Don’t miss a beat!

Don’t let congestive heart failure (CHF) put a damper on your dining out experience. While you guard your heart, Excela Health has your back, along with the following restaurants, offering a CHF-friendly item with less than 800 mg. of sodium.

Look for our Heart Center logo, 😄 next to menu items at your favorite restaurants.

- The Boulevard Restaurant, Greensburg & Delmont
- Café Supreme, Irwin
- Chef Dato’s Table, Latrobe
- DeGennaro’s Restaurant & Lounge, Greensburg
- DeNunzio’s Italian Restaurants, Jeannette & Latrobe
- Dino’s Sports Lounge, Greensburg & Latrobe
- The Firepit Wood Fired Grill, North Huntingdon
- Iceburgh’s Bistro, Irwin
- IHOP, Greensburg & Uniontown
- Jaffre’s Restaurant, Greensburg
- La Tavola Ristorante, New Stanton
- Mauro’s Ristorante & Lounge, Jeannette
- Michelle’s Lair, Latrobe
- Old Route 66 Grille, Greensburg
- The Pier, Latrobe
- Red Lobster, Greensburg
- Rizzo’s Malabar Inn, Crabtree
- Sharky’s Café, Latrobe
- Sun Dawg Café, Greensburg

Most restaurants will accommodate you. Just ask!

Tips for CHF patients:
- Ask for dressing on the side (oil and vinegar are best).
- Stick with items broiled, grilled or roasted.
- Choose steamed vegetables.
- Substitute herbs for salt.
- Select lean protein, like fish.

To learn more about managing congestive heart failure and the Excela Health Heart Failure Clinic, contact the Call Center at 1-877-771-1234.

New in 2019!
Find these Excela Health-approved, CHF-friendly items at the following restaurants, or using our tips, make your own CHF-friendly meal.

**The Boulevard Restaurant, Greensburg and Delmont**
- Crab Cake
- Baked Cod

**Café Supreme, Irwin**
- Café Salad

**Chef Dato’s Table, Latrobe**
- Mandarin Chicken Salad (grilled chicken breast, mandarin oranges, sliced almonds, red onion and fresh salad greens).

**DeGennaro’s Restaurant & Lounge, Greensburg**
- Crab Stuffed Mushrooms (freshly picked Pennsylvania mushrooms loaded with our own crab meat).
- Pete’s Lobster Pot (a crock full of Chilean langostinos sautéed in fresh garlic and butter, broiled with Romano cheese on top).

**DeNunzio’s Italian Restaurants, Jeannette and Latrobe**
- “Big City” shrimp cocktail (jumbo shrimp and horseradish cocktail sauce).

**Dino’s Sports Lounge, Greensburg and Latrobe**
- Shrimp steamed in beer (peel and eat) (1/2 to 1 pound).

**The Firepit Wood Fired Grill, North Huntingdon**
- Just For The Kale (baby kale, arugula, fire peppers, shaved carrots, goat cheese, celery seed dressing).

**Iceburgh’s Bistro, Irwin**
- Strawberry Salmon Salad

**IHOP, Greensburg and Uniontown**
- SIMPLE & FIT Vegetable Omelet (Big on flavor, not on calories, and filled with fresh spinach, mushrooms, onions and Swiss cheese, then topped with fresh, diced tomatoes. Comes with a side of seasonal mixed fruit).

**Jaffre’s Restaurant, Greensburg**
- Bourbon Salmon

**La Tavola Ristorante, New Stanton**
- Seafood La Tavola (shrimp, scallops and lump crab meat with mushrooms in a lemon scampi sauce).

**Mauro’s Ristorante & Lounge, Jeannette**
- Bruschetta (toasted slices of Italian bread topped with fresh tomato Bruschetta).

**Michelle’s Lair, Latrobe**
- Love Bites (Flat Iron Steak) served with sautéed fresh vegetables.

**Old Route 66 Grille, Greensburg**
- The “66” Sizzler (Sirloin strip steak, 8 ounces; served on a sizzling platter with a special blend of garlic butter).
- Grilled Salmon (with a sweet honey bourbon glaze).

**The Pier, Latrobe**
- Fresh Fruit Parfait and Muffin (offered during brunch)
- Filet Salad (offered during brunch)
- Dill Salmon (offered during dinner)
- Bourbon Scallops (offered during dinner)

**Red Lobster, Greensburg**
- Any item on the Lighthouse menu below 800 mg. of sodium (sauces and other accompaniments not included):
  - Wood-grilled fresh salmon (half portion) with one serving of roasted vegetable medley.
  - Wood-grilled fresh tilapia (half portion) with one serving of roasted vegetable medley.
  - Wood-grilled fresh rainbow trout (half portion) with one serving of roasted vegetable medley.

**Rock Lobster Tail**
- Bar Harbor Salad
  - With chicken
  - With shrimp
- Chilled jumbo shrimp cocktail

**Rizzo’s Malabar Inn, Crabtree**
- Caprese Salad (Fresh mozzarella, tomatoes and basil drizzled with olive oil and balsamic vinegar).

**Sharky’s Café, Latrobe**
- Shrimp Cocktail
- Grilled Chicken, Shrimp or Cod Salad

**Sun Dawg Cafe, Greensburg**
- Frittata Your Way (with choice of add-ons: peppers, onions, tomatoes, mushrooms, and cheese).
- Grilled Fish Tacos (with fresh pico, cheese, black beans and rice finished with rum lime sour cream).
- What the Falafel Taco (semi crispy corn shell, Asian slaw and spicy mayo).
- Fruit Smoothies

See you there!