



Don't miss a Beat!

Don't let congestive heart failure (CHF) put a damper on your dining out experience. While you guard your heart, Excela Health has your back, along with the following restaurants, offering a CHF-friendly item with less than 800 mg. of sodium.

Look for our Heart Center logo,  next to menu items at your favorite restaurants.

- The Boulevard Restaurant, Greensburg & Delmont
- Café Supreme, Irwin
- Chef Dato's Table, Latrobe
- DeGennaro's Restaurant & Lounge, Greensburg
- DeNunzio's Italian Restaurants, Jeannette & Latrobe
- Dino's Sports Lounge, Greensburg & Latrobe
- The Firepit Wood Fired Grill, North Huntingdon
- Iceburgh's Bistro, Irwin
- IHOP, Greensburg & Uniontown
- Jaffre's Restaurant, Greensburg
- La Tavola Ristorante, New Stanton
- Mauro's Ristorante & Lounge, Jeannette
- ♥ Michelle's Lair, Latrobe
- Old Route 66 Grille, Greensburg
- ♥ The Pier, Latrobe
- Red Lobster, Greensburg
- Rizzo's Malabar Inn, Crabtree
- ♥ Sharky's Café, Latrobe
- Sun Dawg Café, Greensburg

♥ **New in 2019!**

Most restaurants will accommodate you. Just ask!

Tips for CHF patients:

- Ask for dressing on the side (oil and vinegar are best).
- Stick with items broiled, grilled or roasted.
- Choose steamed vegetables.
- Substitute herbs for salt.
- Select lean protein, like fish.

To learn more about managing congestive heart failure and the Excela Health Heart Failure Clinic, contact the Call Center at 1-877-771-1234.

Find these Excela Health-approved, CHF-friendly items at the following restaurants, or using our tips, make your own CHF-friendly meal.

The Boulevard Restaurant, Greensburg and Delmont

Crab Cake
Baked Cod

Café Supreme, Irwin

Café Salad

Chef Dato's Table, Latrobe

Mandarin Chicken Salad
(grilled chicken breast, mandarin oranges, sliced almonds, red onion and fresh salad greens).

DeGennaro's Restaurant & Lounge, Greensburg

Crab Stuffed Mushrooms
(freshly picked Pennsylvania mushrooms loaded with our own crab meat).

Pete's Lobster Pot

(a crock full of Chilean langostinos sautéed in fresh garlic and butter, broiled with Romano cheese on top).

DeNunzio's Italian Restaurants, Jeannette and Latrobe

"Big City" shrimp cocktail
(jumbo shrimp and horseradish cocktail sauce).

Dino's Sports Lounge, Greensburg and Latrobe

Shrimp steamed in beer (peel and eat) (1/2 to 1 pound).

The Firepit Wood Fired Grill, North Huntingdon

Just For The Kale

(baby kale, arugula, fire peppers, shaved carrots, goat cheese, celery seed dressing).

Iceburgh's Bistro, Irwin

Strawberry Salmon Salad

IHOP, Greensburg and Uniontown

SIMPLE & FIT Vegetable Omelet

(Big on flavor, not on calories, and filled with fresh spinach, mushrooms, onions and Swiss cheese, then topped with fresh, diced tomatoes. Comes with a side of seasonal mixed fruit).

Jaffre's Restaurant, Greensburg

Bourbon Salmon

La Tavola Ristorante, New Stanton

Seafood La Tavola

(shrimp, scallops and lump crab meat with mushrooms in a lemon scampi sauce).

Mauro's Ristorante & Lounge, Jeannette

Bruschetta

(toasted slices of Italian bread topped with fresh tomato Bruschetta).

Michelle's Lair, Latrobe

Love Bites (Flat Iron Steak)
served with sautéed fresh vegetables.

Old Route 66 Grille, Greensburg

The "66" Sizzler (Sirloin strip steak, 8 ounces; served on a sizzling platter with a special blend of garlic butter).
Grilled Salmon (with a sweet honey bourbon glaze).

The Pier, Latrobe

Fresh Fruit Parfait and Muffin (offered during brunch)
Filet Salad (offered during brunch)
Dill Salmon (offered during dinner)
Bourbon Scallops (offered during dinner)

Red Lobster, Greensburg

Any item on the Lighthouse menu below 800 mg. of sodium (sauces and other accompaniments not included):
Wood-grilled fresh salmon (half portion) with one serving of roasted vegetable medley.
Wood-grilled fresh tilapia (half portion) with one serving of roasted vegetable medley.
Wood-grilled fresh rainbow trout (half portion) with one serving of roasted vegetable medley.
Rock Lobster Tail
Bar Harbor Salad
 With chicken
 With shrimp
Chilled jumbo shrimp cocktail

Rizzo's Malabar Inn, Crabtree

Caprese Salad

(Fresh mozzarella, tomatoes and basil drizzled with olive oil and balsamic vinegar).

Sharky's Café, Latrobe

Shrimp Cocktail

Grilled Chicken, Shrimp or Cod Salad

Sun Dawg Cafe, Greensburg

Frittata Your Way

(with choice of add-ons: peppers, onions, tomatoes, mushrooms, and cheese).

Grilled Fish Tacos

(with fresh pico, cheese, black beans and rice finished with rum lime sour cream).

What the Falafel Taco

(semi crispy corn shell, Asian slaw and spicy mayo).

Fruit Smoothies