



## DISCOVER HEALTHY OPTIONS FOR THE NEW YEAR: LOCAL RESTAURANTS OFFERING NUTRITIOUS CHOICES

By *Your Health Staff*

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Happy New Year to the 901!

Here at [Healthier 901](#), powered by Methodist Le Bonheur Healthcare, we're eager to create another year of opportunities for people in our communities to lead healthier, happier lives—one workout, wellness challenge and refillable water bottle at a time.

One of the ways we're working to combat health problems plaguing Mid-Southerners, such as heart disease and cancer, is by focusing on one of the leading contributors to these high-risk diseases: obesity. We are forging partnerships with local businesses that have the power to promote positive, healthy change. And, when it comes to the foods we eat, we were hard-pressed to think of better partners than the mouth-watering restaurants calling the Mid-South home.

### Healthy Dining Options in the Mid-South

While Memphis may be known for our world-class BBQ and deep-fried comfort foods, many eateries in our area are paying close attention to the rising demand for healthier menu options and responding accordingly with fresh, flavorful and nutritious fare.

Whether you're aiming to reduce fat, salt, and sugar in your diet, exploring plant-based dining, or simply seeking to maintain healthy eating habits while dining out, [Healthier 901](#) is thrilled to showcase a selection of [local restaurant partners](#) who are committed to a healthier Mid-South. Each of these restaurants offers a diverse range of

healthy menu options, from lean proteins to non-fried meats, and from fruits and vegetables to plant-based fare. Many also prioritize locally sourced produce and proteins, providing a variety of delicious and nutritious choices for you to explore.

## Featured Restaurant Partners

So far, we've welcomed nearly 30 local dining establishments to join us in our mission to connect Mid-Southerners with delicious, nourishing food. Whether you're starting your post-holiday diet or simply looking for a healthy dining option, our partner locations are [ready to serve you](#). And if you're a restaurant owner or operator who shares our vision, we invite you to join the [Healthier 901 Restaurant Initiative](#) and be part of this community-driven movement.

### [The Lobbyist \(Downtown\)](#)

The Lobbyist is an evening-only operation that blends global culinary influences with the freshest local ingredients sourced directly from nearby farms. From vibrant seasonal produce to sustainably sourced seafood, The Lobbyist makes it easy to eat well while supporting local farmers. As an added bonus, their bar features some stellar mocktails, which means your Dry January can go off with a splash.

### [Inspire Community Café \(Midtown\)](#)

A breakfast and lunch spot that offers something healthy for everyone—from gluten-free, paleo, vegetarian and vegan options to healthy, hearty fare like whole grain pancakes, Nutella chia banana toast, fresh fruit smoothies and rice or quinoa bowls topped with savory, slow-cooked BBQ chicken.

### [Cheffie's Café \(East Memphis/Collierville\):](#)

With two lunch-and-dinner locations designed to delight with delicious, nutritious ingredients, Cheffie's serves up a variety of healthy soups, salads and sandwiches, all made with the freshest seasonal ingredients. Guests can order from a menu of featured options or enjoy custom creations from a selection of fresh greens, fruits, vegetables and proteins.

### [Cedars Restaurant \(Cordova\):](#)

Cedars is a lunch-and-dinner Lebanese restaurant featuring authentic Mediterranean fare. From family platters of sensationally seasoned grilled proteins to heart-healthy sides such as hummus, salad, veggie pickles and rice, Cedars has something yummy for everyone. It also offers a daily healthy menu special to make eating as easy as (sugar-free) pie.

### [Koko's Salads \(Germantown\):](#)

Koko's Salads is a locally owned lunch spot that aims to help people maintain healthy eating habits on the go. It serves fresh, healthy, homemade salads made fast, ranging from fresh fruit salad to protein-rich creations like grilled chicken and shrimp salad. For those dining with kiddos, Koko's also offers a children's turkey sandwich box with a choice of a kid-friendly side.



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# Exclusive Discounts for Healthier 901 Members

Be sure to scope out our [complete list](#) of participating Mid-South-area eateries offering healthier options, and don't sleep on the awesome discounts available just for Healthier 901 members (pro tip: have your app downloaded and ready!). [City Silo Table + Pantry](#), [Curry n Jerk](#), [Imagine Vegan Café](#) and [Boscoss Squared](#) are currently offering 10-15% off selected menu items (and, in some cases, your entire ticket). At the same time, members who visit [Vibe Foods Superfood Bar](#) at either location can enjoy an organic juice at half price when purchasing one at the menu price.

Not a member yet? Join the [Healthier 901 movement](#) for free and start taking steps toward a healthier, better quality of life.

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