

# Green & Ackerman's Restaurant & Pizza



## **All vegetables counts as FREE:**

Steamed vegetables  
Sliced red onion  
Cucumbers  
Hot pepper rings  
Portobella mushrooms  
Tomatoes  
Carrots  
Cucumbers  
Beets (2 tbsp free)  
Israeli pickles  
Hearts of palm  
Israeli salad  
Radishes  
Sauerkraut  
Tomato + onion  
Lettuce Salad

## **Count as: Fat**

Avocado  $\frac{1}{4}$   
Slivered Almonds (1 TBSP as a fat)  
Green olives(5 or 2 TBSP *Count as: Fruit*)

## **Count as : Fruit**

Craisins (1 oz. as a fruit)

**Count as: Protein**

Light feta cheese  
Chickpeas  
Tuna

## PIZZA

**Counts as pizza of the week**

-Broccoli  
-Onions and peppers  
-Olive  
-Eggplant  
-Spinach  
-Cheese  
-Vegetable  
-Cheeseless vegetable  
-Cheeseless  
-Whole wheat

**ALL VEGETABLE ROLLS ARE APPROVED : COUNTS AS SUSHI FOR THE WEEK**

### SUSHI ROLLS

**( COUNTS AS SUSHI OF THE WEEK / PROTEIN 1-2 DEPENDS ON PLAN)**

**CHEF NOTES:** All sushi on Tap Menu is to be made with brown or black rice only-  
For spicy mayo-use light mayo For sweet sauce-create a sugar free one

Philadelphia  
Smoked Salmon  
Spicy Kani  
Alaska  
Tuna Avocado  
Spicy Tuna Avocado  
Spicy Salmon Avocado  
Tuna  
Salmon  
Spicy Tuna  
Spicy Salmon  
Salmon Avocado  
California  
Salmon Kani

Black Pepper Tuna  
Black Pepper Salmon

## **FISH**

Baked Tilapia  
Grilled Tilapia  
Salmon Steak  
Spinach Salad

## **STARCH**

Rice  
Spaghetti with Marinara