



The mission of F.I.T. City is to partner Building a Healthier Chicago with restaurants, chefs, culinary schools, health advocates, and community groups to promote F.I.T. (Fresh, Innovative, Tasty) menu options.

For more information visit [www.healthierchicago.org](http://www.healthierchicago.org)

# MILLER'S PUB

## FRESH NUTRITIOUS FARE FOR OUR GUESTS

Try one of these:

### TUNA SANDWICH

on 100% whole wheat bread, albacore tuna salad  
leaf lettuce and tomato

**CALORIES: 347 LOW SAT. FAT: 2.9G FIBER: 3.2G**

### VEGETABLE CRUDITE,

entrée size blend of fresh seasonal  
vegetables served with a light ranch dressing

**CALORIES: 145 LOW SAT. FAT: 0.1G FIBER: 5.5G**

### WHOLE WHEAT VEGETABLE WRAP

grilled zucchini, red cabbage, red pepper, egg plant,  
cucumber, roma tomatoes, red onion, mesclun, and  
light sundried tomato cream cheese

**CALORIES: 541 LOW SAT. FAT: 8.2G FIBER: 12.5G**

### FRUIT & YOGURT PARFAIT

lite vanilla yogurt, fresh  
seasonal fruit and crunchy granola

**CALORIES: 229 LOW SAT. FAT: .2G FIBER: 3.3G**

### CHICKEN RASPBERRY SALAD

spring greens, cucumber, tomato, carrot, red onion,  
and grilled chicken breast, with low fat raspberry dressing

**CALORIES: 478 LOW SAT. FAT: 0.9G FIBER: 7.3G**

### FRESH WHOLE FRUIT

washed and wrapped for your convenience



**BUILDING A  
HEALTHIER  
CHICAGO**

**HEALTHY  
EATS  
&  
REATS**



MAC One, Premier Restaurant Group has recognized the importance of providing healthier alternatives to our dining guests at Midway International Airport. Through new menu development and ingredient changes, we have been designated a F.I.T. City establishment. We are committed to building a healthier Chicago.