253-7337
101 E. Jackson St.

The Duce

» Mad Dog Salad ..our Duce salad (balsamic vinaigrette) with a scoop of tuna salad–$10.00
» Chicken Sausage sliders– $9.00
» Skillet scramble..egg scramble (egg whites available) fill with veggies–$8.00
» Potato crisps and sweet potato crisps...baked with olive oil–$4.00

(602) 866-3823
525 S. Central Ave.

zpizza

All zpizza's use 100% certified organic flour for its homemade pizza dough, along with 100% certified organic tomato sauce, antibiotic free chicken, preservative free pepperoni, additive free sausage and part skim, RBGH-Free Wisconsin mozzarella. We also offer gluten free crusts and vegan (Daiya) cheese as options.

» Greek Salad (323 calories) Fresh mixed greens with feta, kalamata olives, red onions, tomatoes, cucumbers, oregano and balsamic dressing.–$7.95
» Hot Pollo Latino Sandwich (500 calories): Grilled spicy lime chicken, fresh pico de gallo, avocado and mixed greens on a toasted french baguette.–$6.50

(602) 254-4145
111 W. Monroe Street

Potbelly

» Grill Chicken & Cheddar Sandwich (Calories 465) –$5.40
» Mediterranean Sandwich (Calories 471)–$5.20
» Chickpea Veggie Salad (Calories 266)–$6.25

(602) 283-1491
CityScape—1 East Washington St. Ste. 170

Kincaids

» Cedar Roasted Salmon–$19.95 at lunch, $27.95 at dinner (dinner entrée also served with grilled prawns)
» Blackened Mahi Mahi–$24.95 at dinner
Mahi Mahi with Berry Salsa–$17.95 at lunch
» Seared Sea Bass–$27.95 at dinner

602.340.0000
Collier Center—2 South 3rd St.

Province

A Latin-inspired American restaurant at The Westin Phoenix Downtown
» Energizing Granola–House-made granola with almonds, coconut, blueberries or sliced bananas, milk or yogurt –$10
» Roasted Beet & Blue Cheese Salad–arugula, caramelized shallots, candied pepitas–$8
» House Smoked Salmon Salad– tomato, avocado, corn, pepitas, green-chili lemon dressing–$12

The Westin brand teamed up with doctors and nutritionists to create a menu that cultivates "food synergy," which is the pairing of certain foods to increase their nutritional value. The Westin Phoenix Downtown incorporates these SuperFoods into the hotel menus – in-room dining, for example – which detail all the nutritional benefits of each food and how they work in combination with each other to give you the focused energy you need to meet the challenges of your day. Province, the restaurant at The Westin Phoenix Downtown, also incorporates SuperFood elements into its Latin-inspired American menus.

(602) 429-3600
333 N. Central Ave.

Friday's Front Row

BALSAMIC-GLAZED CHICKEN CAESAR SALAD (*under 750 cal*)–$10.29
TURKEY BURGER–$8.69
CALIFORNIA CLUB–$9.49

(602) 462-3506
401 E. Jefferson St.

Thai Basil Signature Downtown

» Thai Fresh Roll… Rice Paper wrap with shredded romaine lettuce, rice noodle, (tofu, shrimp, or chicken options), carrot, bean sprout and served with homemade sauce and ground peanuts.–$4.95 with Tofu–$5.95 with Shrimp & Tofu–$5.95 with chicken

(602) 759-8737
114 W. Adams St. Ste.C-104

Downtown Phoenix Dental

"FREE Venus White Ultra teeth whitening trays with New Patient Visit* $60 value"

(602) 6267952
111 W Monroe St

Copper Blues Rock Pub & Kitchen

» Downtown's Favorite Salad! Super Food Salad–Tri-Color Couscous, Quinoa, Grilled Chicken, Avocado, Chopped Nuts, Roasted Peppers, Sun-Dried Tomatoes, Baby Mixed Greens, And Red Wine Vinaigrette

(480) 719-5005
CityScape—50 W Jefferson St. Ste. 200

District American Kitchen and Wine Bar

» Steel Cut Oats, sun dried raisins and cinnamon pecan compote–$7.95
» 3rd Street Spinach Salad with Marcona almonds, strawberries, Crow's Dairy peppercorn feta, golden beets and honey mustard vinaigrette–$9
» Shaved Melon Salad with seasonal melons, local greens, avocado, AZ pistachios, locally sourced and chocolate mint vinaigrette– $9
» Grilled Salmon with cucumber, tomato, and Queen Creek olive salad, roasted piquillo peppers, and lemon and dill creme fraiche–$15
» Guilt Free Chicken Salad Sandwich on MJ 9-grain bread, all natural chicken, locally sourced honey, Greek yogurt, golden raisins, celery, apple, walnuts, and scallions–$10
» Lemon Spiked Black Bean Hummus with seeded flat bread, garden vegetables and Queen Creek olive oil–$8

(602) 817-5400
320 N 3rd St, Phoenix, AZ 85004

Majerle's Sports Grill

» Strawberry Fields Salad–$10.00
» Classic Caesar Salad–$9
» Turkey Delight sandwich with fruit–$9.50
» Jared Dudley Grilled Chicken Sandwich–$9.75
» Turkey and Veggie Burgers–$9.75

(602) 340-0000
Collier Center—2 South 3rd St.

Hard Rock Cafe

» Grilled Norwegian Salmon – 8 oz. filet wrapped in cedar paper and served on a bed of confetti rice and fresh vegetables, drizzled with a lightly sweet and spicy bar-b-que sauce. – $18.25

(602) 261-7625
3 South 2nd St.

South Central Gym @ The Duce

$10 per session
FITNESS CLASS SCHEDULE
Boxing Technique and conditioning
» Tuesday 5p–Weds 6p–Thurs 5p
Strength, Endurance and agility
» Friday 6p
Punch, Crunch and Brunch
» Sundays–Punch…9a-10a Boxing Technique and conditioning
Crunch…10a-11:45 Super Charge Fitness (inc strength, endurance and agility)
Brunch..11:45 (time to recharge! cost of food or drink not included with class)

(602) 866-3823
525 S Central Ave.

Mountainside Fitness

Join Mountainside Fitness and enjoy half off enrollment plus your choice of 2 personal training sessions, 1 month of free tanning or 1 month of free childcare!

602-343-9340
Chase Field—401 E Jefferson St.

Body By Belinda

Personal Trainer/ Nutritional Consultant Free Zombie workout video when you sign up for your first free one hour session

480-688-2887

Lincoln Family Downtown YMCA

Amenities:
Fitness Center, Cardio Equipment, Strength-Training Equipment, Weight Room, Youth and Family Fitness Room, Circuit Training, Indoor Heated Pool, Gymnasium, Group Exercise Studio, Cycling Studio, Racquetball Courts, Amazing Kids Child Watch, Outdoor Playground, Teen Center, I-Learn Computer Room, Café, Locker Rooms, Whirlpool Spa

Services:
Before & after school care, personal training, massage therapy, fitness assessments, educational workshops

(602) 845.9944
350 N. 1st Ave.

Renaissance Athletic Club

Membership Rates
» Tenant Rate–$25
» Non-Tenant Rate- $35
Amenities:
Basketball Court , Men's Steam Room , Executive Locker Rooms , Health Consultations , Personal Training , Group Training, Cardio Theater , Basketball Court , Racquetball Courts , Rooftop Tennis Courts

602.256.0844
2 N. Central Ave.

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