

let's LIVE well } 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, handpicked 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

Easily find food vendor locations, this menu and gluten-free and vegetarian options on the Summerfest app or summerfest.com.

Botanas: Assorted Tacos

Catalano's Corn: Roasted Corn on the Cob

Catalano's Produce: Fresh Fruit Bowls, Raw Vegetables with Dip

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

Chubby's Cheesesteaks: Veggie Philly

Cousins Subs: Assorted Sub Sandwiches

El Hefe Mexican Grill: Assorted Tacos and Bowls

Fazio's Gourmet Popcorn: Fresh Popped Plain Popcorn

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

Hawaiian Shaved Ice: Hot Fruit Tea

Island Noodles: Island Noodles, Island Noodles with Teriyaki Chicken, Island Slaw, Island Smoothie

La Masa Empanada Bar: Assorted Oven-Baked Empanadas

Pizza Man: Arugula Salad

Robby's Roasted Corn: Roasted Corn on the Cob

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

Saz's Express (Ethnic Village): Hickory Smoked Turkey Breast Wrap

Saz's (Miller Lite Oasis): BBQ Pork and BBQ Chicken Sandwiches

Toro Tacos and Bowls: Cauliflower Taco, Beef Bulgogi Taco

Ultimate Confections: Chocolate-Covered Strawberries

Ward's House of Prime: Impossible Burger

Ward's Burger Express: Impossible Burger



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