

What to Eat at Scoozi's



Decent Sandwich Picks *(if you go easy on the sauces)*

- Red Turkey
- Sweet "T"
- Spicy Roast Beef
- Caprese
- Tega Chicken
- Pub Dip
- Fire Hot Turkey
- Chicken Quesadilla

Salads

All of the salads are pretty good if you go easy on the dressing

Pizza

Classic, Margarita, and Spinach & Tomato are the best picks—top with extra veggies if you can

Side Items

Fresh fruit, small packs of peanuts, Kashi cereal

Breakfast

Go for eggs rather than pancakes, waffles, danishes, bagels, etc.

Fast Food Picks

Here are a few fast food picks that aren't TOO hard on your wallet or your weight.



Small Chili OR
Broccoli Cheese Potato OR
Side Caesar Salad AND
Apple Slices



Regular Hamburger
and
Fruit 'n' Yogurt Parfait



Breakfast Sandwiches on Whole Grain Muffins
6" Subs on Wheat Bread:
Oven Roasted Chicken
Turkey Breast
Roast Beef
Veggie Delight

Pizza Tips

[Click here](#) for some great tips on ordering the least-damaging pizza.

