

Dining Out Around Davidson

This Dining Out Guide is designed to help you make healthy choices while eating out at local restaurants. Items featured on these pages offer the best overall nutrition. Please be advised that individual needs are based on size, activity level, weight goals and the meal you are eating. Seek guidance from your coaches, trainer or dietitian if you have questions.

For Athletes:

Pregame Tips

1. Consume pregame meal 3 hours prior to event.
2. Consume easy to digest carbohydrate foods such as cereal, bread, rice, pasta, fruit.
3. Consume lean protein such as chicken, fish, eggs, turkey, lean beef, cottage cheese.
4. Vegetarian sources of protein are hummus, beans, lentils, soy products, cottage cheese and Greek yogurt.
5. Do not eat a high fat meal. Avoid fried foods and heavy sauces.
6. Limit high sugar foods. This will cause a spike in blood sugar and loss of energy later.
7. Avoid gassy foods such as broccoli, cabbage, onions, peppers, corn, cauliflower.
8. Do not try new foods or new combinations of foods on event day.
9. If you are having pregame jitters or loss of appetite, try NCAA approved liquid meal replacement, Boost, Ensure, Smoothies, Sports Bars, etc.
10. Drink plenty of fluid with your meal and 16 oz of water 1 hr before competition.

Postgame Tips

1. Replace glycogen stores by eating adequate carbohydrates after exercise.
2. Include a protein source to prevent muscle loss and negative nitrogen balance.
3. Balance out your meal with fruits and/or vegetables, healthy fat and dairy.
4. Rehydrate. Weigh before and after event to determine sweat loss. If you have lost more than 2-3 lbs, you have not hydrated well enough during your event.
Drink 16-20 oz fluid for every pound lost.

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Choose at least 1 from carbohydrate, protein, fat and hydration from the lists below.

Carbohydrate Foods

Starches:

Rolls, Buns, Bread

Oatmeal

Cereal

Rice

Pasta

Tortillas

White or sweet potatoes

Corn

Peas

Beans/Lentils

Pizza Crust

Baked Chips/Pretzels

Granola bars

Low fat Muffins

Vegetables:

Asparagus

Beets

Broccoli

Carrots

Green Beans

Greens - spinach, kale, collards

Salad

Squash

Sugar Snap Peas

Tomatoes

Zucchini

Fruits:

All fresh or frozen

Fruit Juice for quick carbs

Canned fruit in its own juice

Dried fruit

Protein Foods:

Salmon

Tuna

Cod

Catfish

Shrimp

Chicken

Turkey

Eggs

Tenderloin

Pork Loin

Filet

Sirloin

Milk

Soy Milk

Greek Yogurt

Cottage Cheese

Lowfat

Cheese

Beans

Hummus

Tofu

Soy crumbles

Soy burgers

Whey protein

Casein protein

Soy protein

Healthy

Fats:

Canola Oil

Olive Oil

Sunflower Oil

All nuts

Peanut

Butter

Avocado

All seeds

Hydration:

Water

Milk

Chocolate

Milk

Sports Drinks

100 % Fruit

Juice

Flavoring:

Mustard

Vinegar

Salsa

Spices

Garlic

Soy Sauce

BBQ Sauce

Tomato

Sauce

Big Bite'z 20430 W Catawba
Ave, Cornelius

Sandwiches and Pitas

Steak

Club

Grilled Chicken Club

Turkey

Chicken Salad Sandwich or Pita

Tuna Salad Sandwich or Pita

Gyro

Souvlaki

Greek Chicken Pita

Pita Club

Ham and Cheese Sandwich/Pita

Greek Veggie Pita

Chicken or Steak Philly

Dinners

Grilled Chicken Tenders

Grilled Chicken Breast

Pork Chops

Tenderloin tips

Chicken/Shrimp Stir Fry

Plates

Gyro Plate

Souvlaki Plate

Greek Chicken Plate

Salads

Grilled Chicken

Chef

Garden w/ tuna

Garden w/ chicken salad

Greek w/ gyro

Greek w/ grilled chicken

Grecian Combo

Cold Plate

Tuna or Chicken Bowl

All D'lite salads

Brickhouse Tavern 209 Delburg St,
Davidson

Appetizers

Shrimp Cocktail, Quesadilla (light cheese), Baked
Pretzel Bites,
Sesame Seared Tuna, Artichoke Hummus Dip,
Soup

Market Salads

All fine except Taco Salad

Sandwiches/Tacos

Original Club

Cod

Salmon BLT

Mediterranean Pork

The Portabella

Chicken Aioli

Sirloin Dip

Fish Tacos

Adobo Chicken Taco

**Any Burger Occasionally. Choose vegetable as
side**

Pasta

Eggplant Parmesan

Vegetable Garlic

Spaghetti and Meatballs

Chicken and Wild Mushroom Risotto

Specialties

8 oz filet

Salmon

Roasted Chicken or Chicken Breast

Sesame Seared Tuna

Sides

Brick Brussels, Sauteed Mushrooms,

Asparagus, Cole Slaw

Zucchini and Squash, Baked Potato, Green

Beans

Pizzas

(ask for 1/2 the cheese)

Margherita

Sauteed Mushroom

Aloha

BBQ Chicken

SteakFajita

Buffalo Chicken

NewYorker

Brueggers Bagels 20619 Torrence

Chapel Rd, Cornelius

All Breakfast Sandwiches

All Deli Sandwiches

All Lunch Sandwiches

Choose Whole Grain Bagels

Soups

Chicken Spaetzle

Garden Vegetable

Creamy Chicken and Wild Rice

Tomato Feta Bisque

Davidson Icehouse 416 S Main St,

Davidson

Choose at least 1 from the following:

Protein - chicken, meatballs, vegan chicken, beans,
hummus, edamame

Carbohydrate - grains, rice, beans,
quinoa, corn

Vegetables - choose any

Spreads and Dollops - optional

Jason's Deli 16639 Birkdale Commons,

Huntersville

Salad Bar and Specialty Salads

Salmon Pacifica

Mesa Chicken

Chicken Club

Nutty Mixed-Up

Chicken Caesar

Soups

Chicken Noodle

Fire Roasted Tortilla

Organic Vegetable

Southwest Chicken Chili

Spicy Seafood Gumbo

All Sandwiches

Big E's Deli Burger

Wild Salmon-wich

The Papa Joe

Shelley's Deli Chick

Jason's Deli Cont'd

JB's Southwest Turkey
Santa Fe Chicken Sandwich
Amy's Turkey-O
Tuna Melt
Club Royale
California Club
Smokey Jack Panini
Turkey Wrap
Mediterranean Wrap
Ranchero Wrap
Caprese Panini
Zucchini Garden Pasta
Spinach Veggie Wrap
Zucchini Grillini
Fresh Fruit
Build Your Own Sandwich:
Breads: Multi-Grain Wheat, Wheat Wrap, Ancient
Grain Bun
Meats: Ham, Roasted/Smoked Turkey, Roast Beef, Tuna Salad,
Chicken Salad
Others: Cheese, Avocado, Hummus, Chipotle Aioli, Guacamole,
Mustard, Mayo

Panera Bread 9905 Knockando Ln, Huntersville

Breakfast

Egg and Cheese on bread of
choice

Egg, Steak and Cheese
Ham, Egg and Cheese
Avocado, Egg White and Spinach
Sandwich
All Steel Cut Oatmeal
Varieties
Greek Yogurt with Berries and
Granola

Soups

Chicken Noodle
Black Bean
Creamy Tomato
French Onion

Salads

All salads. Can ask for
dressing on the side.

Sandwiches

Caprese
Roasted Turkey and
Avocado
Turkey
Mediterranean
Veggie

Tuna Salad

Steak and Arugula
Napa Almond Chicken
Salad
Frontega Chicken
Panini
BBQ Chicken Flatbread

Sabi 130 Harbour Place,
Davidson

Beginnings

Salmon Lover

Lettuce Wraps

Ahi Poke Tower

Beef or Spicy Seafood Raman

Sabi Entrees

Ginger Sea Bass

Classic Filet

Spicy Basil Thai

Scallion Lamb

Sabi Stir Fry (avoid ribeye)

Sweet and Soicy Thai Mango

Chicken

Spicy Thai Red Curry

Spicy Sa Cha

Surf n Turf

Spicy Kung Pao Chicken

Spicy Mongolian Beef or

Chicken

Spicy Safood Trio

Flower Chicken

Broccoli Chicken, Beef or

Shrimp

Royal Dish

Hibachi Ginger Salad

Singapore Rice Noodles

Pad Thai Noodles

Lo Mein

Al La Carte

All Soups

Lo Mein

Brown Rice

Sushi

Seaweed Salad

Ahi Tuna

Edamame

All Nigeri and Sashimi Sushi are good choices.

All Special Sushi Rolls are good choices. Limit the fried rolls such as Dynamite

Tenders 18341 Statesville
Rd, Cornelius

Grilled Tenders

Sandwiches

Cali Club Chicken

Grilled Chicken

Crispy Chicken (on occasion)

Grilled Hawaiian

Bowls

Thai Peanut

Saucy

Salads

Yia's Yia's Greek

Fruit Harvest

Hail Caesar

Sides

Roasted Broccoli

Chile-Lime Corn

Tampa Beans and Rice

Feta Tomato Salad

Apple Slices

The Egg 231 Griffith St,
Davidson

Breakfast Items

*choose grits, wheat toast and tomato as sides
when available

Omelettes:

4 Veggie

Western

Spinach

Neptune

Mexican

Eggs of choice - add ham, grits, tomatoes
and toast

Egg-ceptional Sandwiches:

Eggwich w/ cheese and ham

Stuffin Muffin

Western

Breakfast Burritio

Skillet Dish w/ ham, cheese and
veggies

The Egg cont'd

Pancakes

Full or Short Stack w/ ham

Cakes and Eggs w/ ham

2-2-2

Ham and Cheese Scramble

French Toast made w/ wheat bread and ham

Famous Benedicts

Eggs Benedict

Tomato Bene

Eggs Benedict Florentine

Crabmeat Benedict

Hawaiian Bene

Lunch Menu

*choose whole wheat bread and slaw, potato/macaroni salad or tomatoes as side

Chicken Philly

Roast Beef Club

Smoked Ham and Swiss

Real Roasted Turkey

Turkey Club

Veggie Wrap

Chicken Salad

Chicken Salad Club

Tuna Salad/Tuna Salad Club

Egg Salad

Chicken or Steak Quesadilla

Chicken Cordon Bleu Melt

Cajun Melt, with 1 cheese

Chicken Salad Melt

Turkey Melt

BBQ Chicken Melt

Egg Salad Melt

Turkey Rueben

Chef Salad

Chicken Salad Plate

Tuna Salad Plate

Grilled Cajun Chicken Salad

Neptune
Salad

The Famous Toastery 101 N Main

St, Davidson

Breakfast

*Choose fruit, whole wheat toast or grits for sides

2 or 3 eggs ant style

Egg and Cheese Sandwich

The Burrito

Sunrise Burrito

Huevos Rancheros

New Yorker

Bagel Breakfast

Omelets w/ veggies, cheese,
turkey/ham/lox

Greek Omelet

Western Omelet

The Runner

SMG

Griddle Combo

Classic Benedict

Cali Benedict

Florentine Benedict

Avocado Benedict

Lunch

Grilled Chicken

Turkey Sandwich

Left Coast BLT

Tuna Salad

Club

Chicken Salad

Turkey Reuben

Egg Salad

Grilled Chicken Wrap

Buffalo Chicken Wrap

Portobello and Roasted Veggie
Wrap

Black Bean Wrap

Blackened Chicken Caesar Wrap

All Salads

Tuna Salad Melt

Chicken Salad

Melt

Turkey and Brie

Melt

The Pickled Peach 202 S Main St,
Davidson

Sandwiches

Turkey
Roast Beef
Slow Braised and Pulled Chicken
White Bean Hummus
Ham
Slow Braised Beef

All Salads

add chicken for protein

Viva Chicken 9121 Sam Furr Rd,
Huntersville

Rotisserie Chicken

Recommended sides:

Solterito
Green beans
Canary Beans
Quinoa
Cilantro Rice
Plantains
Yuca
Chicken Soup
Fresh Fruit
House Salad

Salads (add chicken for protein)

Serrano Cobb
Quinoa Stuffed Avocado
Viva
Limena Chopped
Andina Power Food
Amazon Caesar

Sandwiches and Specialties

Inca Wrap
Naked Peruvian Wrap
The Great
Sopa de Pollo
Taco Bowl - add chicken

Recommendations by Restaurant Type

Asian: Iron Grill, Hibachi Star, Kobie, Sakura, Pisces, Kung Fu Noodle

Choose:

Teriyaki Chicken, Steak or Shrimp
Hibachi Chicken, Steak, shrimp or flounder
Lo Mein/Noodles
Sauces - brown, white, garlic, bean
White or Brown Rice
All vegetables

Avoid:

- * Tempura or fried
- * Sweet and Sour Sauce
- * Fried rice, chow mein noodles
- * Egg Rolls, Spring Rolls, Won Tons
- * Avoid breading/frying of meats - General Tso's, Kung Pao

Italian: Carrabas, Olive Garden, Brooklyn South

Choose:

- * Minestrone soup or garden salad for starter
- * Tomato-based or white wine sauces
- * Grilled chicken or fish with pasta and vegetables
- * 1/2 portions where appropriate

Avoid:

- * Cheese stuffed pastas such as ravioli, manicotti, cannelloni
- * Fried items such as parmesan/parmegiana
- * Cheese sauces or cream sauces such as alfredo, carbonara
- * Too much bread. Use olive oil instead of butter

Mexican: Chipotle, Moes's, Qdoba, Zappata's

Choose:

- * Chicken soft tacos, burritos, fajitas with chicken, shrimp or veggies
- * Use salsa and quacamole for flavoring
- * Choose naked dishes or bowls

Avoid:

- * Heavy cheese and sour cream
- * Chips/Nachos, chimichangas, chalupas, taco salad shells

Pizza: Domino's, Fuel, Pizza Hut, Brixx, Brooklyn South, Alino's

Choose:

- * Cheese, veggies, ham, chicken, pineapple for toppings
- * Thin and crispy crust if trying to save calories
- * Hand-tossed or thin crust over pan to reduce fat
- * Whole wheat crust when available
- * Include a side salad
- * Ask for 1/2 the cheese

Avoid:

- * Sausage, pepperoni and hamburger toppings
- * Extra cheese
- * Stuffed Crust/Pan crust

Sandwich Shops: Subway, McAlister's, Jersey Mike's, Firehouse, Quizno's, Which Wich, Jimmy John's

Choose:

- * Whole grain breads, wraps or pita
- * Choose chicken, turkey, ham or roast beef, hummus for protein
- * As many vegetables as possible - spinach, lettuce, tomatoes, onions, pickles, peppers, olives, etc
- * Small amt of mayo, light mayo or oil and vinegar for fat

Avoid:

- * Sauces such as thousand island
- * Extra cheese
- * Salami, pastrami, pepperoni, bologna
- * Breaded meats of any type

Fast Food

Choose fast food restaurants in moderation.

Chick Fil A (open until 10pm)

Grilled Chicken Salads

Grilled Chicken Sandwiches on wheat

All Cool Wrap Sandwiches

Chick Fil A Sandwich on wheat

Egg White Grill

Yogurt Parfait

Sides: fruit, salad, superfoods salad, chicken noodle soup

McDonald's (open 24 hrs and breakfast items served 24 hrs)

All Grilled Chicken Sandwiches
All Grilled Chicken Salads
Egg McMuffin
Fruit and Maple Oatmeal
Fruit and Yogurt Parfait
Bacon, Egg and Cheese Bagel
Apple Slices

Wendy's (open until 2 am)

Grilled Chicken Sandwiches
Grilled Chicken Salads
Baked potato
Chili
Apple Bites
Fruit Cup

Arby's (open until 11pm)

Turkey Gyro
Turkey Avocado Club
Pecan Chicken Salad
All Roasted Turkey Sandwiches
Roasted Turkey Farmhouse Salad
Roast Beef Sandwich

Dunkin Donuts

Ham, Egg and Cheese Muffin
Turkey Sausage Muffin
Veggie Egg White Muffin
Egg and Cheese Muffin
Wake-Up Wraps