

Washington Square Bar & Grill.

1707 Powell St. San Francisco, 94133 Ph. 982-8123

MENU INFORMATION FOR SPECIAL DIETARY PREFERENCES

(CODE: LF = low fat: LC = low calorie: LS = low sodium)

APPETIZERS LIST:

Prosciutto & Melon: because of small quantity (1 oz. ham, trimmed of fat), prosciutto is an insignificant source of fat. Melon is low in calories, because of high water content. LF, LC

Fishermens Salad: Prawn Cocktail: Stuffed Artichoke: Low in fat and calories. LF, LC

SOUPS:

Our Manhattan Clam, Pumpkin, Tomato Red Pepper and Pollo Primavera soups are low calorie, low fat. LF, LC

PASTAS:

Our housemade pastas contain egg, but the amount in a full portion is an insignificant source of fat. De Cecco makes our dried, egg-free pastas. One full portion of pasta is 400 calories, plus sauce. All pasta sauces marked with an asterisk (*) are 50 calories per portion, or less, making a low fat, low calorie entree. LF, LC

CHICKEN & FISH:

Our chicken breast is skinless with visible fat removed. All our grilling is done with just a light brushing of oil, to prevent sticking to grill, an insignificant source of fat. We can grill petrale, rex sole, salmon and most fish specials. Our cooks will poach fish whenever kitchen traffic permits, just ask.

Request sauce on the side, or order one of our five low-fat sauces (Balsamic, Dill Yogurt, Tomato Sauce or Arrabbiata, or lime or lemon wedges). When fresh salsas are listed, they are always low fat.

LF, LC, LS

SALADS & VEGETABLES:

Our Balsamic dressing contains orange juice, shallots, aged vinegar & very little oil, an insignificant source of fat. Dill Yogurt is a low fat sauce, about 22 calories per ounce. All salads, excluding anchovies, cheese, olives & egg yolks, are LC, LF, LS, with one of these two sauces. Side order of vegetables is sauteed unless you ask otherwise. Our steamed vegetable plate is sodium & fat free.

LC, LF, LS

NOTE: we are an extra-virgin-olive oil kitchen. Safflower Margarine is available.