

# At Open Door We Practice What We Preach

This year, we will continue to build a culture of wellness and civic engagement, both within our staff and our broader community.

Our two new initiatives:

**The Food Strategy** will work to increase awareness regarding healthy nutrition and lifestyle.

A menu from local food merchants in each Open Door community will be piloted during National Health Center Week 2016 to demonstrate that lunch can be healthy, delicious, and affordable (see menu on other side).

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A healthy community also requires that its residents have a voice in the decisions that affect their lives.

**The Voter Registration Drive** will launch our registration initiative, beginning with Open Door staff during National Health Center Week 2016 and then expanding to our patients and the broader communities in which we operate.

If you are not registered to vote, stop by our table before or after lunch. It only takes a few minutes to register. Lead by example. Show your support for the importance and impact of civic engagement.

If you are registered but need to update your address or registration information, come see us. We will quickly get you updated.

Our goal is 100% voter participation among all eligible Open Door employees.



OPEN DOOR  
FAMILY MEDICAL CENTER  
AND FOUNDATION

Building Strong, Healthy Communities

Opening Doors to a healthier life

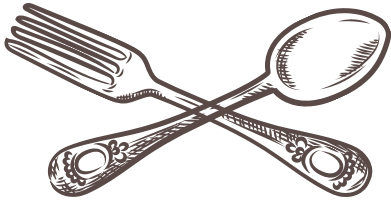
# Community Menu

Port Chester

**Our mission is to build strong, healthy communities. And this starts with a healthy staff!**

A healthy lunch can boost energy, improve brain function, and help reach daily nutritional needs.

Each item on this menu offers **one or more servings of vegetables, is a good source of fiber, and has fewer calories** than most lunch options - all for \$10.00 or less!



## Panka Peruvian Bistro

914-481-5424 | 167 Westchester Avenue, Port Chester, NY 10573

1/4 Chicken with Salad \_\_\_\_\_ \$9.95

*Served with house salad (omit fries - ask for veggies and more salad)*

## East Wok

914-939-0068 | 140 Midland Avenue, Port Chester, NY 10573

Steamed veggies with brown rice and choice of protein \_\_\_\_\_ \$6.75

*Mixed veggies (carrots, broccoli, water chestnuts, baby corn), and choice of grilled chicken, steamed shrimp, or steamed tofu*

## Bartaco

914-937-8226 | 1 Willet Avenue, Port Chester, NY 10573

Rice Bowl \_\_\_\_\_ \$8.00

*Steamed brown rice, sliced bell peppers, onions, and choice of grilled chicken, shrimp, or cauliflower*

## Café Guatemala

914-937-8537 | 28 Grace Church Street, Port Chester, NY 10573

Wendy's Choice (from the buffet) \_\_\_\_\_ \$6.99/lb

*Vegetable egg scramble, stewed chicken, rice, and beans with salsa and green salad*

## Choptsalad

914-908-4184 | 116 South Ridge Street, Rye Brook, NY 10573

Chopt Palm Beach Salad \_\_\_\_\_ \$9.99

*Grilled chicken, avocado, grape tomatoes, cucumbers, hearts of palm, lettuce, and hot honey vinaigrette*

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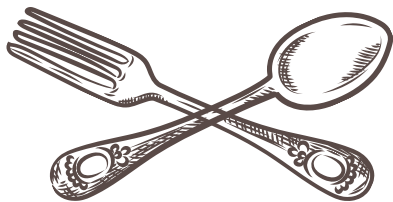
# Community Menu

Mount Kisco

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## Lalibela Ethiopian

914-864-1343 | 37 South Moger Avenue, Mount Kisco, NY 10549

Misir Wat Aicha \_\_\_\_\_ \$10.00

*Split lentils cooked with onion, fresh ginger, garlic, turmeric, and olive oil*

## Giuliano's Delicatessen & Catering

914-864-1810 | 454 Main Street, Mount Kisco, NY 10549

Oven Gold Turkey and Avocado Wrap \_\_\_\_\_ \$8.49

*Served with Asiago, sautéed spinach, and roasted peppers*

## Basilico

914-241-8555 | 293 Lexington Avenue, Mount Kisco, NY 10549

Healthy Chopped Salad \_\_\_\_\_ \$8.50

*Mixed greens, sunflower seeds, dried cranberries, wheat berries, hard-boiled egg, walnuts, onions, tomatoes, cucumbers, and lemon vinaigrette dressing*

## Boston Market

914-241-8800 | 131 North Bedford Road, Bedford Corners, NY 10549

Mediterranean Salad Bowl \_\_\_\_\_ \$5.79

*Lettuce, feta cheese, tomatoes, cucumbers, onions, and sweet garlic vinaigrette*

Add chicken \_\_\_\_\_ \$2.00

## Choptsalad

914-266-8360 | 53 South Moger Avenue, Mount Kisco, NY 10549

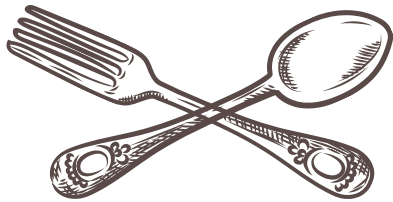
Chopt Palm Beach Salad \_\_\_\_\_ \$9.99

*Grilled chicken, avocado, grape tomatoes, cucumbers, hearts of palm, lettuce, and hot honey vinaigrette*

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# Community Menu

Brewster



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## Kelly's Corner

845-278-4297 | 1625 NY-22, Brewster, NY 10509

Country Salad \_\_\_\_\_ \$9.99

*Mixed greens, dried cranberries, walnuts, red onions, tomatoes, cucumbers, crumbled Gorgonzola, and vinaigrette dressing*

## The Clock Tower

845-582-0574 | 512 Clock Tower Drive, Brewster, NY 10509

Housemade Black Bean Veggie Burger \_\_\_\_\_ \$8.00

*Served with lettuce, tomato, pickle, and a side salad*

## Mezza Luna Pizzeria & Restaurant

845-279-1800 | 1511 Route 22, Brewster, NY 10509

Tomato and Onion or Cucumber Salad (large) \_\_\_\_\_ \$7.00

*Broccoli, mushrooms, fresh garlic, roasted peppers with onion or cucumber*

Add grilled chicken \_\_\_\_\_ \$2.75

## Aversano's

845-279-2233 | 1620 Route 22, Brewster, NY 10509

Feta Veggie Wrap with side salad (instead of fries) \_\_\_\_\_ \$9.00

*Baby greens, sliced tomatoes, sliced cucumber, roasted peppers, and feta cheese*

## Cameron's Deli

845-302-2972 | 2241 Route 6, Brewster, NY 10509

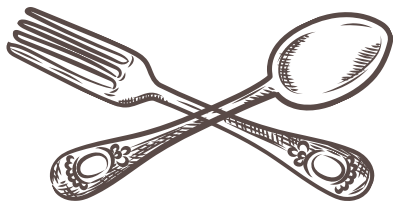
Slim Chicken Sandwich \_\_\_\_\_ \$6.49

*Grilled chicken, peppers, onions, oil, and vinegar in a honey wheat wrap*

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# Community Menu

Sleepy Hollow



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## The Horseman

914-631-2984 | 276 N Broadway Street, Sleepy Hollow, NY 10591

Vegetable Wrap \_\_\_\_\_ \$9.25

*Portobella mushrooms, grilled zucchini, roasted red peppers, artichokes, and mozzarella cheese in a spinach tortilla*

## Santorini Greek Restaurant

914-631-4300 | 175 Valley Street, Sleepy Hollow, NY 10591

Greek Salad (small) \_\_\_\_\_ \$9.50

*Romaine lettuce, fresh tomatoes, cucumbers, feta cheese, black olives, and red onions*

## Tijuana Mexican Grill

914-909-2057 | 84 Beekman Avenue, Sleepy Hollow, NY 10591

Cinco de Mayo Burrito \_\_\_\_\_ \$7.75

*Grilled chicken, Mexican rice, black beans, corn, salsa, red onions, feta cheese, cilantro, and roasted tomato sauce*

## Sea Spice

914-909-5089 | 1298 Cortlandt Street, Sleepy Hollow, NY 10591

Tom Yum Soup \_\_\_\_\_ \$5.00

*Spicy clear broth, bean sprouts, Thai seasoning, and choice of chicken, shrimp, or tofu*

Add brown rice \_\_\_\_\_ \$3.00

Add steamed noodles \_\_\_\_\_ \$2.00

## China House Restaurant

914-631-9339 | 52 Beekman Avenue, Tarrytown, NY 10591

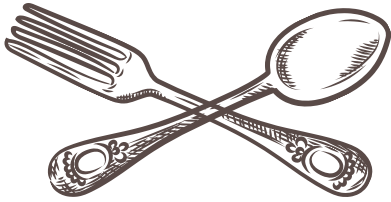
Shrimp with Veggies \_\_\_\_\_ \$8.50

*Mixed veggies (carrots, broccoli, water chestnuts, baby corn), rice, and steamed shrimp*

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# Community Menu

Ossining



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## Capri Pizza & Pasta

914-944-8000 | 228 South Highland Avenue, Ossining, NY

Arugula Salad \_\_\_\_\_ \$6.95

*Arugula, red onions, tomatoes, and vinaigrette dressing*

Add grilled chicken or tuna \_\_\_\_\_ \$3.00

## Main Street Deli

914-762-0651 | 143 Main Street, Ossining, NY

Porto Wrap (in a whole wheat or spinach wrap) \_\_\_\_\_ \$7.45

*Grilled chicken, portobello mushrooms, romaine lettuce, and honey mustard dressing*

## Karma Lounge

914-488-5999 | 175 Main Street, Ossining, NY

Soft Tacos (3) \_\_\_\_\_ \$8.95

*Corn tortillas with cilantro, onions, green tomatillo sauce, and choice of steak, chicken, or al pastor (pork and pineapple)*

## Wobble Café

914-762-3459 | 21 Campwoods Road, Ossining, NY

Indonesian Tempeh Sammie on wheat, rye, or multigrain bread \_\_\_\_\_ \$8.00

*Marinated grilled tempeh, baby spinach, sweet onion, cheddar cheese, and pineapple aioli*

## China Wok

914-941-1202 | 157 Main Street, Ossining, NY

Steamed veggies with brown rice and choice of protein \_\_\_\_\_ \$6.75

*Steamed veggies (carrots, broccoli, water chestnuts, baby corn), and choice of chicken, steamed shrimp or tofu*