



Central Avenue

SPECIAL IMPROVEMENT DISTRICT | JERSEY CITY, NJ | JCHights.com

EAT HEALTHIER. EAT LOCAL! #HealthierJC

Hola Doctor
**HEALTHY
MENU**

DAHLIA'S ICE CREAM SPOT

290 CENTRAL AVENUE
(201) 963-1899

YOCREAM FROZEN YOGURT

\$5.75

All nonfat and NSA flavors are low in sodium and cholesterol. Choose from vanilla, peach, mango, pomegranate raspberry, and strawberry flavors.



EL GORDO RESTAURANT

291 CENTRAL AVENUE
(201) 706-3425 | ELGORDOCHICKEN.COM

CEVICHE DE PESCADO

\$13.75

Raw fresh fish marinated in lime juice served with onions, sweet potato and Peruvian corn.



DULCE DE LECHE BAKERY

376 CENTRAL AVENUE
(201) 626-1888 | DULCEDELECHEBAKERY.COM

MORNING SUNSHINE

\$5.5

With no artificial fruit juices or added sugars this delicious and refreshing drink provides a hearty serving of vitamin C & antioxidants.



WONDER BAGELS

331 CENTRAL AVENUE
(201) 659-5300 | WONDERBAGELS.COM

WONDER WRAP

\$6.49

Peppers, Onions, Spinach, and Egg Whites on Whole Wheat Wrap.



GINO'S RESTAURANT AND PIZZERIA

380 CENTRAL AVENUE
(201) 659-6464 | GINOSPIZZAJC.COM

ANDREW'S SPECIAL

\$12.5

Whole wheat penne with escarole, cannellini beans and hot cherry peppers.



EL SABROSO RESTAURANT

414 CENTRAL AVENUE
(201) 216-1497

MARTHA

\$8

Baked chicken breast with boiled banana served with a green salad.



ANDREA SALUMERIA

247 CENTRAL AVENUE
(201) 653-1666 | ANDREASALUMERIA.COM

ANTONETTE'S TUNA

\$8.5

Tuna in olive oil with ice berg lettuce, fresh tomatoes, garlic, peppers and dressing.



LOS TRES CHILITOS

456 CENTRAL AVENUE
(201) 216-9699

CACTUS SALAD

\$11

Steam Cactus with Pico De Gallo, Jalapeno, Fresh Mexican Cheese, Avocado and grilled tilapia filet.



RENATO'S PIZZA MASTERS

278 CENTRAL AVENUE
(201) 659-2232 | PIZZAMASTERSJC.COM

TUSCAN CHICKEN SALAD

\$11.95

Char-grilled chicken, baby lettuce, roasted peppers, eggplant and penne pasta with balsamic vinaigrette dressing and sprinkled with parmigiana.



ANGEL AZUL BAKERY

460 CENTRAL AVENUE
(201) 386-1770 | ANGELAZULBAKERY.COM

ALIYAH'S SPECIAL

\$4

Gluten Free bread (Pandebono/ Pan de Yuca) and Natural Juices.

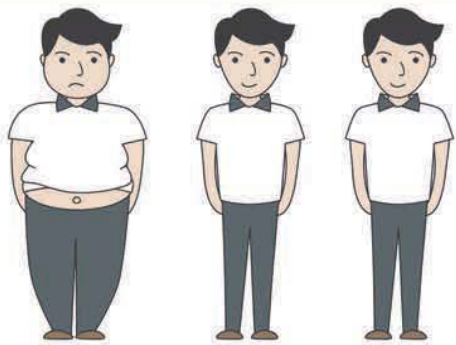




**HISPANIC AND
AFRICAN AMERICAN CHILDREN
HAVE A 50% CHANCE
OF DEVELOPING
DIABETES**

19%

OF JERSEY CITY POP
UNDER AGE 65YRS
**DOES NOT
HAVE
HEALTH INSURANCE**



1/3 OF U.S. ADULTS
SUFFER FROM
OBESEITY

*CDC NCHS & U.S. Census Bureau.

For **FREE** Health education events visit HolaDoctor at **353 Central Ave JC, NJ** or call to
1(844) 846.5246



www.jcheightsyoga.com

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& LIQUORS**

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