



END STAGE RENAL DISEASE NETWORK 8, INC.

Making Healthy Choices When Dining Out

O'Charley's

- Grilled Chicken Pasta
- Cedar Plank Salmon
- Blackened Salmon
- Grilled Chicken Sandwich
- 6 oz. Sirloin
- Seasoned Rice Pilaf
- House Salad
- Southern Cole Slaw
- Yeast Roll



Applebee's

- 6 oz. Top Sirloin
- Double Glazed Baby Back Ribs
- Grilled Chicken Breast
- Baked Haddock
- Grilled Chicken Caesar Salad
- Oriental Chicken Salad with Crispy Chicken
- Garlic Green Beans



Red Lobster

- Wood Grilled Sea Scallops
- Steamed Lobster
- Wood Grilled Tilapia
- Soy Ginger Salmon
- Broiled Catfish
- Broiled Whitefish
- Garden Salad
- Broccoli
- Rice



Logan's

- 6 oz. Sirloin
- 6 oz. Filet
- Fall Off The Bone Ribs
- Mesquite Grilled Salmon
- Side Caesar or House Salad
- Broccoli
- Corn
- Sweet Potato
- Cinnamon Apples



Chili's

- Burger Substitutes: Classic Beef Patty
- Burger Substitutes: Turkey Patty
- Burger Substitutes: Black Bean Patty
- 6 oz. Classic Sirloin
- Grilled Chicken Salad
- House Salad
- Coleslaw
- Sweet Corn on Cob
- Steamed Broccoli

Captain D's

- North Atlantic Lobster Roll
- Batter Dipped Fish
- Breaded Flounder
- Country Style Fish
- Southern Style Fish Tenders
- 6 or 15 pc. Shrimp
- Hushpuppy
- Breadstick
- Broccoli
- Okra



Cracker Barrel

- Country Morning Breakfast
- Apple Cinnamon Oatmeal
- Grilled Pork Chops (2)
- Lemon Pepper Grilled Rainbow Trout
- Grilled Sirloin Steak
- Grilled Chicken Tenders (4)
- Apple Cider BBQ Chicken Breast
- Whole Kernel Corn
- Applesauce

IHOP

- Stuffed French Toast
- Breakfast Special
- Egg White Vegetable Omelet
- Turkey and Swiss Sandwich
- 4 oz. Pork Chop
- 10 oz. T-bone Steak
- White Toast
- Hard or Soft Boiled Egg
- English Muffin
- Grits
- Seasonal Fruit



Olive Garden

- Calamari (sampler)
- Salad with House Dressing
- Fettuccini Alfredo
- Create Your Own Pasta with Chicken, Shrimp, or Veggies & Creamy Mushroom Sauce
- Shrimp Scampi (lunch)
- Parmesan Crusted Zucchini
- Steamed Broccoli
- Warm Apple Crostata

TGI Friday's

- Chicken Caesar Salad with Grilled Chicken (lunch)
- Grilled Chicken Pecan & Blue Cheese Salad (lunch)
- Jasmine Rice
- Traditional BBQ Wings
- Side of Ranch or Bleu Cheese
- Coleslaw



PF Chang's

- Dynamite Shrimp
- Spicy Tuna Roll
- Pork or Shrimp Dumplings (4)
- California Roll
- Crispy Honey Chicken
- Sweet and Sour Chicken
- White/Brown Rice
- Buddha's Feast Steamed
- Fried Egg Ramen
- Chang's Honey Chicken Bowl
- Family Favorite Chicken or Salmon
- Tiramisu

Buffalo Wild Wings

- Traditional Bone-In Wings (snack size or small order)
- Sauces:
 - Asian Zing
 - Caribbean Jerk
 - Honey BBQ
 - Hot BBQ
 - Jamming
 - Jalapeno
 - Mango Habanero
 - Nashville Hot
 - Parmesan Garlic
 - Sweet BBQ
- Any Dry Seasoning
- Coleslaw
- Carrot/Celery Sticks

We gratefully acknowledge the assistance of Arianna Bierdeman, MS, RDN, LD and Rita Solomon, RD, CSR, LDN in the development of this material.

To file a grievance, please contact Network 8 by phone at 1-877-936-9260, by email at nw8info@allianthealth.org or by mail at 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157. Visit www.esrdnetwork8.org for more information. This material was prepared under CMS contract number HHSN-500-2016-NW00008C, and the contents may not reflect CMS Policy.

