

EAST HARLEM

Restaurant Guide 2020–2021



HUNTER COLLEGE
NEW YORK CITY
FOOD POLICY CENTER

HUNTER
The City University of New York

WELCOME

EATING OUT CAN BE TOUGH,

especially when you are trying to lose or maintain weight or just enjoy a healthier diet overall. In our 2020 edition of the *East Harlem Restaurant Guide* you will find detailed information and ratings on local restaurants, right at your fingertips! To help you make healthy choices, we’ve included some general tips on how to eat healthy when navigating local restaurants. Take note of the healthy eating index as well, which we developed to measure the healthfulness of each restaurant’s menu.

Enjoy and cheers to happy, local eating!



HUNTER COLLEGE
NEW YORK CITY
FOOD POLICY CENTER

KEEP TRACK

OF YOUR FAVORITE HEALTHY RESTAURANTS AND MEALS

Restaurant	Meal	Notes

WHO WE ARE

HUNTER COLLEGE NYC FOOD POLICY CENTER

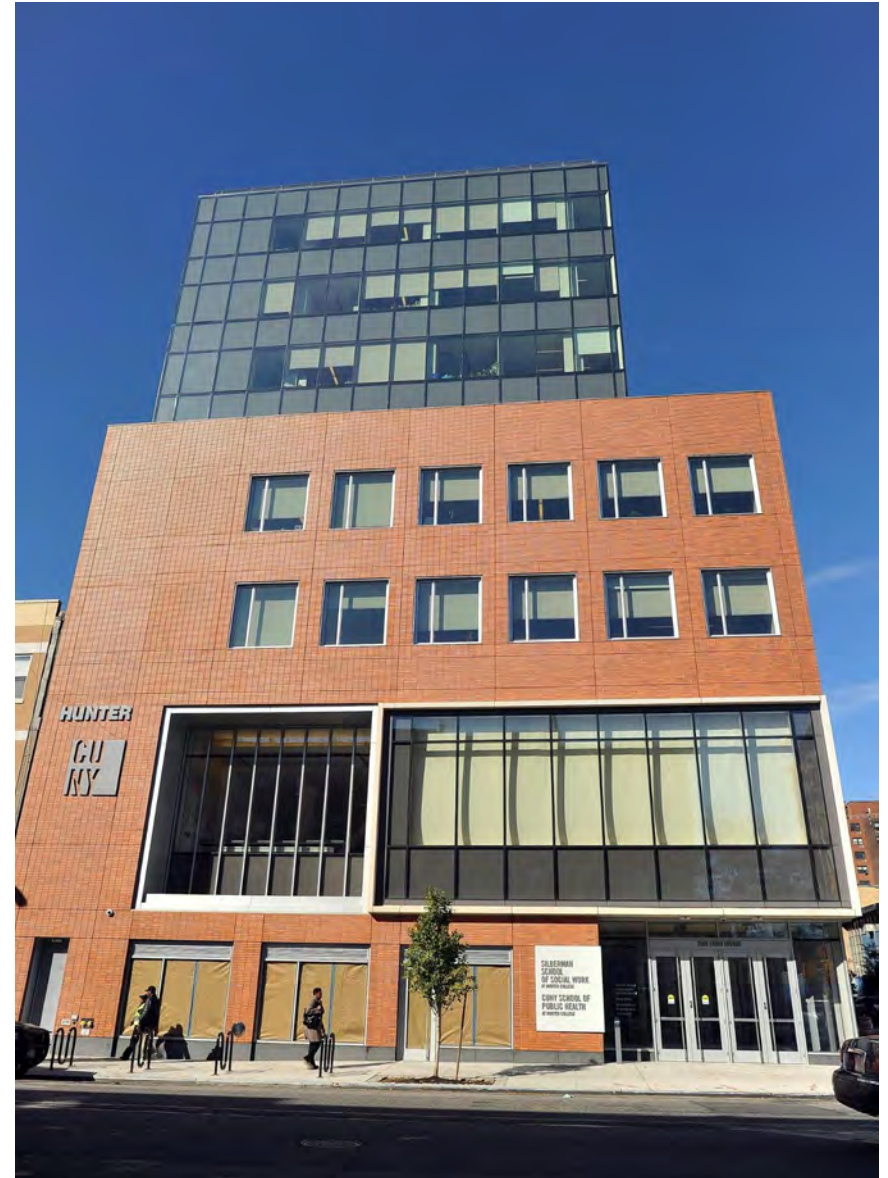
The Hunter College New York City Food Policy Center develops intersectoral, innovative and evidence-based solutions to preventing diet-related diseases and promoting food security in New York and other cities. The Center works with policy makers, community organizations, advocates and the public to create healthier, more sustainable food environments and to use food to promote community and economic development. Through interdisciplinary research, policy analysis, evaluation and education, we leverage the expertise and passion of the students, faculty and staff of Hunter College. The Center aims to make New York City a model for smart, fair food policy.

CONTACT US

info@nycfoodpolicy.org

Hunter College NYC Food Policy Center
2180 3rd Avenue. Rm. 508
New York, NY 10035

HUNTER COLLEGE
SILBERMAN BUILDING
EAST HARLEM



HOW TO EAT OUT HEALTHY



SEARCH THE WEB

Do not just walk in with no plan, look at the menu board and start picking the best option. Almost every fast-food restaurant has nutrition information available online, so check the Internet and have your order ready in your mind before you get to the restaurant. Also, mentally prepare yourself for suggestions by the counter person. Get ready to say, “No, thanks.”



SERVING SIZE MATTERS

Large portion sizes do not always equal a good deal when it comes to your health. There are a few ways that can help you better control the portions you eat.

When we have a bigger plate in front of us, we usually tend to overeat. You can ask the restaurant to wrap up half of your meal before you start. This way you can still enjoy and have leftovers for another meal. If you order or take a meal to go, do not eat directly from the container or box. Instead, put one serving on a plate or bowl and save the rest for another meal. Finally, try eating more slowly and focus on how much of the food you have to eat in order to feel satisfied.

Here are some tips on how to quickly measure the right portion size:

- A baseball or a fist = about a cup of raw or cooked fruit and vegetables.
- A tennis ball = about a half a cup of pasta, rice, and other grains.
- The palm of your hand or a deck of cards = about 3 oz of fish, chicken, meat, beef, and pork.



DON'T TAKE THEIR WORD

If an item is labeled “healthy,” don’t take their word for it. Review the nutritional information. Look for items that are high in nutrients, with lots of fruits, vegetables, whole grains, and low in unhealthy oils and creamy sauces. And don’t be fooled by menu items you’d think would be healthy but aren’t, like the Taco Bell Fiesta Salad, which packs 870 calories and 47 grams of fat.

THE BASICS

- Watch out for high calorie sauces (think creamy, sweet and sour)
- Say no to mayo, tartar sauce, creamy dressings and extra cheese
- Don’t be shy — ask questions about preparation
- Use mustard, lemon, salt, pepper or vinegar as fat-free ways to season your food
- For salads, watch the nuts, croutons, cheese and other add-ons
- Chicken and fish can be good choices — but ONLY if they are grilled or broiled, NOT breaded or deep-fried.
- Instead of cheese on your sandwich or burger, pick vegetables like lettuce, tomato and onion. Removing just one slice of cheese can save you about 100 calories
- Order a salad or broth-based soup to enjoy before your main course

HEALTHY EATING INDEX

The Healthy Eating Index was created to help you find healthy restaurants near you! The Healthy Eating Index is a measure of the nutrition quality of restaurant entrees. A restaurant may earn as many as 4 points or as little as 0 points based on a set of criteria outlined below. A full point may be rewarded in each category if 5 or more entrees and main dishes fulfill the corresponding criteria. Restaurants have the opportunity to earn 0.5 points or 0.25 points if some entrees and main dishes fulfill the corresponding criteria.

- *Availability of healthy diet options; lower in calories, high in nutrients, whole-grain, low in sodium, vegetarian/vegan options*
- *Use of healthy cooking methods (steamed, baked, flame-broil grilled, sautéed, seared and poaching)*
- *Fresh or Frozen Vegetables: prepared using healthy cooking methods (defined above)*
- *Uses fresh food sources and/or uses organic, local, and seasonal food*

RESTAURANT REVIEW KEY



Delivery may be available directly from the restaurant (by phone) or from an online delivery service such as Seamless.com and Grubhub.com.

Some restaurants do not deliver to East Harlem but work with external delivery services (DoorDash, Postmates, Uber Eats, etc.)—these delivery services charge additional fees that may vary based on delivery distance.



Graded on a 4-point scale



Type of food served



Dine in/Take-out



Brief overview of the restaurant



\$ = about \$5–\$10 per entrée
 \$\$ = about \$10–\$20 per entrée
 \$\$\$ = about \$20–\$30 per entrée



1–5



A through C (or Grade Pending)



- Vegetarian
- Vegan
- Gluten-free

Disclaimers:

Restaurants are marked with the special diet option if they offer a minimum of 3 entrees and main dishes in the relevant special diet category

The gluten-free category suggests that gluten-free dishes are offered but most restaurants are not completely gluten-free. If you have Celiac and/or highly sensitive to gluten, please advise the person taking your order and/or the manager.

Most restaurants will accommodate different dietary restrictions and will omit or exchange food components if you ask. However, if you have any food allergies you need to make sure that the restaurant is fully aware. Note that if a restaurant is not completely free of a specific allergen there is a risk for cross-contamination.



Lists any regular discount



Options for healthy eating

**Please note that we did not take samples of the menu items. Estimates are based on typical restaurant prep methods, standard serving sizes and calorie tracking applications. Certain restaurant items were purchased and assessed by Food Policy Center Staffers and Hunter Dietetic Interns 2019-2020.

AFRICAN

Teranga 10

AMERICAN

East Harlem Bottling Co. 11
 Maxwell's Central Park 12
 Joy Burger Bar 13
 Yura's Blue Plate 14

CAFE

Dear Mama Coffee 15
 Evelyn's Kitchen 16
 UGC Eats! 17
 El Barrista Cafe 18
 Super Nice Coffee and Bakery 19
 Serengeti Teas & Spices 20
 Mocha Cafe & Juice Bar 21

CARIBBEAN

Cuchifritos 22
 Mama's Restaurant 23
 Sister's Caribbean Cuisine 24
 Golden Krust Caribbean 25

CHINESE

New Dragon 26
 Wing Wah 27
 Wok Express 28

DELICATESSEN/BODEGA

Natural Food Deli 29

FAST FOOD

McDonald's 30
 Subway 31
 Taco Bell 32
 Wendy's 33

FRENCH

Mountain Bird 34

FRENCH MOROCCAN

La Shuk 35

HAWAIIAN/JAPANESE

Makana Hawaiian Eatery 36

INDIAN

Polash Indian Cuisine 37

ITALIAN

Armonie Pizza Bistro 38
 Patsy's Pizzeria 39
 Sam's Famous Pizza 40
 Lexington Pizza Parlour 41
 Nocciola Ristorante 42

LATIN

Amor Cubano 43
 Cascalote Latin Bistro 44
 Sapoara 45
 Rancho Vegano 46
 La Avenida 47
 Santiago's Beer Garden 48
 Lechonera La Isla 49

MEDITERRANEAN

Barcha 50
 The Lexington Social 51

MEXICAN

Cafe Ollin 52
 Delicias Mexicanas 53
 El Kallejon 54
 El Aguila 55
 Hot Jalapeño 56
 La Chula NYC 57
 Pipo's Mexican Restaurant 58
 Kahlua's Cafe 59
 Burrito Y Mas 60
 Side Park Cafe 61
 Taco Mix 62
 Lupita's Restaurant 63
 Sidewalk Tacos 64
 Taqueria 65
 El Barrio 65
 Tamales Lupita 66

SOUL FOOD

A Taste of Seafood 67
 Spaha Soul 68

SUSHI

Sushi Lemon 69
 Life 69
 Charlie's Place of Sushi 70

THAI

Bangklyn East Harlem 71
 Thai Super 72
 Mrs. An Thai 73
 Pro Thai 74
 Thai BKK 75
 Malii Thai Kitchen 76

VEGAN/VEGETARIAN/JUICE BARS

A.M. Deli 77
 Juice Bar 77
 Uptown Veg and Juice Bar 78
 Blue Coco 79
 Cassava House 80
 Joe & The Juice 81
 New Level 82
 Juice Bar 82

Teranga



ADDRESS	1280 5th Ave NY, NY 10029
PHONE NUMBER	917-859-6854
HOURS OF OPERATION	Tuesday-Thursday: 8 AM - 7 PM Friday: 8 AM - 9 PM Saturday: 9 AM - 9 PM Sunday: 9 AM - 7 PM
WEBSITE	itsteranga.com
DELIVERY AVAILABILITY	Caviar, DoorDash
HEALTHY EATING INDEX	4/4
CUISINE	West African
TYPE OF SERVICE	Dine-In & Take-Out
RESTAURANT DESCRIPTION	A tasteful, artsy, and modern fast-casual West African restaurant serving traditional food and drink located in The Africa Center
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	10% discount for Non-Profit organizations and for people who care about climate change and bring their own dishes and utensils
BEST BETS	<i>Attieke, Roasted Salmon, Free Range Grilled Chicken, Ndambe, Beets & Fonio Salad, Black-Eyed Pea Salad</i>

East Harlem Bottling Co.



ADDRESS	1711 Lexington Ave, NY, NY 10029
PHONE NUMBER	646-922-7705
HOURS OF OPERATION	Weekdays: 11:30 AM–2 AM Weekends: 11 AM–2 AM
WEBSITE	www.eastharlembottlingco.com
DELIVERY AVAILABILITY	No
HEALTHY EATING INDEX	2/4
CUISINE	American Bar Food
TYPE OF SERVICE	Dine-in
RESTAURANT DESCRIPTION	Casual restaurant serving lunch, brunch, and dinner along with locally brewed beers
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Happy Hour: Mon-Thurs (3–7pm) Fri (3–6pm)
BEST BETS	<i>Salmon, EHBC Salad, Beet Salad</i>

Maxwell's Central Park



ADDRESS	1325 5th Ave, NY, NY 10029
PHONE NUMBER	646-657-0993
HOURS OF OPERATION	Monday–Tuesday: 11:30 AM–12 AM Wednesday: 11:30 AM–1 AM Thursday–Friday: 11:30 AM–2 AM Saturday: 11 AM–2 AM Sunday: 11 AM–12 AM
WEBSITE	www.maxwellscentralpark.com
DELIVERY AVAILABILITY	Delivery Available from Seamless and Grubhub
HEALTHY EATING INDEX	2/4
CUISINE	New American Bar Food
TYPE OF SERVICE	Dine-in
RESTAURANT DESCRIPTION	Casual pub-style restaurant serving appetizers, burgers, salads, and other bar foods
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	Grade Pending
SPECIAL DIETS	
DISCOUNTS	Brunch Special
BEST BETS	<i>Avocado & Cotija Salad, Free Range Chicken Burger with Side Salad, Pesto Chicken Wrap, Kale Butternut Squash Salad</i>

Joy Burger Bar



ADDRESS	1567 Lexington Ave. NY, NY 10029
PHONE NUMBER	212-289-6222
HOURS OF OPERATION	Monday–Tuesday: 11 AM–10 PM Wednesday–Sunday: 11 AM–11 PM
WEBSITE	joyburgerbar.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , DoorDash , ChowNow
HEALTHY EATING INDEX	2/4
CUISINE	American Hamburger Restaurant
TYPE OF SERVICE	Dine-In & Take-Out
RESTAURANT DESCRIPTION	A casual dine-in & take-out burger joint
PRICE RANGE	\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Coupons Happy Hour JBB midday special 3-5pm every day: MIDI Burger + Fries + Beer/Wine/Shake \$12.75
BEST BETS	<i>Veggie patty MIDI (5oz) burger on a whole wheat bun, Grilled Chicken Sandwich, Grilled Portobello Sandwich, Mediterranean or Grilled Chicken Salad</i>

Yura's Blue Plate



ADDRESS	2248 1st Ave. NY, NY 10029
PHONE NUMBER	347-703-0046
HOURS OF OPERATION	Monday–Sunday: 8 AM–4 PM
WEBSITE	yura.nyc
DELIVERY AVAILABILITY	No
HEALTHY EATING INDEX	2/4
CUISINE	American
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A cozy cafe serving all-day breakfast, lunch, and delicious baked goods
PRICE RANGE	\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Scrambled Eggs, Rolled Omelet with Vegetables, Steel-Cut Oatmeal, Fresh Roast Turkey on Rye, Roasted Tomatoes</i>

Cafe

Dear Mama Coffee



ADDRESS	308 E. 109th St. NY, NY 10029
PHONE NUMBER	(929) 279-2225
HOURS OF OPERATION	7 AM–7 PM
WEBSITE	dearmamacoffee.com
DELIVERY AVAILABILITY	No
HEALTHY EATING INDEX	2.75/4
CUISINE	Breakfast and Lunch
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Casual coffee shop serving light breakfast and lunch
PRICE RANGE	\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Happy Hour: Wine & Beer Specials
BEST BETS	<i>Avocado Toast, Notorious BLT, Overnight Oats, Savory Breakfast Porridge</i>

Evelyn's Kitchen



ADDRESS	2317 1st Ave. NY,NY 10035
PHONE NUMBER	646-476-7906
HOURS OF OPERATION	Monday: Closed Tuesday–Friday: 11 AM–10 PM Saturday–Sunday: 3 PM–9 PM
WEBSITE	evelyns-kitchen.com
DELIVERY AVAILABILITY	Seamless, GrubHub, Doordash, Uber Eats, EAT24
HEALTHY EATING INDEX	4/4
CUISINE	American
TYPE OF SERVICE	Take-out
RESTAURANT DESCRIPTION	A small bakery that also offers American entrees for lunch and dinner take-out
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Discounts available through Seamless and Grubhub
BEST BETS	<i>Seared Salmon Salad (dressing on the side), Seared Garlic Green Beans, Sauteed Spinach with Garlic, Spiced Roasted Broccoli, Jerk Shrimp, Seared Salmon, Grilled Lemon Chicken</i>

UGC Eats!



UGC eats!

ADDRESS	1674 Park Ave. NY, NY 10035
PHONE NUMBER	646-580-0354
HOURS OF OPERATION	Monday–Friday: 7 AM–6 PM Saturday–Sunday: 8 AM–5 PM
WEBSITE	ugceats.com
DELIVERY AVAILABILITY	External Delivery Services Only: Postmates, Doordash
HEALTHY EATING INDEX	2.75/4
CUISINE	Coffee Shop
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Casual coffee shop with breakfast and lunch selections
PRICE RANGE	\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	Under State Regulation- No Grade
SPECIAL DIETS	
DISCOUNTS	Loyalty Program
BEST BETS	<i>Oatmeal, Hummus, Chickpea & Purslane Salad, Garden Salad, Toast</i>

El Barrista Cafe



📍 ADDRESS	2154 3rd Ave. NY, NY 10035
☎️ PHONE NUMBER	718-413-0191
🕒 HOURS OF OPERATION	Monday–Friday: 7 AM–7 PM Saturday–Sunday: 8 AM– 6 PM
🌐 WEBSITE	Elbarrista.com
📦 DELIVERY AVAILABILITY	Seamless, Doordash, GrubHub
📊 HEALTHY EATING INDEX	2.75/4
🍴 CUISINE	Coffee Shop
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A coffee shop serving pastries, breakfast and brunch options in a comfortable and warm atmosphere
💰 PRICE RANGE	\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	Grade Pending
🌿 SPECIAL DIETS	
🎁 DISCOUNTS	Student Discounts Available
♥️ BEST BETS	<i>Veggie Morning, Avocado Toast, Greek Salad</i>

Super Nice Coffee and Bakery



📍 ADDRESS	156 E. 117th St. NY, NY 10035
☎️ PHONE NUMBER	917-261-5069
🕒 HOURS OF OPERATION	Monday–Friday: 8 AM–6 PM Saturday: 8 AM–5:30 PM Sunday: 8 AM–4:30 PM
🌐 WEBSITE	No Website
📦 DELIVERY AVAILABILITY	Postmates, Doordash
📊 HEALTHY EATING INDEX	2.25/4
🍴 CUISINE	Coffee Shop & Bakery
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A small coffee shop and bakery serving coffee, tea, and fresh baked goods
💰 PRICE RANGE	\$
★ YELP RATING	4.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	Under State Regulation- No Grade
🌿 SPECIAL DIETS	
🎁 DISCOUNTS	Student Discounts, Loyalty Program
♥️ BEST BETS	<i>Overnight Oats, Italian Tuna Sandwich</i>

Serengeti Teas & Spices



ADDRESS	22 E. 125th St. NY, NY 10035
PHONE NUMBER	212-837-1057
HOURS OF OPERATION	Tuesday–Saturday: 12 PM–8 PM Sunday: 12 PM–7 PM Monday- Closed
WEBSITE	Serengetikitchen.com
DELIVERY AVAILABILITY	Doordash
HEALTHY EATING INDEX	1/4
CUISINE	Tea House
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A sophisticated African tea house offering a large variety of unique teas in a serene environment
PRICE RANGE	\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Any of the teas with low-fat milk</i> <i>*The restaurant currently only serves teas and pastries</i>

Mocha Cafe & Juice Bar



ADDRESS	203 E. 121st St. NY, NY 10035
PHONE NUMBER	212-996-2600
HOURS OF OPERATION	Monday–Friday: 7 AM–6 PM Saturday: 8 AM–6 PM Sunday- Closed
WEBSITE	No Website
DELIVERY AVAILABILITY	UberEats
HEALTHY EATING INDEX	2.5/4
CUISINE	Coffee Shop
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A small coffee shop and juice bar offering coffee, teas, smoothies, salads, and sandwiches
PRICE RANGE	\$
YELP RATING	3.5/4
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Muscle Maker, California Fresh Sandwich, Breakfast Run Shake</i>

Cuchifritos



ADDRESS	168 E. 116th St. NY, NY 10029
PHONE NUMBER	212-876-4846
HOURS OF OPERATION	Daily: 9 AM–1 AM
WEBSITE	puertoricanfoodny.wixsite.com/cuchi
DELIVERY AVAILABILITY	No
HEALTHY EATING INDEX	0.75/4
CUISINE	Puerto Rican
TYPE OF SERVICE	Take-out
RESTAURANT DESCRIPTION	Casual Puerto Rican take-out restaurant specializing in cuchifritos, or fried foods mostly prepared from pork
PRICE RANGE	\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Daily Discounts Available
BEST BETS	<i>Pollo Asado</i>

Mama's Restaurant



ADDRESS	2347 2nd Ave. NY, NY 10035
PHONE NUMBER	212-410-4210
HOURS OF OPERATION	Monday–Friday: 8 AM–10:30 PM Saturday–Sunday: 10 AM–8:30 PM
WEBSITE	mamasjamaicanrestaurant.com
DELIVERY AVAILABILITY	Delivery Available by Phone
HEALTHY EATING INDEX	2.75/4
CUISINE	Caribbean/Jamaican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Small, casual restaurant with a few tables specializing in Jamaican food
PRICE RANGE	\$-\$\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	Grade Pending
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Steamed Red Snapper, Jerk/Grilled/Steamed Tilapia/Salmon/Shrimp, Steamed Cabbage</i>

Sister's Caribbean Cuisine



ADDRESS	47 E. 124th St. NY, NY 10035
PHONE NUMBER	212-410-3000
HOURS OF OPERATION	Monday: Closed Tuesday–Sunday: 11 AM–9 PM
WEBSITE	facebook.com/SistersCaribbeanCuisine
DELIVERY AVAILABILITY	DoorDash, Postmates
HEALTHY EATING INDEX	2/4
CUISINE	Jamaican/Soul food
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A casual neighborhood Caribbean restaurant specializing in West Indian soul food
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Salmon, String Beans, Steamed Cabbage & Carrots, Jerk Chicken, Baked Chicken</i>




Golden Krust Caribbean



ADDRESS	2085 Lexington Ave. NY, NY 10035
PHONE NUMBER	212-722-5253
HOURS OF OPERATION	Monday–Thursday: 7 AM–9 PM Friday–Saturday: 7 AM–10 PM Sunday: 9 AM–7 PM
WEBSITE	goldenkrust.com
DELIVERY AVAILABILITY	No
HEALTHY EATING INDEX	1/4
CUISINE	Caribbean
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Friendly restaurant offering traditional Jamaican and Caribbean style food
PRICE RANGE	\$
YELP RATING	3/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Spinach Rice, Tofu Vegetables, Steamed Vegetables</i>




New Dragon



📍 ADDRESS	2413 2nd Ave. NY, NY 10035
☎️ PHONE NUMBER	212-427-1786
🕒 HOURS OF OPERATION	Monday–Thursday: 11 AM–10:15 PM Friday–Saturday: 11 AM–11:15 PM Sunday: 12 PM–10:15 PM
🌐 WEBSITE	eatnewdragonnyc.com
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , and GrubHub
📊 HEALTHY EATING INDEX	2/4
🍴 CUISINE	Chinese/Latin
🍴 TYPE OF SERVICE	Take-out
📄 RESTAURANT DESCRIPTION	A take-out Chinese restaurant that also serves Latin food
💰 PRICE RANGE	\$
★ YELP RATING	2.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	Grade Pending
🌿 SPECIAL DIETS	  
📈 DISCOUNTS	Family & Lunch Specials
♥️ BEST BETS	<i>Long Life Vegetarian, America Buddhist Delight, Steamed Chicken with Broccoli (sauce on the side), Gourmet Garden, Brown Rice</i>

Wing Wah



📍 ADDRESS	2308 1st Ave. NY, NY 10035
☎️ PHONE NUMBER	212-427-8068
🕒 HOURS OF OPERATION	Sunday–Thursday: 11:30 AM–10:45 PM Friday–Saturday: 11:30 AM–11:45 PM
🌐 WEBSITE	wingwah1stave.com
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , and GrubHub
📊 HEALTHY EATING INDEX	2/4
🍴 CUISINE	Chinese
🍴 TYPE OF SERVICE	Take-out
📄 RESTAURANT DESCRIPTION	A take-out Chinese restaurant with an extensive menu
💰 PRICE RANGE	\$
★ YELP RATING	3/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	  
📈 DISCOUNTS	Family and Lunch Special Combinations Available
♥️ BEST BETS	<i>Shrimp with Vegetable Soup, Broccoli and Tofu (brown rice), Shrimp with Mixed Vegetables (brown rice), Green Jade (brown rice)</i>

Wok Express



ADDRESS	2133 3rd Ave. NY, NY 10035
PHONE NUMBER	212-996-2266
HOURS OF OPERATION	11 AM–9:30 PM
WEBSITE	wokexpressnyc.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , and GrubHub
HEALTHY EATING INDEX	2/4
CUISINE	Chinese and Pan Asian
TYPE OF SERVICE	Take-out
RESTAURANT DESCRIPTION	Casual Chinese take-out restaurant
PRICE RANGE	\$-\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Lunch Combo Specials, Family Combo Specials
BEST BETS	<i>Steamed Mixed Vegetables with Tofu, Steamed Shrimp or Chicken with Broccoli, Steamed Shrimp or Chicken with Mixed Vegetables, Steamed Snow Peas, Brown Rice</i>

Delicatessen/Bodega

Natural Food Deli



ADDRESS	2181 3rd Ave. NY, NY 10035
PHONE NUMBER	212-828-8088
HOURS OF OPERATION	Monday–Saturday: 6 AM–11 PM Sunday: 8 AM–9 PM
WEBSITE	No Website
DELIVERY AVAILABILITY	No Delivery Services
HEALTHY EATING INDEX	2/4
CUISINE	Deli/Bodega
TYPE OF SERVICE	Take-out
RESTAURANT DESCRIPTION	Take-out deli with a wide variety of healthy and traditional deli foods
PRICE RANGE	\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	Under State Regulation- No Grade
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Build Your Own Salad</i>



McDonald's



📍 ADDRESS	2142 3rd Ave. NY, NY 10027
☎️ PHONE NUMBER	212-828-3070
🕒 HOURS OF OPERATION	Open 24 Hours Daily
🌐 WEBSITE	mcdonalds.com
📦 DELIVERY AVAILABILITY	External Delivery Services Only: Doordash, Postmates
📊 HEALTHY EATING INDEX	1/4
🍴 CUISINE	American fast food
🍴 TYPE OF SERVICE	Dine-in & Take-away
📄 RESTAURANT DESCRIPTION	Casual American fast food restaurant serving burgers, fries, and coffee
💰 PRICE RANGE	\$
★ YELP RATING	1.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	None
📉 DISCOUNTS	Dollar menu & Combo Meals
♥️ BEST BETS	<i>Hamburger, Side Salad, Artisan Grilled Chicken Sandwich, Apple Slices, Egg McMuffin, Fruit and Maple Oatmeal, Instead of Soda Choose Water/Unsweetened Coffee/Unsweetened Iced Tea</i>

Subway



📍 ADDRESS	201 E. 116th St. NY, NY 10029
☎️ PHONE NUMBER	212- 996-5864
🕒 HOURS OF OPERATION	Monday–Friday: 7:30 AM–10 PM Saturday–Sunday: 9:30 AM–10 PM
🌐 WEBSITE	subway.com
📦 DELIVERY AVAILABILITY	Seamless, Postmates, Doordash , Grubhub, Uber Eats
📊 HEALTHY EATING INDEX	2/4
🍴 CUISINE	American
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	Casual fast food subway/hero style sandwich shop
💰 PRICE RANGE	\$
★ YELP RATING	3.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
📉 DISCOUNTS	Combo meals
♥️ BEST BETS	<i>6-inch Turkey Breast, Oven Roasted Chicken, Rotisserie-Style Chicken, Veggie-Delite Sandwiches (9-grain wheat bread) topped with Mustard or Vinegar and Olive Oil Blend, Cucumbers, Green Peppers, Lettuce, Red Onions, and Tomatoes...Or Make Any of These Subs Into a Salad</i>

Taco Bell



📍 ADDRESS	173 E. 116th St NY, NY 10029
☎️ PHONE NUMBER	212-289-7297
🕒 HOURS OF OPERATION	Sunday–Thursday: 11 AM–9:45 PM Friday–Saturday: 11 AM–10:45 PM
🌐 WEBSITE	tacobell.com
📦 DELIVERY AVAILABILITY	Doordash, Postmates
📊 HEALTHY EATING INDEX	1/4
🍴 CUISINE	Tex-Mex
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	Casual fast food Tex-Mex restaurant
💰 PRICE RANGE	\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	
⚙️ DISCOUNTS	Value Menu and Combo deals
♥️ BEST BETS	<i>Bean Burrito, Black Beans, Power Menu Bowls-Veggie or Regular</i>

Wendy's



📍 ADDRESS	2121 3rd Ave. NY, NY 10029
☎️ PHONE NUMBER	212-996-4020
🕒 HOURS OF OPERATION	Sunday–Thursday: 10 AM–2 AM Friday–Saturday: 10 AM–3 AM
🌐 WEBSITE	wendys.com
📦 DELIVERY AVAILABILITY	Doordash
📊 HEALTHY EATING INDEX	1.25/4
🍴 CUISINE	American
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	Casual fast food restaurant serving burgers, chicken sandwiches, and salads
💰 PRICE RANGE	\$
★ YELP RATING	2.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	
⚙️ DISCOUNTS	Value menu and Combo meals deals
♥️ BEST BETS	<i>Jr. Hamburger, Grilled Chicken Sandwich, Apple Pecan Chicken Salad, Plain Baked Potato, Small Chili, Apple Bites</i>

Mountain Bird



ADDRESS	251 E. 110th St. NY, NY
PHONE NUMBER	212-744-4422
HOURS OF OPERATION	Tuesday–Saturday: 6 PM–10 PM Sunday: 5 PM–9 PM Monday: Closed
WEBSITE	ilovemountainbird.com
DELIVERY AVAILABILITY	No
HEALTHY EATING INDEX	2.75/4
CUISINE	French
TYPE OF SERVICE	Dine-in
RESTAURANT DESCRIPTION	An upscale but casual tasting room focusing on poultry and fowl run by a husband and wife team
PRICE RANGE	\$\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Happy Hour (6–7pm)
BEST BETS	<i>Shishito Peppers, Beet & Goat, Quinoa Garden, Foodie Breast</i>

La Shuk



ADDRESS	1569 Lexington Ave. NY, NY 10029
PHONE NUMBER	212-289-0089
HOURS OF OPERATION	Monday–Friday: 12 PM–10 PM Saturday–Sunday: 10 AM–10 PM
WEBSITE	No Website
DELIVERY AVAILABILITY	Delivery Available by Phone (10 block radius), Seamless, Grubhub, Uber Eats, Postmates, Caviar, Delivery.com
HEALTHY EATING INDEX	4/4
CUISINE	Mediterranean/ French-Moroccan
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A cozy and casual restaurant serving French-Moroccan and Mediterranean cuisine for lunch, brunch, and dinner
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Arabic Salad, Spicy Eggplant Salad, Beet Salad, Spicy Chickpea Salad, Artichoke and Bean, Spicy Moroccan Fish, Spicy Chermoula Fish, Vegan Platter, Moroccan Breakfast, Classic Shakshuka, Chicken Shish Kebab Platter</i>

Makana Hawaiian Eatery



BBQ * POKÉ * TACOS

ADDRESS	2245 1st Ave. NY, NY 10029
PHONE NUMBER	212-996-3534
HOURS OF OPERATION	Monday–Thursday: 11 AM–10 P Friday–Saturday: 11 AM–10:30 PM Sunday: 12 PM–10 PM
WEBSITE	makanabbq.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub
HEALTHY EATING INDEX	3/4
CUISINE	Hawaiian
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Small, modern fast-casual restaurant serving Hawaiian BBQ, Poke bowls, and sushi
PRICE RANGE	\$\$
YELP RATING	3/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Lunch specials
BEST BETS	<i>Classic Rolls (Eel Avocado, Shrimp Avocado, Yellowtail, Salmon with brown rice), Sashimi, Flame Grilled Tofu (side salad, corn, brown rice), Edamame, Miso Soup, Kimchee, Kale Salad, Poke Bowls(with brown rice)</i>



Polash Indian Cuisine



ADDRESS	2179 3rd Ave. NY, NY 10035
PHONE NUMBER	212-410-0276
HOURS OF OPERATION	Monday–Friday: 12 PM–11 PM (Closed Between 4 PM–5 PM) Saturday–Sunday: 12 PM–11 PM
WEBSITE	polashnyc.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub , Doordash , Uber Eats , Postmates
HEALTHY EATING INDEX	3.75/4
CUISINE	Indian
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Authentic Indian restaurant with a large selection of items
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	All you can eat buffet lunch (1–3pm)
BEST BETS	<i>Shrimp Saag, Shrimp Mushrooms, Shrimp Tandoori, Aloo Saag, Vegetable Punjabi, Chana Masala, Bindi Bhajee, Chicken Tikka, Tandoori Chicken, Tandoori Fish, Chicken Tikka Kebab, Mulligatany Soup, Tomato Soup, Vegetable Soup</i>



Armonie Pizza Bistro

Armonie

📍 ADDRESS	1649 Park Ave. NY, NY 10035
☎️ PHONE NUMBER	212-722-6400
🕒 HOURS OF OPERATION	Monday–Friday: 11:30 AM–10 PM; Saturday–Sunday: 1 PM–10 PM
🌐 WEBSITE	armonienyc.com
📦 DELIVERY AVAILABILITY	Delivery Available from Slicelife , Seamless , Grubhub
📊 HEALTHY EATING INDEX	1.5/4
🍴 CUISINE	Italian
🍴 TYPE OF SERVICE	Dine-in & Take-out
📍 RESTAURANT DESCRIPTION	Casual, family-owned Italian restaurant serving pizza, pasta, salads, and entrees
💰 PRICE RANGE	\$\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
🎯 DISCOUNTS	Happy Hour at the bar (4–7pm)
♥️ BEST BETS	<i>Margherita Pizza, Armonie Salad, Side of Meatballs, Sauteed Broccoli or Spinach, Chicken Francese</i>

Patsy's Pizzeria



📍 ADDRESS	2289 1st Ave. NY, NY 10035
☎️ PHONE NUMBER	212-534-9783
🕒 HOURS OF OPERATION	Monday–Saturday: 11 AM–12 AM Sunday: 11 AM–11 PM
🌐 WEBSITE	thepatsyspizza.com
📦 DELIVERY AVAILABILITY	No
📊 HEALTHY EATING INDEX	2.75/4
🍴 CUISINE	Italian
🍴 TYPE OF SERVICE	Dine-in & Take-out
📍 RESTAURANT DESCRIPTION	Traditional Italian restaurant
💰 PRICE RANGE	\$\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
🎯 DISCOUNTS	None
♥️ BEST BETS	<i>Crude, Cozze, Zuppa di Fagioli, Della Casa Insalate, Portobello Insalate, Salmone, Livornese, Marinara Pizza</i>

Sam's Famous Pizza



ADDRESS	150 E. 116th St. NY, NY 10029
PHONE NUMBER	212-348-9437
HOURS OF OPERATION	Delivery: 11:30 PM–9 PM Take-out: 9 AM–9 PM
WEBSITE	samsfamouspizza.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , and GrubHub
HEALTHY EATING INDEX	1/4
CUISINE	Italian/Pizza
TYPE OF SERVICE	Take-out
RESTAURANT DESCRIPTION	A casual, take-out neighborhood pizza place offering a variety of classic pizzas and sandwiches
PRICE RANGE	\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	C
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Slice of cheese pizza</i>

Lexington Pizza Parlour



ADDRESS	1590 Lexington Ave. NY, NY 10029
PHONE NUMBER	212-722-7850
HOURS OF OPERATION	Daily: 11:30 AM–10:15 PM
WEBSITE	lexingtonpizzaparLOUR.com/
DELIVERY AVAILABILITY	Delivery Available by Phone, UberEats
HEALTHY EATING INDEX	4/4
CUISINE	Italian
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A cozy Italian restaurant offering pizza, calzones, pasta, and other dishes like grilled salmon, mushrooms and truffle oil risotto, and chicken Caprese
PRICE RANGE	\$\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Mount Sinai employees get discount at lunch Monday through Friday; 15% off first online order from website
BEST BETS	<i>Grilled Salmon, Grilled Hanger Steak, Insalada Cruda with Grilled Chicken, Whole Wheat Penne Primavera, Whole Wheat 12" Verdura Pizza (to share)</i>

Nocciola Ristorante



ADDRESS	237 E. 116th St NY, NY 10029
PHONE NUMBER	646-559-5304
HOURS OF OPERATION	Lunch: Monday–Friday: 11 AM–4 PM Brunch: Saturday–Sunday: 11 AM–4 PM Dinner: 4 PM–11 PM
WEBSITE	nociolanyc.com
DELIVERY AVAILABILITY	Delivery Available on restaurant's website and Seamless
HEALTHY EATING INDEX	4/4
CUISINE	Italian
TYPE OF SERVICE	Dine-in & take-out
RESTAURANT DESCRIPTION	Rustic and hip Italian restaurant offering classic fare such as antipasto, salads, homemade pastas, and meat and seafood entrees.
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	B
SPECIAL DIETS	
DISCOUNTS	Lunch Special: \$14.95 for two courses, dine-in only Dinner Special: \$34.00 for three courses, dine-in only
BEST BETS	<i>Arugula or Kale Salad, Grilled Vegetables, Grilled Chicken with Arugula, Salmon, Garganelli Pasta with Mushroom and Arugula; Broccoli Rabe, Spinach, Asparagus, Potatoes, or Kale</i>

Latin

Amor Cubano



ADDRESS	2018 3rd Ave. NY, NY 10029
PHONE NUMBER	212-996-1220
HOURS OF OPERATION	Lunch: Monday–Saturday: 11 AM–3 PM Brunch: Sunday: 10 AM–3 PM Dinner: Sunday–Thursday: 3 PM–11 PM, Friday–Saturday: 3 PM–12 AM
WEBSITE	amorcubanonyc.com/Home.html
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub , Postmates , Menupages , Delivery.com
HEALTHY EATING INDEX	2.75/4
CUISINE	Latin American/Cuban
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Authentic Cuban restaurant serving brunch, lunch, and dinner. Many nights also have live music
PRICE RANGE	\$\$-\$\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Lunch Special Monday–Friday (12–3pm) for \$15.95
BEST BETS	<i>Ceviche Mixto, Antero's Ensalada De Aguacate, Ensalada Criolla, Bistec de Pollo, Pargo Camaguey, Salmon Mediterraneo</i>

Cascalote Latin Bistro



ADDRESS	2126 2nd Ave. NY, NY 10029
PHONE NUMBER	646-351-6574
HOURS OF OPERATION	Monday–Thursday: 4 PM–10 PM Friday: 12 PM–11 PM Saturday: 11 AM–11 PM Sunday: 11 AM–10 PM
WEBSITE	cascaloteny.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless, GrubHub, Postmates
HEALTHY EATING INDEX	3/4
CUISINE	Mexican & Latin American
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A family-owned small, casual Mexican/Latin American restaurant
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Camarones a la Parilla, Pollo Taco, Kale & Quinoa Salad, Garlic Spinach, Camarones al Ajillo, Frijoles</i>



Sapoara



ADDRESS	2262 1st Ave NY, NY 10035
PHONE NUMBER	212-256-0199
HOURS OF OPERATION	Daily: 11 AM–2 AM
WEBSITE	sapoara-bar-and-grill.business.site
DELIVERY AVAILABILITY	Seamless, GrubHub, Doordash
HEALTHY EATING INDEX	3/4
CUISINE	American with a Latin Twist
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A cozy neighborhood bar and grill serving American classics like burgers, steaks, chicken sandwiches, and salads, but infused with Latin flavors
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Happy Hour
BEST BETS	<i>Salmon Steak Salad, Grilled Salmon, Grilled Shrimp Salad, Pot of Mussels, Octopus salad, Oysters, and Snow Crab Legs, Rosemary Chicken Sandwich and Lemon Pepper Sandwich, Sauteed Spinach, and Brussel Sprouts & Kale</i>


Rancho Vegano



📍 ADDRESS	2270 2nd Ave. NY, NY 10035
☎️ PHONE NUMBER	212-987-4196
🕒 HOURS OF OPERATION	Daily: 11 AM–9 PM
🌐 WEBSITE	No Website
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , Grubhub
📊 HEALTHY EATING INDEX	3/4
🍽️ CUISINE	Latin & South American
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A small restaurant and lounge place with a western style that offers a variety of dishes focused on Dominican and Mexican cuisine
💰 PRICE RANGE	\$\$
★ YELP RATING	2.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
🎯 DISCOUNTS	Happy Hour Specials & Free delivery on \$10.00 purchases and delivery option is also available through Whatsapp
♥️ BEST BETS	<i>Avocado Salad, Lettuce & Tomato Salad, Vegetable Salad, Chicken Breast Salad, Shrimp Salad, Chicken Soup, Shrimp Cocktail, Grilled Chicken Breast, Grilled Shrimp, Salmon Filet, Whole Tilapia, Vegetarian/ Shrimp/ Chicken Burritos, Vegetarian/ Shrimp/ Chicken Tacos, Vegetarian/ Shrimp/ Chicken Fajitas</i>

La Avenida



📍 ADDRESS	2247 1st Ave. NY, NY 10029
☎️ PHONE NUMBER	212-828-2247
🕒 HOURS OF OPERATION	Daily: 4 PM–2 AM
🌐 WEBSITE	No Website
📦 DELIVERY AVAILABILITY	Doordash
📊 HEALTHY EATING INDEX	3/4
🍽️ CUISINE	Latin American
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A modern restaurant serving Mexican and New American Latin infused specialties focusing on seasonal small plates
💰 PRICE RANGE	\$\$
★ YELP RATING	4.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	
🎯 DISCOUNTS	Happy Hour Specials
♥️ BEST BETS	<i>Salmon, Branzino Relleno, Tacos De Pollo, Tacos De Vegetales</i>

Santiago's Beer Garden



📍 ADDRESS	2270 2nd Ave. NY, NY 10035
☎️ PHONE NUMBER	212-987-4196
🕒 HOURS OF OPERATION	Daily: 11 AM–9 PM
🌐 WEBSITE	No Website
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless, Grubhub
📶 HEALTHY EATING INDEX	3/4
🍴 CUISINE	Latin & South American
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A small restaurant and lounge place with a western style that offers a variety of dishes focused on Dominican and Mexican cuisine
💰 PRICE RANGE	\$\$
★ YELP RATING	2.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	🍴
🎯 DISCOUNTS	Happy Hour Specials & Free delivery on \$10.00 purchases and delivery option is also available through Whatsapp
♥️ BEST BETS	<i>Avocado Salad, Lettuce & Tomato Salad, Vegetable Salad, Chicken Breast Salad, Shrimp Salad, Chicken Soup, Shrimp Cocktail, Grilled Chicken Breast, Grilled Shrimp, Salmon Filet, Whole Tilapia, Vegetarian/ Shrimp/ Chicken Burritos, Vegetarian/ Shrimp/ Chicken Tacos, Vegetarian/ Shrimp/ Chicken Fajitas</i>

Lechonera La Isla



📍 ADDRESS	254 E. 125th St. NY, NY 10035
☎️ PHONE NUMBER	212-996-1972
🕒 HOURS OF OPERATION	Daily: 7:30 AM–9 PM
🌐 WEBSITE	No Website
📦 DELIVERY AVAILABILITY	UberEats, Doordash
📶 HEALTHY EATING INDEX	2/4
🍴 CUISINE	Puerto Rican/Latin
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A small family-owned luncheonette serving homemade Puerto Rican food
💰 PRICE RANGE	\$
★ YELP RATING	4.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	🍴
🎯 DISCOUNTS	None
♥️ BEST BETS	<i>Beef Stew, Boiled Bananas, Cod Fish Salad, Rotisserie Chicken, Roast Pork</i>

Barcha

BARCHA

ADDRESS	2241 1st Ave. NY, NY 10029
PHONE NUMBER	646-455-0046
HOURS OF OPERATION	Tuesday–Wednesday: 4 PM–11 PM Thursday–Friday: 4 PM–12 AM Saturday: 11 AM–12 AM Sunday: 11 AM–10 PM
WEBSITE	barcha.nyc
DELIVERY AVAILABILITY	Seamless, Grubhub
HEALTHY EATING INDEX	3/4
CUISINE	Mediterranean Fusion
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A family-owned restaurant serving Latin and Mediterranean fusion food in a welcoming environment.
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	Not Yet Graded
SPECIAL DIETS	
DISCOUNTS	Happy Hour from 4-7 PM Daily
BEST BETS	<i>Lentil Soup, Quinoa Bowl, Shakshuka</i>

The Lexington Social



ADDRESS	1634 Lexington Ave. NY, NY 10029
PHONE NUMBER	646-820-7013
HOURS OF OPERATION	Sunday: 11 AM–1 AM Monday–Wednesday: 12 PM–1 AM Thursday–Friday: 12 PM–2 AM Saturday: 11 AM–2 AM
WEBSITE	thelexingtonsocialnyc.com
DELIVERY AVAILABILITY	Postmates
HEALTHY EATING INDEX	3/4
CUISINE	Mediterranean Tapas
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A casual neighborhood restaurant specializing in Mediterranean tapas and shared plates
PRICE RANGE	\$\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Happy Hour Specials
BEST BETS	<i>Remolacha Salad, Tortilla Espanol, Camarones al Ajillo, Sesame Tuna Tartar, Ceviche of the Day</i>

Cafe Ollin



ADDRESS	339 E. 108th St. NY, NY 10029
PHONE NUMBER	212-828-3644
HOURS OF OPERATION	Daily: 10 AM–9:30 PM
WEBSITE	facebook.com/Cafe.Ollin
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub , Postmates
HEALTHY EATING INDEX	3.75/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Intimate and cozy Mexican cafe
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Happy Hour Specials
BEST BETS	<i>Pollo en Salsa Verde, Sopa de Pollo, Ensalada, Veggie tacos, Fajitas</i>

Delicias Mexicanas



ADDRESS	2109 3rd Ave. NY, NY 10029
PHONE NUMBER	212-828-3659
HOURS OF OPERATION	Monday–Friday: 8 AM–10 AM Saturday–Sunday: 8 AM–12 AM
WEBSITE	deliciasmexicanasnyc.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub , Postmates , Doordash
HEALTHY EATING INDEX	3/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Casual contemporary restaurant serving traditional Mexican food with an extensive menu
PRICE RANGE	\$-\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Filete de Pescado, Cocktail de Camarones, Camarones a la Mexicana, Sopa de Pollo, Ensaladas</i>

El Kallejon



ADDRESS	209 E. 117th St. NY, NY 10035
PHONE NUMBER	646-649-4795
HOURS OF OPERATION	Tuesday–Thursday: 4 PM–11 PM Friday–Saturday: 4 PM–12 AM Sunday: 3 PM–9:30 PM Monday: Closed
WEBSITE	elkallejonlounge.com
DELIVERY AVAILABILITY	Doordash
HEALTHY EATING INDEX	3/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Casual Mexican restaurant that has an authentic cantina vibe with a bar and backyard
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Happy Hour (4–7pm)
BEST BETS	<i>Tiradito de Salmon, Vuelve a la Vida (without chips), Picudo (without corn tostadita), Ensalada del Oceano, Ensalada Primavera, La Chabela</i>



El Aguila



ADDRESS	1634 Lexington Ave. NY, NY 10029
PHONE NUMBER	212-426-2221
HOURS OF OPERATION	Open 24 hours
WEBSITE	elaguilanewyorkrestaurant.com/web_eng/
DELIVERY AVAILABILITY	Postmates, UberEats
HEALTHY EATING INDEX	2/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Casual Mexican take-out restaurant (that has a few tables for dining-in) serving tacos, burritos, and other Mexican foods
PRICE RANGE	\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Ensalada de Nopal, Asada Taco, Ensalada de Pollo</i>



Hot Jalapeño



📍 ADDRESS	219 E. 116th St. NY, NY 10029
☎️ PHONE NUMBER	646-351-6895
🕒 HOURS OF OPERATION	Sunday–Thursday: 10 AM–10 PM Friday–Saturday: 10 AM–12 AM
🌐 WEBSITE	facebook.com/Hotjalapeno116
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless, GrubHub, Doordash, Delivery.com
📊 HEALTHY EATING INDEX	3/4
🍽️ CUISINE	Mexican
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	Casual and vibrant Mexican restaurant run by two women who bring authentic food from the state of Puebla
💰 PRICE RANGE	\$\$
★ YELP RATING	3.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
🏷️ DISCOUNTS	\$7.00 off orders of \$30 or more on GrubHub
♥️ BEST BETS	<i>Caldo de Camaron, Sopa de Pollo con Vegetales, Sopa de Mariscos, Pollo Asado Ensalada, Ceviche, Mojarra al Vapor, Nopales Asados, Coctel de Campechano</i>

La Chula NYC



📍 ADDRESS	137 E. 116th St. NY, NY 10029
☎️ PHONE NUMBER	646-590-3975
🕒 HOURS OF OPERATION	Sunday–Tuesday: 12 PM–10 PM Wednesday: 12 PM–12 AM Thursday: 11 AM–12 AM Friday–Saturday: 11 AM–1 AM
🌐 WEBSITE	lachelanyc.com
📦 DELIVERY AVAILABILITY	Seamless, GrubHub, Postmates
📊 HEALTHY EATING INDEX	3.5/4
🍽️ CUISINE	Mexican
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A small, casual Mexican taqueria serving breakfast, lunch, and dinner
💰 PRICE RANGE	\$\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
🏷️ DISCOUNTS	None
♥️ BEST BETS	<i>Pollo Taco, Pastor Taco, Hongos Y Calabacita Taco, Coctel De Camaron, Taco de Huevo</i>

Pipo's Mexican Restaurant



ADDRESS	166 E. 118th St. NY, NY 10035
PHONE NUMBER	212-828-2382
HOURS OF OPERATION	Daily: 10 AM–12 AM
WEBSITE	No website
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub , ChowNow
HEALTHY EATING INDEX	2.75/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A casual, family-style authentic Mexican restaurant that uses fresh ingredients
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Free drink with meal, everyday from 12 PM–4 PM
BEST BETS	<i>Ensalada de Aguacate, Ensalada Verde, Sopa de Pescado, Pechuga Asada, Pechuga de Pollo a la Mexicana, Camarones a la Mexicana</i>

Kahlua's Cafe



ADDRESS	2117 3rd Ave. NY, NY 10029
PHONE NUMBER	212-348-0311
HOURS OF OPERATION	Daily: 7 AM–2 AM
WEBSITE	No Website
DELIVERY AVAILABILITY	Delivery Available by Phone
HEALTHY EATING INDEX	2/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A neighborhood restaurant serving authentic Mexican
PRICE RANGE	\$\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Pollo Asado, Camarones a la Mexicana, Ensalada Regular, Pollo Asado con Espinaca</i>

Burrito Y Mas



ADDRESS	1571 Lexington Ave. NY, NY 10029
PHONE NUMBER	646-918-7478
HOURS OF OPERATION	Daily: 11 AM–10 PM
WEBSITE	burritosymasnyc.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub , UberEats
HEALTHY EATING INDEX	3/4
CUISINE	Mexican, Tex-Mex
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A small Mexican restaurant that is suitable for meat lovers, vegetarians, and vegans.
PRICE RANGE	\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	10% discount for showing Mount Sinai badge at counter, 10% off first online order through website
BEST BETS	<i>Bean Burrito, Grilled Chicken Burrito, Spinach Burrito, Tofu Burrito, Mixed Vegetables Burrito, Vegetarian Chili Burrito, Mushroom Burrito, Mixed Vegetables Quesadillas</i>



Side Park Cafe



ADDRESS	1230 5th Ave. NY, NY 10029
PHONE NUMBER	212-660-7150
HOURS OF OPERATION	Monday–Tuesday: 8 AM–5 PM Wednesday–Friday: 8 AM–8 PM Saturday: 11 AM–8 PM Sunday: 11 AM–5 PM
WEBSITE	sideparkcafe.com
DELIVERY AVAILABILITY	ChowNow , Doordash , Seamless , GrubHub
HEALTHY EATING INDEX	3/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	An upscale cafeteria-style Mexican restaurant located in the El Museo del Barrio
PRICE RANGE	\$\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	C
SPECIAL DIETS	
DISCOUNTS	Happy Hour Specials
BEST BETS	<i>Salmon Salad, Fish Tacos, Avocado Toast, Organic Rotisserie Chicken, Aguachile, Shrimp Ceviche</i>



Taco Mix



📍 ADDRESS	234 E. 116th St. NY, NY 10029
☎️ PHONE NUMBER	212-289-2963
🕒 HOURS OF OPERATION	Daily: 10 AM–12:40 AM
🌐 WEBSITE	tacomixnewyork.com
📦 DELIVERY AVAILABILITY	Grubhub, Seamless, Postmates, UberEats
📊 HEALTHY EATING INDEX	2/4
🍴 CUISINE	Mexican
🍴 TYPE OF SERVICE	Take-out
📄 RESTAURANT DESCRIPTION	An authentic Mexican take-out restaurant featuring Al Pastor and other specialties
💰 PRICE RANGE	\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
📉 DISCOUNTS	None
♥️ BEST BETS	<i>Frijoles, Taco Vegetariano, Al Pastor Chico Taco, Suadero Chico Taco</i>

Lupita's Restaurant



📍 ADDRESS	2049 2nd Ave
☎️ PHONE NUMBER	646-590-4202
🕒 HOURS OF OPERATION	Daily: 10:30 AM–11 PM
🌐 WEBSITE	lupitasrestaurantnyc.com/index.html
📦 DELIVERY AVAILABILITY	Delivery Available from restaurant's website and Seamless, Grubhub, Doordash, Postmates
📊 HEALTHY EATING INDEX	3/4
🍴 CUISINE	Mexican
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A Mexican restaurant with the feel of a traditional Fonda serving breakfast, lunch, and dinner
💰 PRICE RANGE	\$\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	B
🌿 SPECIAL DIETS	 
📉 DISCOUNTS	None
♥️ BEST BETS	<i>Avocado Salad, Cactus with Cheese and Poblano, Grilled Cactus Pads, Huaraches of Squash Blossoms and Corn Truffles, Sauteed Vegetables, Sopos of Squash Blossoms or Corn Truffles, Vegetarian Fajitas, Vegetarian Enchiladas, Vegetarian Tacos</i>

Sidewalk Tacos



ADDRESS	2163 2nd Ave. NY, NY 10029
PHONE NUMBER	646-454-9255
HOURS OF OPERATION	Monday–Saturday: 11 AM–10 PM Sunday: 11 AM–9 PM
WEBSITE	sidewalktacos.com
DELIVERY AVAILABILITY	Delivery Available from restaurant's website and UberEats
HEALTHY EATING INDEX	3/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A cozy and casual neighborhood Mexican restaurant known for their variety of tacos and other specialties: cemitas, quesadillas, tortas, burritos, soups and stews, and aguas frescas
PRICE RANGE	\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	10% discount when ordering online
BEST BETS	<i>Vegetarian or Chicken Taco; Vegetarian or Chicken Quesadilla; Vegetarian or Chicken Torta; Vegetarian or Chicken Burrito; Vegetarian Chilaquiles</i>

Taqueria El Barrio



ADDRESS	2327 1st Ave. NY, NY 10035
PHONE NUMBER	646-649-3052
HOURS OF OPERATION	Daily: 11 AM–11 PM
WEBSITE	taqueriaelbarriony.com
DELIVERY AVAILABILITY	Delivery Available from Restaurant's website and Postmates , Doordash
HEALTHY EATING INDEX	3/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-In & Take Out
RESTAURANT DESCRIPTION	A small and casual restaurant serving a wide range of authentic Mexican food for lunch and dinner. This is predominantly a takeout restaurant, however there are three tables available to sit in the restaurant and eat.
PRICE RANGE	\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	\$10 off first \$15 order on seamless; and other potential coupons like \$5 first order through Chow Now. There is a reward point system (1 pt for every \$1 spent, and specials like \$5-\$50 off next purchase) available for online orders
BEST BETS	<i>Garden Salad, Camaron Salad, Vegetariano, Camaron, Fish or Pollo Burrito (whole wheat tortilla or in a burrito bowl), Fish Taco, Vegetarian Taco or Grilled Chicken Taco</i>

Tamales Lupita



ADDRESS	154 B. East 112st., New York, NY 10029
PHONE NUMBER	917-261-5058
HOURS OF OPERATION	Monday: Closed Tuesday–Saturday: 7 AM–7:30 PM Sunday: 7 AM–2:45 PM
WEBSITE	No Website
DELIVERY AVAILABILITY	Delivery Available by Phone
HEALTHY EATING INDEX	1.5/4
CUISINE	Mexican
TYPE OF SERVICE	Dine-In & Take Out
RESTAURANT DESCRIPTION	Small restaurant with several tables. Customers order at the counter and can sit down and enjoy a quick service in a warm and welcoming environment. Breakfast, lunch, and dinner are served.
PRICE RANGE	\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	\$7 Lunch Special
BEST BETS	<i>Mole, Verde, or Guajillo Tamales, Scrambled Eggs with Tomatoes, Onions, and Jalapenos</i>

Soul Food

A Taste of Seafood



ADDRESS	1980 3rd Ave. NY, NY 10029
PHONE NUMBER	212-427-3663
HOURS OF OPERATION	Tuesday–Thursday: 11 AM–9 PM Friday: 11 AM–10 PM Saturday: 12 PM–10 PM Sunday–Monday: Closed
WEBSITE	atasteofseafood.com
DELIVERY AVAILABILITY	Grubhub, Seamless, UberEats, Doordash
HEALTHY EATING INDEX	1.5/4
CUISINE	A casual American soul food restaurant specializing in seafood with southern side dishes
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Senior Specials and Daily \$10 Specials
BEST BETS	<i>Steamed Seafood (Mussels, Clams, Snow Crab Legs, Shrimp), Collard Green, Rice and Peas</i>

Spaha Soul



📍 ADDRESS	2294 2nd Ave. NY, NY 10035
☎️ PHONE NUMBER	347-463-7387
🕒 HOURS OF OPERATION	Tuesday–Friday: 11 AM–3:30 PM, 5 PM–11 PM Saturday–Sunday: 11 AM–3:30 PM, 5 PM–11 PM Monday: Closed Note: Reservations Only
🌐 WEBSITE	facebook.com/SpahaSoul
📦 DELIVERY AVAILABILITY	No
📊 HEALTHY EATING INDEX	2.75/4
🍴 CUISINE	Soul Food
🍴 TYPE OF SERVICE	Dine-in & Take-Out
📄 RESTAURANT DESCRIPTION	A cozy, reservations required soul food restaurant that uses local and organic ingredients and where the owner is also the chef and waiter
💰 PRICE RANGE	\$\$
★ YELP RATING	4.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	🌱
🏷️ DISCOUNTS	10% Off for All Educators; BYOB (Bring Your Own Bottle)
♥️ BEST BETS	<i>Menu Changes–Any Grilled Protein (Chicken/ Fish/Beef) with a Side of Greens</i>

Sushi

Sushi Lemon Life



📍 ADDRESS	255 E. 110th St. NY, NY 10029
☎️ PHONE NUMBER	212-369-2886
🕒 HOURS OF OPERATION	Monday–Saturday: 11 AM–11 PM Sunday: 2 PM 11 PM
🌐 WEBSITE	sushilemonlife.com
📦 DELIVERY AVAILABILITY	Delivery Available by Phone and on the website
📊 HEALTHY EATING INDEX	2.5/4
🍴 CUISINE	Sushi/Japanese
🍴 TYPE OF SERVICE	Dine-in & Take-out
📄 RESTAURANT DESCRIPTION	A casual sushi restaurant with a small counter for dining
💰 PRICE RANGE	\$
★ YELP RATING	3.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	🌱 🌱
🏷️ DISCOUNTS	Lunch specials
♥️ BEST BETS	<i>Edamame, Mixed Green Salad, Seaweed Salad, Chicken Avocado Salad, Sashimi, Vegetable Soba Soup, Steamed Shrimp Shumai, Salmon Teriyaki with Brown Rice</i>

Charlie's Place of Sushi



ADDRESS	1960 Madison Ave, New York, NY 10035
PHONE NUMBER	212-410-0277
HOURS OF OPERATION	Monday–Friday: 11 AM–9 PM Saturday: 11 AM–8:30 PM Sunday: Closed
WEBSITE	Charliesplaceofsushi.com
DELIVERY AVAILABILITY	Delivery Available by Phone and Doordash
HEALTHY EATING INDEX	2.5/4
CUISINE	Sushi/Japanese
TYPE OF SERVICE	Dine-In & Take-Out
RESTAURANT DESCRIPTION	A casual small restaurant offering affordable sushi and a variety of Japanese and Korean entrees.
PRICE RANGE	\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Chicken Teriyaki Bento Box (with steamed gyoza), Miso Soup, House Salad, Edamame, Bibimbop, Soon Du Bu, Brown Rice Sushi Rolls, Seaweed Salad</i>

Thai

Bangklyn East Harlem



BANGKLYN EAST HARLEM

ADDRESS	2051 2nd Ave. NY, NY 10029
PHONE NUMBER	646-429-8128
HOURS OF OPERATION	Monday–Friday: 11:30 AM–10 PM Saturday–Sunday: 12 AM–10 PM
WEBSITE	facebook.com/bangklyn.eastharlem
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , GrubHub , Postmates
HEALTHY EATING INDEX	3.5/4
CUISINE	Thai
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	Casual and friendly small Thai restaurant
PRICE RANGE	\$-\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	\$8.50 Lunch Special (including soup and soft drink)
BEST BETS	<i>Papaya Salad, Khao Mun Gai, Green or Red Curry (Roasted tofu, assorted mushrooms, or shrimp), Khao Mun Tofu</i>

Thai Super



ADDRESS	166 E. 118th St. NY, NY 10035
PHONE NUMBER	646-559-1339
HOURS OF OPERATION	Daily: 12 PM–4 PM, 5 PM–10 PM
WEBSITE	thaisupernyc.com
DELIVERY AVAILABILITY	Delivery Available by phone, Seamless GrubHub, Doordash
HEALTHY EATING INDEX	3.5/4
CUISINE	Thai
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A small restaurant with a wide variety of Thai dishes including noodles and curries
PRICE RANGE	\$\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Lunch Discounts/Specials Available
BEST BETS	<i>Chicken Satay, Fresh Roll, Tom Yum Soup, Papaya Salad, Pad Prig King, ,Ginger Seafood or Chicken, Vegetable and Tofu Delight, Eggplant Basil</i>



Mrs. An Thai



ADDRESS	173 E 99th St, New York, NY 10029
PHONE NUMBER	212-933-9988
HOURS OF OPERATION	Monday–Saturday: 11:30 AM–11 PM Sunday: 11:30 AM–10:30 PM
WEBSITE	Mrsanthai.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless, GrubHub, Caviar
HEALTHY EATING INDEX	3.5/4
CUISINE	Thai
TYPE OF SERVICE	Dine-In & Take-Out
RESTAURANT DESCRIPTION	Casual neighborhood Thai restaurant offering a wide selection of traditional Thai dishes including fried rice, noodles, curry, and more.
PRICE RANGE	\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Lunch special: Monday-Friday 11:30am-3:30pm (price varies)
BEST BETS	<i>Edamame, Steamed Veggie Dumpling, Healthy Glass Noodle Soup, Grilled Chicken & Somtum (papaya salad) with Brown Rice or Steamed Vegetables, Vegan Curry with Brown Rice, Tofu Delight with Brown Rice, Red or Green Curry (with vegetables, tofu, or chicken and brown rice)</i>




Pro Thai



📍 ADDRESS	1575 Lexington Ave, New York, NY 10029
☎️ PHONE NUMBER	917-475-1494
🕒 HOURS OF OPERATION	Monday–Sunday 11:30 AM- 3:30 PM, 5:00 PM-10:30 PM
🌐 WEBSITE	prothainewyork.com
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless, UberEats, Postmates, GrubHub
📊 HEALTHY EATING INDEX	3.5/4
🍴 CUISINE	Thai
🍴 TYPE OF SERVICE	Dine-In & Take-Out
📄 RESTAURANT DESCRIPTION	A casual restaurant offering a variety of Thai dishes where customers can dine in or take-out.
💰 PRICE RANGE	\$\$
★ YELP RATING	3.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	 
🏷️ DISCOUNTS	Lunch Special: Monday-Friday from 11:30 AM–03:30 PM
♥️ BEST BETS	<i>Soup or salad and an appetizer included with entree</i> <i>Tom Yum Soup, Vegetable and Tofu Soup, Som Tum Salad, Shrimp Salad, Mango Salmon, Steamed Bounty, Healthy Delight, Chicken or Beef Satay</i>

Thai BKK



📍 ADDRESS	2021 Lexington Avenue, New York, NY 10035
☎️ PHONE NUMBER	212-860-2737
🕒 HOURS OF OPERATION	Daily: 11:30 AM–3:30 PM, 5 PM–10 PM
🌐 WEBSITE	No Website
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless, UberEats, GrubHub, Postmates
📊 HEALTHY EATING INDEX	3/4
🍴 CUISINE	Thai
🍴 TYPE OF SERVICE	Dine-In & Take-Out
📄 RESTAURANT DESCRIPTION	Small, self-service take-out restaurant with a few tables. The restaurant offers a wide variety of Thai dishes such as fried rice, noodles and various curries.
💰 PRICE RANGE	\$\$
★ YELP RATING	3.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	  
🏷️ DISCOUNTS	10% Off with Cash Purchase (\$15 minimum)
♥️ BEST BETS	<i>Tom Yum Soup, Tofu Soup, Papaya Salad, Grilled Salmon Entree, Healthy Green Entree (with chicken, tofu, shrimp or squid), Tofu Delight, Fresh Summer Roll w/o dipping sauce</i>

Malii Thai Kitchen



ADDRESS	2028 2nd Ave, New York, NY 10029
PHONE NUMBER	212-289-2729
HOURS OF OPERATION	Monday–Thursday Sunday: 11:30 AM–10 PM Friday–Saturday: 11:30 AM–10:30 PM
WEBSITE	maliinyc.com
DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless, UberEats, GrubHub, DoorDash, Chownow, Delivery.com
HEALTHY EATING INDEX	3.5/4
CUISINE	Thai
TYPE OF SERVICE	Dine-In & Take-Out
RESTAURANT DESCRIPTION	Small, cozy, casual restaurant serving Thai cuisine with good ambiance and quaint Southeast Asia decor.
PRICE RANGE	\$\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Daily Happy Hour from 4-7 PM. Lunch Special daily from 11:30 AM-04:00 PM (entree includes an appetizer and a salad). Join Malii Rewards -each dollar spent is a point with 250 points being equal to a \$10 meal. When ordering directly from the website, coupons are included (\$2 off \$15, \$5 off \$35, \$10 off \$75).
BEST BETS	<i>Grilled Salmon Salad, Chicken Satay, Gluten free Ginger Brown Rice Noodles with Sauteed Mixed Vegetables, Tom Yum Soup, Tofu Soup, Grilled Chicken</i>

Vegan/ Vegetarian/Juice Bars

A.M. Deli Juice Bar



ADDRESS	308 E. 116th St. NY, NY 10029
PHONE NUMBER	646-861-0322
HOURS OF OPERATION	Monday–Friday: 8 AM–11 PM Saturday–Sunday: 9 AM–11 PM
WEBSITE	No Website
DELIVERY AVAILABILITY	Delivery Available by Phone
HEALTHY EATING INDEX	2.5/4
CUISINE	Deli/Juice Bar
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A bodega/deli with a juice bar and limited seating.
PRICE RANGE	\$-\$\$
YELP RATING	3.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Mixed Green Wrap—lettuce, tomato, cucumber, avocado, and sauteed onions, peppers, and mushrooms, corn on whole wheat wrap; Juices such as Spinach, Lemon, and Boost.</i>

**Please note that juices and smoothies are counted as a meal and not a drink in the evaluation*

Uptown Veg and Juice Bar



ADDRESS	52 E. 125th St. NY, NY 10035
PHONE NUMBER	212-987-2660
HOURS OF OPERATION	Daily: 8 AM–9 PM
WEBSITE	facebook.com/uptownvegjuicebar
DELIVERY AVAILABILITY	UberEats, Postmates
HEALTHY EATING INDEX	3/4
CUISINE	Caribbean/ Vegan soul food
TYPE OF SERVICE	Dine-in & Take-out
RESTAURANT DESCRIPTION	A small, casual space juice bar with a steam table serving hot food entrees with veggie “meats”, vegetables, and rice. There is also a fridge with pre-made salads and juices
PRICE RANGE	\$-\$\$
YELP RATING	4/5
NYC HEALTH DEPT. INSPECTION GRADE	Grade Pending
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Organic salads, Raw Wrap, Juices with Spinach and Kale, Collard Greens with Beans and Rice, Vegan Yuca Mac n’ Cheese</i> <i>*Please note that juices and smoothies are counted as a meal and not a drink in the evaluation</i>

Blue Coco



ADDRESS	153 East 106 Street, New York, NY 10029
PHONE NUMBER	212-534-2626
HOURS OF OPERATION	Monday–Friday: 8 AM–6:30 PM Saturday: 10 AM–3 PM Sunday: Closed
WEBSITE	Bluecocony.business.site
DELIVERY AVAILABILITY	Delivery Available on Restaurant’s website, Seamless, GrubHub, Delivery.com, Postmates
HEALTHY EATING INDEX	4/4
CUISINE	Juice & Smoothie bar/ sandwich & salad bar/ health food
TYPE OF SERVICE	Dine-In & Take-Out
RESTAURANT DESCRIPTION	Small, casual, self-service restaurant with a few bar stools for those who want to dine-in. The menu offers a variety of juices, smoothies, salads, sandwiches, and other entrees with a Carribean touch.
PRICE RANGE	\$
YELP RATING	4.5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	Student and Senior Citizens Discounts; Happy Hour 03:00-06:00 PM (10% off 15%, 15% off \$20); Rewards Program (But 7 items, get the 8th for free)
BEST BETS	<i>Healthy Mix Smoothie; CCC juice; Blue Yazzon Sandwich/ Wrap (whole wheat), Blue Veggie Sandwich/ Wrap (whole wheat), Breakfast sandwich (multigrain/whole wheat bread); Build your own salad–with 4 vegetables, protein, light dressing (lemon and olive oil, red wine vinegar and olive oil); Cold Quinoa Burrito (whole wheat wrap or over lettuce); Quinoa bowl; Avocado Toast (whole wheat toast).</i> <i>*Please note that juices and smoothies are counted as a meal and not a drink in the evaluation</i>

Cassava House



📍 ADDRESS	2270 1st Avenue, New York, NY 10035
☎️ PHONE NUMBER	646-928-0219
🕒 HOURS OF OPERATION	Daily: 7 AM–7 PM
🌐 WEBSITE	cassavahouseny.com
📦 DELIVERY AVAILABILITY	Delivery Available by Phone, Seamless , UberEats , GrubHub , DoorDash
📊 HEALTHY EATING INDEX	4/4
🍴 CUISINE	Juice & Smoothie bar/ sandwich & salad bar/ health food
🍴 TYPE OF SERVICE	Dine-In & Take-Out
📄 RESTAURANT DESCRIPTION	A casual restaurant with outdoor patio and decorative walls and floors. The restaurant offers many healthy options and since food can be made to order, the restaurant staff is very flexible and accommodating.
💰 PRICE RANGE	\$
★ YELP RATING	4.5/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	
🎯 DISCOUNTS	10% discount to students, faculty, and administrative staff
♥️ BEST BETS	"Catch of the Day" Sandwich, Create Your Own Salad, "Hard Landing" Sandwich, "Open Air" Sandwich <small>*Please note that juices and smoothies are counted as a meal and not a drink in the evaluation</small>

Joe & The Juice



📍 ADDRESS	1400 Madison Avenue, NY, NY 10029
☎️ PHONE NUMBER	609-401-5056
🕒 HOURS OF OPERATION	Monday–Friday: 7 AM–7:30 PM Saturday–Sunday: 8 AM–7 PM
🌐 WEBSITE	joejuice.com
📦 DELIVERY AVAILABILITY	Postmates
📊 HEALTHY EATING INDEX	3.5/4
🍴 CUISINE	Juice Bar and Coffee Shops, Sandwiches
🍴 TYPE OF SERVICE	Dine-In & Take-Out
📄 RESTAURANT DESCRIPTION	Casual juice and coffee bar with self-service. Large and spacious space with many available seats and background music.
💰 PRICE RANGE	\$
★ YELP RATING	4/5
⊕ NYC HEALTH DEPT. INSPECTION GRADE	A
🌿 SPECIAL DIETS	
🎯 DISCOUNTS	None
♥️ BEST BETS	<i>Turkey Sandwich, Spicy Tuna Sandwich, Roasted Chickpea Pomegranate, Joe's Identity, Green Shield</i> <small>*Please note that juices and smoothies are counted as a meal and not a drink in the evaluation</small>

New Level Juice Bar



ADDRESS	2244 1st Avenue, New York, NY 10029
PHONE NUMBER	646-918-7910
HOURS OF OPERATION	Monday–Saturday: 9 AM–9 PM
WEBSITE	No Website
DELIVERY AVAILABILITY	Delivery Available by Phone (\$15 minimum)
HEALTHY EATING INDEX	3/4
CUISINE	Juice Bar & Smoothies
TYPE OF SERVICE	Take Out
RESTAURANT DESCRIPTION	A neighborhood juice bar serving up tasty and healthy juices and smoothies
PRICE RANGE	\$
YELP RATING	5/5
NYC HEALTH DEPT. INSPECTION GRADE	A
SPECIAL DIETS	
DISCOUNTS	None
BEST BETS	<i>Beginner Green Juice, “Big P” Smoothie</i> <small>*Please note that juices and smoothies are counted as a meal and not a drink in the evaluation</small>

ACKNOWLEDGEMENTS

PRINCIPAL AUTHORS

Dr. Charles Platkin
Alexina Cather, MPH
Maayan Beeber
April Panitz

DESIGNED BY

Yvonne O. Chow

CONTRIBUTORS

Hunter College Dietetic Interns

nycfoodpolicy.org

     NYCFoodPolicy