

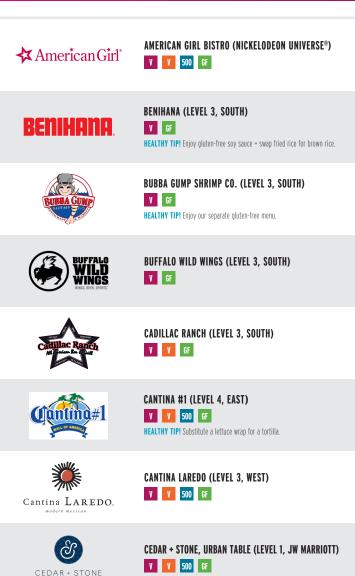


V = VEGAN GF = Gluten free

SMART DINING GUIDE

With over 50 restaurant options at Mall of America⁹, we want to help you make the smartest decisions possible when it comes to dining. Here you will find a list of our restaurants and the healthy dining options they offer. From vegetarian + vegan choices, to gluten free and meals under 500 calories, we have something for everyone.

FULL SERVICE RESTAURANTS















NORDSTROM













HEALTHY TIP! Enjoy our low carb and high protein menu options!

DICK'S LAST RESORT (LEVEL 4, SOUTH)

FIRELAKE GRILL HOUSE + COCKTAIL BAR (Level 2, Radisson Blu)

V V 500 GF

HARD ROCK CAFE (NICKELODEON UNIVERSE)

HOOTERS (LEVEL 4, EAST)
V 500 GF
HEALTHY TIP! Try grilled, unbreaded chicken!

MASU SUSHI + ROBATA (LEVEL 3, SOUTH)
V 500 GF
HEALTHY TIP! Dime from our separate gluten-free menu!

NORDSTROM CAFE (LEVEL 3, NORDSTROM)

RAINFOREST CAFE (LEVEL 3, SOUTH)

RUBY TUESDAY (LEVEL 2, NORTH)

THE LOUNGE @ HOUSE OF COMEDY (LEVEL 4, EAST)
V GF

TIGER SUSHI (LEVEL 1, NORTH)

TONY ROMA'S (LEVEL 3, SOUTH)



TUCCI BENUCCH (LEVEL 1, WEST)



TWIN CITY GRILL (LEVEL 1, NORTH)

FAST CASUAL



















AUNTIE ANNE'S (LEVEL 2, EAST + LEVEL 3, NORTH)

500

HEALTHY TIP! Our Marinara Dipping sauce has the least amount at calories!

BRUEGGER'S BAGELS (LEVEL 3, SOUTH)
V 500 GF
HEALTHY TIP! Try light cream cheese options or hummus on your bage!!

BURGER BURGER (LEVEL 3, SOUTH)
GF
HEALTHY TIP! For a leaner meat option, try a veggie burger!

CHIPOTLE (LEVEL 3, SOUTH)
V V 500 GF
HEALTHY TIP! Try a salad or a burrito bowl instead of a burrito!

FRESHII (LEVEL 3, SOUTH)
V V 500 GF
HEALTHY TIP! Add a low calorie protein, like tofu, to any menu item!

 JAMBA JUICE (LEVEL 3, EAST)

 V
 V
 500
 GF

 HEALTHY TIP! Order from our Light Menu!

MELT SHOP (LEVEL 3, CENTRAL PARKWAY)

K
HEALTHY TIP! Order your melted sandwich on multigrain bread
or request to have your bread unbuttered.

NAF NAF GRILL (LEVEL 3, CENTRAL PARKWAY)

NOODLES		& COMPANY		NY (I	EVEL	3,	SOUTH)
V	V	500	GF				
HEAL	THY TIF	Add !	protein	to any	dish!		



PANERA BREAD (LEVEL 3, SOUTH)



PIADA (LEVEL 3, CENTRAL PARKWAY)



PIZZA STUDIO (LEVEL 3, SOUTH)











A&W (LEVEL 3, SOUTH + LEVEL 3, CENTRAL PARKWAY) 500

ASIAN CHAO/MAKI OF JAPAN (LEVEL 3, SOUTH) V 500 GF

BAJA SOL (LEVEL 3, SOUTH) V 500 GF



BURGER KING (LEVEL 3, CENTRAL PARKWAY)







V V GF

DISCO FRIES (LEVEL 3, CENTRAL PARKWAY)

GREAT STEAK & POTATO (LEVEL 3, CENTRAL PARKWAY + LEVEL 3, SOUTH) V

JOHNNY ROCKETS (LEVEL 3, SOUTH)















LITTLE TOKYO (LEVEL 3, NORTH)

LONG JOHN SILVER'S (LEVEL 3, SOUTH) GF

MAGIC PAN CREPE STAND (LEVEL 1, WEST)

MEATBALL SPOT (LEVEL 3, CENTRAL PARKWAY)

PANDA EXPRESS (LEVEL 3, CENTRAL PARKWAY + LEVEL 3, SOUTH) V V 500 GF

QDOBA (LEVEL 3, CENTRAL PARKWAY)

RUBY THAI KITCHEN (LEVEL 3, SOUTH)



SBARRO

SBARRO (LEVEL 3, SOUTH)

V 500 GF



THE PITA PIT (LEVEL 3, SOUTH)





Information as provided by participating restaurants. All details are subject to change. See restaurant for further details.