

# make **healthy** happen

with Aurora Health Care's healthy food menu.

Jamming out to your favorite bands can really make you work up an appetite. Feed your hunger the healthy way with these good-for-you options, hand-picked by an Aurora nutritionist. Tips for making healthy choices:

1

Avoid anything deep-fried, highly processed or high in added sugars.

2

Share! Splitting a treat with a friend is a great way to enjoy your fave fare without overdoing it.

3

Remember moderation. Gotta have ice cream? Go for it. But keep your calories in check by getting one scoop (not three).

## Rock some healthy options

\* This menu, along with gluten free and vegetarian options, are viewable at Summerfest.com and on the Summerfest app.

**AJ Bombers:** Beyond Burger™ **F H**

**Anderson's Roasted Corn:** Roasted Corn on the Cob **A B, G**

**BelAir Cantina:** Spicy Pollo Tacos, Carne Asada Tacos, Black Bean & Corn Tacos, Esquites, BelAir House Salsa, Side of Pico de Gallo, Guacamole, Sweet Plantains, Pete's Pops **F H, J**

**Botanas:** Tacos, Tamales, Fajita Plate, Burrito Bowl, Guacamole **C**

**Catalano Produce:** Fresh Fruit Bowls & Assorted Fruit, Raw Vegetables with Dill Dip **G, K**

**Charcoal Grill & Rotisserie:** BBQ Pulled Pork, Rotisserie Chicken, Wisconsin Harvest Salad **C, I**

**Chubby's Cheesesteaks:** Veggie Philly **L**

**Cousins Subs:** Assorted Sub Sandwiches **F H**

**Divino:** Burrata Caprese **C**

**Fazio's Gourmet Popcorn:** Fresh Popped Plain Popcorn **A B, C, F H, G, I, K, N, O**

**Greek Village:** Shish-Ke-Bob, Chicken Pita Sandwich, Greek Salad **C, J**

**Hawaiian Shaved Ice:** Hot Fruit Tea **C, I**

**Island Noodles:** Island Noodles, Island Noodles with Teriyaki Chicken, Island Slaw, Island Smoothie **D E** (south side of Johnson Controls World Sound Stage)

**Mader's:** Turkey-Wrapped Asparagus Spear Salad **C**

**Major Goolsby's:** Chili **J**

**Pitch's/Miss Katie's Diner:** ¼ or ½ Grilled BBQ Chicken (without fries) **L**

**Robby's Roasted Corn:** Roasted Corn on the Cob **I, K**

**Saz's (Miller Lite Oasis):** BBQ Pork & BBQ Chicken Sandwiches **G**

**Saz's (BMO):** BBQ Pork & BBQ Chicken Sandwiches, Hickory Smoked Turkey Breast Wrap **N**

**Saz's Express (Ethnic Village):** Hickory Smoked Turkey Breast Wrap **C, F H**

**Saz's Dockside Barbecue:** BBQ Pork & BBQ Chicken Sandwiches **N**

**Ultimate Confections:** Chocolate-Covered Strawberries **K**

**Wong's Wok:** Kowloon Beef, Chicken Lo Mein **I**

**A B** Uline Warehouse / Klement's Sausage & Beer Garden

**C** Ethnic Village

**D E** U.S. Cellular® Connection Stage / Johnson Controls World Sound Stage

**F H** Northwestern Mutual Children's Theater & Playzone / Gruber Law Offices SportsZone

**G** Miller Lite Oasis

**I** Harley-Davidson Roadhouse™

**J** Briggs & Stratton Big Backyard

**K** Water Street Brewery

**L** American Family Insurance Amphitheater Forecourt

**N** BMO Harris Pavilion

**O** American Family Insurance Amphitheater



We are AdvocateAuroraHealth

Find more ways to stay healthy on our blog at [ahchealthnews.com](http://ahchealthnews.com)

