

## SMART DINING GUIDE

With over 50 restaurant options at Mall of America®, we want to help you make the smartest decisions possible when it comes to dining. Here you will find a list of our restaurants and the healthy dining options they offer. From vegetarian + vegan choices, to gluten free and meals under 500 calories, we have something for everyone.

### FULL SERVICE RESTAURANTS



#### AMERICAN GIRL BISTRO (NICKELODEON UNIVERSE®)

**V** **V** **500** **GF**



#### BENIHANA (LEVEL 3, SOUTH)

**V** **GF**

**HEALTHY TIP!** Enjoy gluten-free soy sauce + swap fried rice for brown rice.



#### BUBBA GUMP SHRIMP CO. (LEVEL 3, SOUTH)

**V** **GF**

**HEALTHY TIP!** Enjoy our separate gluten-free menu.



#### BUFFALO WILD WINGS (LEVEL 3, SOUTH)

**V** **GF**



#### CADILLAC RANCH (LEVEL 3, SOUTH)

**V** **V** **GF**



#### CANTINA #1 (LEVEL 4, EAST)

**V** **V** **500** **GF**

**HEALTHY TIP!** Substitute a lettuce wrap for a tortilla.



Cantina LAREDO.  
modern mexican

#### CANTINA LAREDO (LEVEL 3, WEST)

**V** **V** **500** **GF**



CEDAR + STONE  
URBAN TABLE

#### CEDAR + STONE, URBAN TABLE (LEVEL 1, JW MARRIOTT)

**V** **V** **500** **GF**

# CRAVE

AMERICAN KITCHEN & SUSHI BAR

## CRAVE



**HEALTHY TIP!** Enjoy our low carb and high protein menu options!



## DICK'S LAST RESORT (LEVEL 4, SOUTH)



GRILL HOUSE & COCKTAIL BAR

## FIRELAKE GRILL HOUSE + COCKTAIL BAR (LEVEL 2, RADISSON BLU)



MALL OF AMERICA

## HARD ROCK CAFE (NICKELODEON UNIVERSE)



## HOOTERS (LEVEL 4, EAST)



**HEALTHY TIP!** Try grilled, unbreaded chicken!



## MASU SUSHI + ROBATA (LEVEL 3, SOUTH)



**HEALTHY TIP!** Dine from our separate gluten-free menu!

## NORDSTROM

## NORDSTROM CAFE (LEVEL 3, NORDSTROM)



## RAINFOREST CAFE (LEVEL 3, SOUTH)



## Ruby Tuesday

## RUBY TUESDAY (LEVEL 2, NORTH)



## THE LOUNGE @ HOUSE OF COMEDY (LEVEL 4, EAST)



## TIGER SUSHI (LEVEL 1, NORTH)



## TONY ROMA'S (LEVEL 3, SOUTH)





### TUCCI BENUCCH (LEVEL 1, WEST)

V V 500 GF



### TWIN CITY GRILL (LEVEL 1, NORTH)

V V GF

## FAST CASUAL



### AUNTIE ANNE'S (LEVEL 2, EAST + LEVEL 3, NORTH)

V 500

**HEALTHY TIP!** Our Marinara Dipping sauce has the least amount at calories!



### BRUEGGER'S BAGELS (LEVEL 3, SOUTH)

V 500 GF

**HEALTHY TIP!** Try light cream cheese options or hummus on your bagel!



### BURGER BURGER (LEVEL 3, SOUTH)

V GF

**HEALTHY TIP!** For a leaner meat option, try a veggie burger!



### CHIPOTLE (LEVEL 3, SOUTH)

V V 500 GF

**HEALTHY TIP!** Try a salad or a burrito bowl instead of a burrito!



### FRESHII (LEVEL 3, SOUTH)

V V 500 GF

**HEALTHY TIP!** Add a low calorie protein, like tofu, to any menu item!



### JAMBA JUICE (LEVEL 3, EAST)

V V 500 GF

**HEALTHY TIP!** Order from our Light Menu!



### MELT SHOP (LEVEL 3, CENTRAL PARKWAY)

V

**HEALTHY TIP!** Order your melted sandwich on multigrain bread or request to have your bread unbuttered.



### NAF NAF GRILL (LEVEL 3, CENTRAL PARKWAY)

V V 500 GF



### NOODLES & COMPANY (LEVEL 3, SOUTH)

V V 500 GF

**HEALTHY TIP!** Add protein to any dish!



PANERA BREAD (LEVEL 3, SOUTH)

V V 500 GF



PIADA (LEVEL 3, CENTRAL PARKWAY)

V V 500 GF



PIZZA STUDIO (LEVEL 3, SOUTH)

V GF



SUBWAY (LEVEL 2, EAST)

V 500 GF

## FAST



A&W (LEVEL 3, SOUTH + LEVEL 3, CENTRAL PARKWAY)

500



ASIAN CHAO/MAKI OF JAPAN (LEVEL 3, SOUTH)

V 500 GF



BAJA SOL (LEVEL 3, SOUTH)

V 500 GF



BURGER KING (LEVEL 3, CENTRAL PARKWAY)

V 500



DISCO FRIES (LEVEL 3, CENTRAL PARKWAY)

V V GF



GREAT STEAK & POTATO  
(LEVEL 3, CENTRAL PARKWAY + LEVEL 3, SOUTH)

V



JOHNNY ROCKETS (LEVEL 3, SOUTH)

V V



LITTLE TOKYO (LEVEL 3, NORTH)



LONG JOHN SILVER'S (LEVEL 3, SOUTH)



MAGIC PAN CREPE STAND (LEVEL 1, WEST)



MEATBALL SPOT (LEVEL 3, CENTRAL PARKWAY)



PANDA EXPRESS

(LEVEL 3, CENTRAL PARKWAY + LEVEL 3, SOUTH)



QDOBA (LEVEL 3, CENTRAL PARKWAY)



RUBY THAI KITCHEN (LEVEL 3, SOUTH)



SBARRO (LEVEL 3, SOUTH)



THE PITA PIT (LEVEL 3, SOUTH)



VILLA FRESH ITALIAN KITCHEN (LEVEL 2, EAST)



Information as provided by participating restaurants.  
All details are subject to change. See restaurant for further details.