



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



BUILDING A HEALTHIER CHICAGO



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



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.