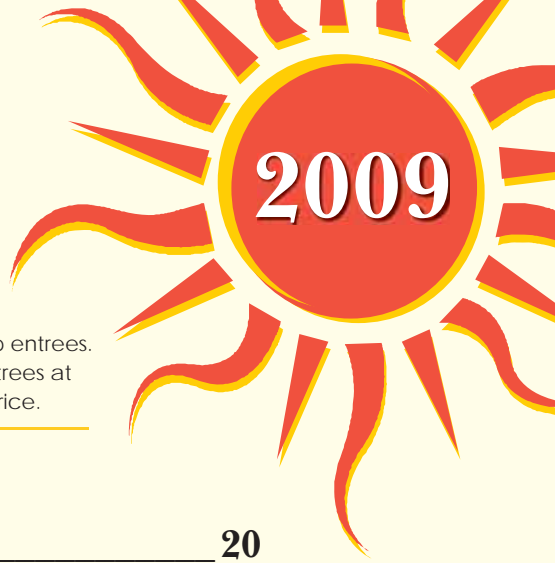




2009



Kish Health System
KISHWAUKEE
Community Hospital
WellnessClub
Restaurant Guide



Members receive 10% off Wellness Club entrees.
Non-members may purchase these entrees at full price. Menu items are listed at full price.

Chesapeake	_____	20
Eduardo's Restaurant	_____	12 & 13
Eggsclusive Cafe'	_____	10 & 11
Hillside Restaurant	_____	7
The Junction Eating Place	_____	4 & 5
Lincoln Inn Family Restaurant & Bakery	_____	14 & 15
PJ's Courthouse Tavern	_____	16 & 17
Rosita's	_____	9
Shawn's	_____	8
Captain Vic's	_____	18 & 19
Sycamore Parkway Restaurant	_____	3
Taxco Restaurant	_____	6

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**605 E. State Street, Sycamore
815.895.6700**

Baked Haddock Dinner\$10.50

Enjoy ½ the portion of haddock, with 1 ½ t tartar sauce, all the broccoli, ½ dinner roll and 1 t margarine. Select the side salad with fat free ranch dressing. Order a take out container to take the extras home.

Calories: 630 Fat: 12 gm

Vegetarian Omelet\$6.45

Order with egg beaters and served with 2 slices whole wheat toast, 2 t margarine and fruit cup.

Calories: 430 Fat: 5 gm

Oatmeal (8 oz).....\$2.60

Order with fruit cup, 2 slices whole-wheat toast, 2 t margarine and jelly.

Calories: 545 Fat: 5 gm

Cajun Chicken Sandwich.....\$7.50

Order with ½ the monterey jack cheese, skip the mayo, and select fresh fruit instead of french fries.

Calories: 600 Fat: 11 gm Sat. Fat: 4 gm

BBQ Chicken Sandwich.....\$7.50

Order with ½ the Monterey jack cheese, skip the mayo, and select fresh fruit instead of french fries.

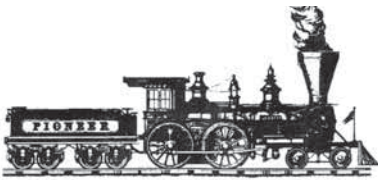
Calories: 600 Fat: 11 gm Sat. Fat: 4 gm

Fresh Fruit Plate\$6.95

Enjoy the fresh fruit plate with 2 slices raisin toast and 2 t margarine.

Calories: 540 Fat: 9 gm

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THE JUNCTION EATING PLACE

816 West Lincoln Highway,
DeKalb 815.758.5441



Wellness Club

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full price. Menu items are listed at full price.

Chicken Stir Fry\$8.25

Served with stir-fried fresh vegetables, garlic seasoning, onions and special teriyaki sauce over 3/4 cup of white rice (no potato), choose side salad and 2 tbsp of fat free dressing.

Calories: 615

Fat: 11 g

Sat. Fat: 1.5 g

Egg Beater Omelette\$6.45

This vegetarian dish is prepared with green peppers, onions and fresh mushrooms. Served with toast and jelly. Choose fresh fruit cup for a side.

Calories: 482

Fat: 7 g

Sat. Fat: 0 g

Turkey Salad Plate\$6.45

Served with sliced tomatoes, low fat cottage cheese, hard boiled egg, fresh fruit, and a dry roll.

Calories: 538

Fat: 13 g

Sat. Fat: 5 g

Chicken Kabobs.....\$8.25

Chicken breast marinated in olive oil, lemon and herbs.
No rice or potato. Request double vegetables and a side salad with fat free dressing and a dry roll.

Calories: 591

Fat: 13 g

Sat. Fat: 2 g

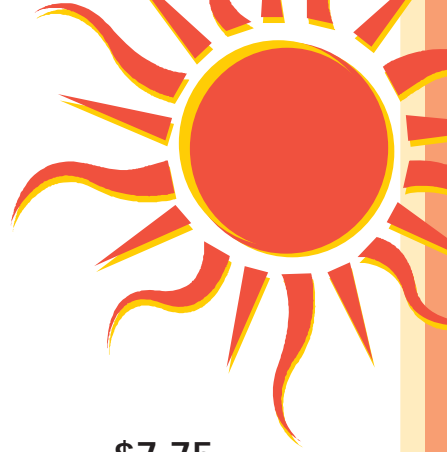
Chicken Delight.....\$8.15

Broiled skinless chicken breast. Served with low fat cottage cheese, fresh fruit and dry multigrain toast.

Calories: 586

Fat: 14 g

Sat. Fat: 3 g



Chicken Romaine.....\$7.75

Crisp romaine lettuce, tomatoes, cucumbers and red pepper tossed up with fat free herb dressing and topped with sliced chicken breast.

Calories: 402 Fat: 6 g Sat. Fat: 2 g

Broiled Salmon Fillet\$9.25

Served with lemon butter and tartar sauce.
Request side salad and fat free dressing.

Calories: 556 Fat: 25 g Sat. Fat: 5.5 g

Vegetable Stir Fry\$7.25

Fresh broccoli, cauliflower, mushrooms, celery and carrots. garlic seasoning, onions and special teriyaki sauce over 1 cup of white rice (no potato), choose side salad, 2 tbsp of fat free dressing, and a dry roll.

Calories: 491 Fat: 7 g Sat. Fat: 0 g

Broiled Ocean Perch.....\$8.25

Cooked with lemon butter. Request a side salad with 2 tbsp of fat free dressing and a dry roll. Request double order of vegetable in place of a potato.

Calories: 477 Fat: 10 g Sat. Fat: 4 g

Broiled Cod Fish.....\$9.25

Served with lemon butter and tartar sauce. Request double order of vegetable in place of a potato. Request a side salad with 2 tbsp of fat free dressing and a dry roll.

Calories: 500 Fat: 13.5 g Sat. Fat: 5.5 g

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223 W. State Street, Sycamore
815.895.2545



WellnessClub

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Pollo al Cilantro.....\$9.95

Tender chicken breast strips lightly simmered with cilantro, onions, bell peppers, and whole beans. Enjoy with 2 tortillas.

Calories: 582 Fat: 9.0 g

1/2 order of Spanish Rice adds 189 calories and 1 gram of fat.

Polla Picoso (Hot)\$9.95

Tender chicken breast strips simmered with onion and jalapenos in a very spicy and delicious chipotle sauce, served with tortillas. Request beans instead of rice. Enjoy with 2 tortillas.

Calories: 592 Fat: 9.0 g

Chicken Fajitas\$10.95

Sizzling skillet mounded with fresh sauteed onion, bell peppers, and tomatoes. Served with beans and enjoy 2 tortillas. Request no sour cream or rice.

Calories: 592 Fat: 9.0 g

Vegetable Fajitas\$9.95

Sizzling skillet mounded with fresh sauteed onion, bell peppers, and tomatoes. Served with rice, beans and enjoy 2 tortillas. Request no sour cream.

Calories: 470 Fat: 9.0 g

2 tablespoons of sour cream add 52 calories and 5 grams of fat.

Taxco Salad\$7.25

Includes chicken, marinade, carrots, lettuce, green pepper, cabbage, and farmer cheese.

Calories: 527 Fat: 16.0 g

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121 N. 2nd St., DeKalb
815.756.4749



Members receive 10% off Wellness Club entrees.
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Creole Haddock.....\$13.95

Haddock, Fresh Vegetables, White Rice, Flour

Calories: 386 Fat: 1 g Saturated Fat: 0 g

Dieters Choice\$12.75

Broiled Skinless Breast, Wild Rice, Fresh Vegetables

Calories: 530 Fat: 4 g Saturated Fat: 1 g

Lemon Trout.....\$15.50

Trout, Olive Oil, Flour, Chablis, Wild Rice, Steamed Vegetables

Calories: 543 Fat: 20 g Saturated Fat: 3 g

For an addition 1/2 cup rice add additional 83 calories

Chicken Marsala\$14.25

Skinless Chicken Breast, Olive Oil, Mushroom/Onions, Flour, Marsala Wine, Thin Spaghetti

Calories: 617 Fat: 17 g Saturated Fat: 3 g

To subtract 98 calories, ask for 1/2 cup spaghetti

Vegetable Broccoli Stir Fry\$12.75

Sesame Oil, Fresh Garden Vegetables, Soy Sauce, Corn Starch, White Rice or Wild Rice

Calories: 410 w/white rice, 371 w/wild rice Fat: 14 g Saturated Fat: 2 g

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204 Somonauk Road
815.895.5282

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Chickie Wickie Pita\$5.85

Roasted chicken, with steamed onions and honey mustard dressing in a pita. Request the dressing be limited to 1 tablespoon or less.

Calories: 400

Fat: 14.8 g

Sat. Fat: 1.7 g

Veggie Weggie Pita\$5.70

Tomato, lettuce, onions, mushrooms, cucumbers, green peppers and sprouts with a side of raspberry vinaigrette.

Calories: 320

Fat: 12.8 g

Nutty Garbanzo\$5.60

Homemade hummus, with pecans in a pita.

Calories: 370

Fat: 11.7 g

Sat. Fat: .65 g

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642 E. Lincoln Hwy, DeKalb
815.756.1201

Pollo Poblano\$9.99

- Order without cheese
- Take half of the chicken and rice home
- Eat just 2 corn tortillas

Calories: 455 **Fat: 8.8 g** **Sat. Fat: 1.4 g**

Santa Fe Chicken\$9.99

- Take half of the chicken home
- Order without cheese
- Order corn tortillas & limit your portion to 2

Calories: 530 **Fat: 10.4 g** **Sat. Fat: 1.5 g**

Grilled Salad\$9.49

- Order with monterey jack cheese on the side
- Order with chicken only

Calories: 460 **Fat: 9.1 g** **Sat. Fat: 3.9 g**

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Eggsclusive Cafe'

265 W. Peace Rd., Sycamore

Apple Cinnamon Oatmeal.....\$4.75

228 kcal, 42 g carb, 4 g fat, 0g saturated fat

Irish Oatmeal.....\$4.75

267 kcal, 51 g carb, 4 g fat, 0g saturated fat

Classic Oatmeal.....\$3.65

200 kcal, 34 g carb, 4 g fat, 0g saturated fat

Peaches and Cream Oatmeal ..\$4.75

256 kcal, 46 g carb, 5 g fat, .5 g saturated fat

Berry Eggsclusive Oatmeal\$4.95

410 kcal, 66 g carb, 11 g fat, 1 g saturated fat

Honey Yogurt Fruit Salad\$8.45

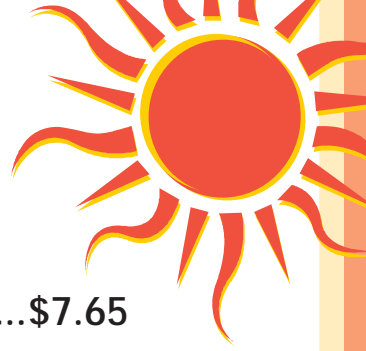
231 kcal, 57 g carb, 0 g fat, 0 g saturated fat

Rainbow Fruit Salad.....\$8.45

194 kcal, 49 g carb, 0g fat, 0g saturated fat

Green Fruit Salad.....\$8.45

456 kcal, 105 g carb, 14 g fat, 1 g saturated fat



Garden Delight Omelet\$7.65

570 kcal, 66 g carb, 7g fat, 0g saturated fat

(Skip the cheese, choose fruit instead of potatoes, and have dry whole wheat toast with jelly)

Veggie Benedict\$7.65

538 kcal, 93 g carb, 10 g fat, 3 g saturated fat

(Skip the hollandaise sauce, and choose fruit instead of potatoes)

Garden Fresh Frittata.....\$8.45

570 kcal, 66 g carb, 7g fat, 0g saturated fat

(Skip the cheese, choose fruit instead of potatoes, and have dry whole wheat toast with jelly)

Belgium Waffle.....\$5.95

418 kcal, 54 g carb, 10 g fat, 2 g saturated fat.

(Order with fresh fruit as a topping)

Multi-Grain Short Stack\$5.55

447 kcal, 60 g carb, 6 g fat, 1 g saturated fat

(Order with fresh fruit as a topping)

Salmon Salad.....\$11.95

380 kcal, 15 g carb, 14 g fat, 2 g saturated fat

(Order with fat free dressing)

Tuna Steak Salad.....\$10.95

338 kcal, 12 g carb, 2 g fat, .5g saturated fat

(Order with fat free dressing)

Grilled Veggie Wrap\$7.75

376 kcal, 56 g carb, 12 g fat, 1 g saturated fat

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214 E. Lincoln Hwy, DeKalb
815.758.2677

White Chicken Fideo Dinner.....\$11.99

Mexican fideo (like angel hair pasta) nested on top of our ranchero sauce, topped with seasoned grilled chicken, our light sour cream blend, more ranchero sauce and jalapeno slices. Served with a house salad. Choose either high fiber black beans on the side, or zucchini.

Try the chicken with zucchini and skip the sour cream:

Calories: 378 Fat: 10.8 g Sat. Fat: 2.3 g

Select the chicken with black beans, hold the sour cream:

Calories: 510 Fat: 13.4 g Sat. Fat: 2.3 g

Enjoy the sour cream on the side for additional

Calories: 50 Fat: 3 g Sat. Fat: 2.6 g

Light Chicken Fajitas\$12.99

Strips of white chicken with fresh green pepper, onions and carrots. Served sizzling with a lettuce, tomato, light sour cream and black beans. Choose either fat free flour tortillas or corn tortillas.

With chicken & 2 fat free flour tortillas:

Calories: 620 Fat: 8.3 g Sat. Fat: 2.6 g

With chicken & 3 corn tortillas:

Calories: 568 Fat: 10 g Sat. Fat: 2.9 g

Further reduce your calories by limiting your tortilla intake.

1 fat free tortilla contains 110 calories.

1 corn tortilla contains 56 calories, 0.6 g fat



Light Beef Fajitas\$12.99

Strips of beef with fresh green pepper, onions and carrots. Served sizzling with a lettuce, tomato, light sour cream and black beans. Choose either fat free flour tortillas or corn tortillas.

With beef & 2 fat free flour tortillas:

Calories: 642 Fat: 11.4 g Sat. Fat: 4.3 g

With beef & 3 corn tortillas:

Calories: 590 Fat: 13.2 g Sat. Fat: 4.6 g

Further reduce your calories by limiting your tortilla intake.

1 fat free tortilla contains 110 calories.

1 corn tortilla contains 56 calories, .6 g fat

Light Beef or Chicken

Taco Salad\$8.29

Order with fat free black beans and grilled chicken or beef strips over a heaping portion of shredded lettuce. Garnished with fresh sliced tomatoes, no-fat pico de gallo sauce, light sour cream, oven baked corn chips. Request mozzarella cheese only to be served on the side, but try to limit to just half the portion. (The generous side portion mozzarella is nearly 3 ounces.)

When ordered with chicken and without any type cheese

Calories: 535 Fat: 8.2 g Sat. Fat: 3.6 g

When ordered with chicken. Order mozzarella cheese on the side and limit your intake to ½ the cheese.

Calories: 636 Fat: 14.5 g Sat. Fat: 7.6 g

When ordered with beef and without any type cheese

Calories: 545 Fat: 11 g Sat. Fat: 5 g

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240 E. Lincoln Hwy, DeKalb
815.756.2345

French Toast with Fruit & Ham.....\$6.99

2 French toast made with our cracked wheat bread, using low cholesterol egg products, served with ham and light syrup. Side of fresh fruit.

Calories: 485 **Fat: 8.0 g**

Eggbeaters, Fruit & Toast \$6.49

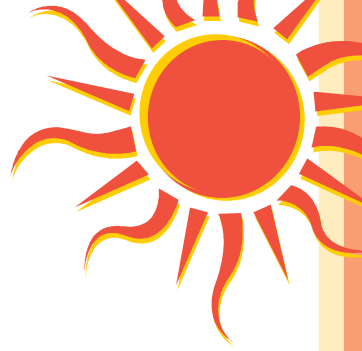
Our homemade toast served along side a fresh fruit cup and scrambled Eggbeaters.

Calories: 505 **Fat: 8.5 g**

Boca Burger & Fruit.....\$6.99

Boca Burger served on cracked wheat bread with lettuce, tomato, pickle. Served with fruit cup.

Calories: 480 **Fat: 6.0 g**



Veggie & Feta Omelet

with Toast.....\$7.99

Choose your favorite vegetables in our specially prepared reduced cholesterol egg product. Topped with feta cheese and served with our homemade toast.

Calories: 515 Fat: 13.0 g

Turkey, Broccoli, Feta Omelet with Hashbrowns & Toast\$7.99

Our special reduced cholesterol egg blend is combined with broccoli and turkey and topped with feta cheese. Served with one slice of our homemade toast and 1/2 portion of hash browns.

Calories: 440 Fat: 12.0 g

Open Face Veggie & Cheese

with Fruit.....\$6.79

Avocado, lettuce, tomato, alfalfa sprouts, Mozzarella cheese served on a slice cracked wheat bread. Served with fruit cup.

Calories: 390 Fat: 14.5 g

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202 W. State, Sycamore
815.895.9253

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Grilled Portabella Sandwich.....\$5.99

Served with mozzarella and marinara on a toasted roll.

Calories: 440 Fat: 15 g

Plus side salad adds: 60-85 calories

Oriental Salad\$5.99

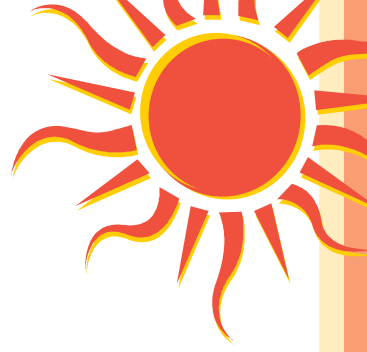
Order without chicken or tuna
 Enjoy just ½ chow mein noodles on side

Calories: 495 Fat: 16 g

Grilled Chicken Salad.....\$6.99

Served with light dressing
 Limit your crouton intake to ½ cup

Calories: 525 or less Fat: 13 g Sat. Fat: 2.3 g



Judge's Deli.....\$6.29

Order with smoked turkey and mozzarella on rye
Limit your mayo to no more than 1 T mayo
Select the side salad (w/light dressing) instead of soup or fries

Calories: 475 Fat: 15 g
Plus side salad adds: 60-85 calories

Grilled Tuna Sandwich\$7.99

Lower the fat further and limit your portion of tartar sauce. Include lettuce, tomato, onion and spicy mustard as desired.

Calories: 460 Fat: 10 g
Plus side salad adds: 60-85 calories

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WellnessClub

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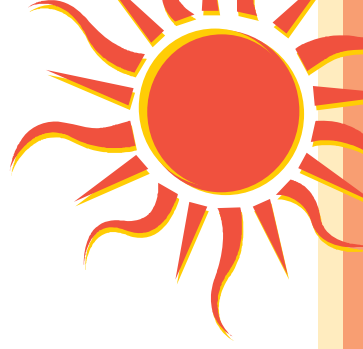


265 W. Peace Rd • Sycamore, IL 60178
815.895.9190 • 815.895.9164

**Garden Shrimp or
Grilled Chicken Breast Salad\$4.85**
with 2 T balsamic dressing.

Any Grilled Fish Sandwich \$4.95 - \$5.45
Limit to 1 T tartar sauce.
(See fish varieties on the next page)

Any Grilled Fish Dinner \$7.95 - \$9.95
with rice, 2 T coleslaw and roll.
(See fish varieties on the next page)



Garden Shrimp Salad

Calories: 181

Fat: 17.5 gm

Sat Fat: 1.6 gm

Carbs: 6 gm

Grilled Chicken Breast Salad

Calories: 407

Fat: 15.5 gm

Sat Fat: 3.1 gm

Carbs: 6 gm

	<i>Dinner Totals</i>	<i>Sandwich Meal Totals</i>
Tuna	Calories: 596 Fat: 15 gm Sat Fat: 2.1 gm Carbs: 58	Calories: 407 Fat: 11.2 gm Sat Fat: 1.8 gm Carbs: 32 gm
Grouper	Calories: 573 Fat: 15.2 gm Sat Fat: 2.4 gm Carbs: 58	Calories: 384 Fat: 11.4 gm Sat Fat: 2 gm Carbs: 32 gm
White Fish	Calories: 685 Fat: 23 gm Sat Fat: 4.5 gm Carbs: 58	Calories: 496 Fat: 19 gm Sat Fat: 4.1 gm Carbs: 32 gm
Salmon	Calories: 691 Fat: 23.7 gm Sat Fat: 3.9 gm Carbs: 58	Calories: 502 Fat: 19 gm Sat Fat: 3.5 gm Carbs: 32 gm

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122 S. First St., DeKalb
815.754.5211

Baja Chicken Wrap\$4.99

12 inch Wheat tortilla filled with chicken breast, diced tomato, onion, green pepper, corn, black beans, romaine and salsa.

Calories: 400 Fat: 10.6 g Sat. Fat: 2.6 g

Hummus Deluxe\$5.49

Choose wheat bagel or roll, with homemade hummus, romaine, tomato, onion and alfalfa sprouts. A high fiber choice at 12 g.

Calories: 525 Fat: 8 g

Cheese Pizza Bagel.....\$3.39

Calories: 510 Fat: 12 g Sat. Fat: 5.8 g

If you choose to reduce your saturated fat, fat and calorie intake, ask your server to prepare with "less cheese".

"Wellness Club"\$7.29

Choose a wheat bagel or roll, with oven roasted turkey, ham, romaine, lettuce and tomato. Served with a pickle spear. Brewed, unsweetened iced tea or diet drink included.

Calories: 440 Fat: 9.75 g Sat. Fat: 3 g

Enjoy the Baked Lays and add another 130 calories and 1.5 g fat

Spinach Focaccia Eggwich\$3.99

Made with cholesterol free eggs, spinach and mozzarella cheese on focaccia bread. Traditionally, this item is prepared with 2 oz. mozzarella cheese.

Calories: 570 Fat: 11 g Sat. Fat: 6 g

If you choose to reduce your saturated fat, fat and calorie intake, ask your server to prepare with "less cheese".

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