

Restaurants ♥ = yes we carry this \$ = yes we carry this, for an extra charge	Nutritional info available	Offer broil, baked, grilled, steamed, or poached options	Reduced portions or ½ portions	Prepare food without added salt or MSG	Substitute salad, fruit, or vegetable in place of high fat side	Egg substitutes available	High fat sauces, gravies and salad dressings on side	Whole grain options	Skim or 1% milk	Healthy items noted on menu	Outside eating available but not entirely smoke free ♥ Outside eating area is entirely smoke free ♥♥
9th Street Café 900 Laurel Highland, 62244		♥	♥	♥	♥	\$	♥				
54th Street Grill & Bar 6660 Edwardsville Cr. Dr Edwardsville, 62025		♥	♥	♥	♥		♥	♥	♥		
Alfonzo's Pizzeria #2 Schiber Ct Maryville, 62062	♥	\$	♥	\$			\$				
Alton Marina Deli 1 Henry St Alton, 62002			♥	♥	♥		♥	♥		♥♥	
Alton VFW 4445 Alby Alton, 62002		♥		♥	♥		♥	♥			
Amerillo Tex's Steakhouse 180 E. Centre Dr Alton, 62002			♥	♥	♥		♥	♥			
Argosy Alton Casino 1 Piasa St Alton, 62002		♥			♥		♥	♥			
Auntie Anne's SIUE Campus	♥			♥			♥				
Beacon Inn # 2 Holiday Point Parkway Edwardsville, 62025		♥	♥	♥	♥		♥	♥		♥♥	
Bella Milano 10635 St. Hwy 157 University Pt Center Edwardsville, 62025		♥		♥	♥		♥	♥	♥	♥♥	
Berkshire Inn Restaurant & Lounge 605 Berkshire Blvd. East Alton, 62024			♥	♥	♥		♥	♥		♥	
Blimpie Subs & Salads 1099 D. Beltline Road Collinsville, 62234	♥	♥	♥	♥			♥	♥	♥	♥♥	
Bossanova Restaurant & Lounge 112 W Third Alton, 62002		♥					♥			♥♥	

Bowl Haven Lanes/Snack Bar 3003 Washington Ave Alton, 62002	♥	♥	♥		♥		♥	♥			
Burger King Various Metro East Locations	♥	♥		♥	♥		♥		♥		♥
Buzzies Again 418 Walnut St. Highland, 62249		♥	♥		♥	♥	♥	♥			
Center Court Café SIUE Campus	♥	♥	♥	\$	\$	\$	♥	♥	♥	♥	♥♥
Central Market 1303 Central Ave Alton, 62002				♥			♥				
Chick-fil-a SIUE Campus	♥	\$		♥	♥						
Chang Hing Chop Suey 204 Madison Ave Madison 62060			♥	♥							
Club Centre Hero's (MotoMart) 1 Club Centre Dr. Edwardsville, 62025			♥	♥				\$	\$	♥	♥
Cold Stone Creamery 2100 Troy Rd. Suite 101 Edwardsville, 62025	♥									♥	♥
Common's Grill SIUE Campus		♥						\$		♥	
Culver's Various Metro East Locations	♥	♥	♥	♥	♥		♥			♥	♥
Cypress Restaurant 1222 Broadway Highland, 62249		♥	♥	♥	♥	♥	♥	♥	♥		
Dairy Freeze 250 St. Louis Rd Collinsville, 62234	♥									♥	♥♥
Dairy Queen Various Metro East Locations	♥	♥	♥	♥	♥		♥	♥	♥		♥
DeCamp Jct. Inc. 8767 St. Rt. 4 Staunton, 62088			♥				♥				♥
Donut Palace 443 S. Buchanan St Edwardsville, 62025		♥				\$	\$	\$	♥		
Donzo's East #12 E. Ferguson Ave Wood River, 62095		♥	♥	♥	♥		♥	♥			

East Alton Ice Arena 631 Lewis & Clark Blvd East Alton 62024				♥							
Edible Arrangements 1001 Century Dr., Edwardsville, 62025											
Ernie & Annie's, Inc. 935 Niedringhaus Ave. Granite City, 622040											
Farmer's Restaurant & Bakery 15 Central Blvd Highland, 62249	♥	♥	♥	♥	♥		♥	♥		♥	
Freshen's SIUE Campus	♥										
GC Cuisine & Crystal Garden 1230 University Dr. Edwardsville, 62025	♥	♥	♥	♥	♥		♥	♥	♥	♥	♥♥
Golden Corral 1079 Collinsville Blvd. Collinsville, 62234	♥	♥		♥	♥	\$	♥			♥	
Hampton Inn & Suites Complimentary Breakfast 5723 Heritage Crossing Dr Glen Carbon, 62034					♥		♥	♥	♥		
Hen House Family Restaurant 1250 E Chain of Rocks Rd Mitchell, 62040						\$	♥				
Hing Wah Chop Suey 860 Wood River Ave. Wood River, 62095			♥	♥							
Hurricanes Bar & Grill 222 W. Main St. Collinsville, 62234											
Imo's Pizza Various Metro East Locations	♥		♥				♥				
Joe K's Restaurant 2530 State St. Alton, 62002		♥	♥	♥	\$	\$	♥	♥			
Julia's Banquet Center 101 Alton Square Mall Alton, 62002	♥	♥		♥	♥	♥	♥	♥	♥		
King Louie's Drive-In 315 S. 6 th St. Wood River, 62095				♥	♥		♥				♥

Knights of Columbus Columbus Plaza Collinsville, 62234	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥
Laurie's Place 228 Main. St. Edwardsville, 62025		♥	♥	\$	\$		\$				♥♥
Lisa's Diner 1621 Madison Ave Granite City, 62040		♥	♥	♥	\$	♥	♥	♥	♥		
Marine Bar & Grill 143 N. Duncan Marine, 62061				♥			♥				
Marko's Fish 820 Madison Ave. Madison, 62060											
Marx Brother's Restaurant 1000 Laurel St. Highland, 62249-1504		♥	♥	♥	♥	♥	♥	\$	♥		♥♥
Moose Lodge Various Metro East Locations		♥	♥	♥	\$		♥	♥	♥		
My Brother's Place 117 Market, Troy, 62294		♥	♥		♥		♥				
My Just Desserts 31 E. Broadway Alton, 62002			♥	♥	♥		♥	♥	♥		
New China 2663 Northtown Way Highland, 62249	♥	♥	♥	♥	\$	\$				♥	
New Moon Bar & Eatery, Inc. 308 W. Mac Arthur Dr., Cottage Hills, 62018		♥	♥	♥	♥		♥	♥	♥		♥
Olga's Kitchen 206 Alton Square Alton, 62002	♥	♥	♥	♥	\$		♥				
Pantera's Pizza 1522 Troy Rd Edwardsville, 62025							♥				
Pasta House Co. 1097 S. St. Rt. 157 Edwardsville, 62025	♥	♥	♥	♥	♥		♥			♥	
Phil's Bar & Grill 225 E. Edwardsville Rd. Wood River, 62095		♥		♥	♥		♥		♥		

Phyl's Chet & Rose's 204 N. Duncan Marine, 62061	♥	♥		♥							
Pizza Hut SIUE Campus		♥		♥			♥				
Ponderosa Steakhouse Various Metro East Locations	♥	♥	♥	♥	♥		♥	♥	♥		
Princovalli Café, Inc. 602 East. 3 rd St. Alton, 62002	♥	♥	♥	♥	♥		♥	♥	♥		
Putter's Bar & Grill 7700 Stonebride Golf Dr. Maryville, 62062		♥					♥	♥			♥
Ramon's Eldorado Restaurant 1711 Collinsville Rd. Collinsville, 62234	♥	♥		♥	♥		♥	♥		♥	♥♥
Red Apple Various Metro East Locations		♥	♥	♥	♥	\$	♥	♥		♥	
Roma's Pizza 121 E. Bethalto Dr. Bethalto, 62010			♥				♥				
Sandwich Shop 214-16 West Main St. Collinsville, 62234					♥		♥	♥			
Shangri-la Restaurant 1039 Century Dr. Edwardsville, 62025	♥	♥	♥	♥			♥	\$	♥	♥	
Shenanigan's Bar & Grill Two 157 Center Edwardsville, 62025	♥	♥	♥	♥	\$	♥	♥			♥	♥
Skywalk Café SIUE Campus							♥	♥	♥		
Soccer For Fun, Inc. 4141 Hwy 111 Pontoon Beach, 62040		♥					♥				
Starbuck's SIUE Campus	♥							♥	♥	♥	♥♥
Steak n Shake 606 N. Bluff Rd Collinsville, 62234	♥	♥		♥	♥	\$	♥	♥		♥	
Subway Various Metro East Locations	♥	♥	♥	♥	♥		♥	♥	♥	♥	
Sweeties/ Queen's Cuisine 123 Glen Crossing Rd. Glen Carbon, 62034		♥	♥	♥	♥		♥	♥	♥	♥	♥♥

Taco Bell Various Metro East Locations	♥	♥		♥	♥						
Temple Entertainment Inc. Spirits 300 State St. Alton, 62002		♥	♥	♥	♥		♥	♥			
Thymes Past-A Bistro & Wine Bar 2223 State St. Alton, 62002		♥	♥	♥	♥		♥				♥♥
Tony's Lounge, Inc 312 Piasa St. Alton, 62002		♥	♥	♥	♥		♥	♥			♥♥
Town Club of Alton Bar & Grill 2400 E. Broadway Alton, 62002		♥		♥	♥		♥				
Townsend Café 157 N. Main, Suite 106 Edwardsville, 62025		♥			♥		♥	♥			
University Restaurant SIUE Campus		♥		♥	♥		♥	♥			♥♥
V.F.W. Post 1300 3401 Century Dr. Granite City, 62040				♥	♥		♥	♥			
V&R Pizza 3361 Fehling Rd Granite City, 62040							♥				
White Castle 2998 Homer Adams Pkwy Alton, 62002	♥			♥							
Wilson's Park n Snack Properties 703 St. Louis Rd. Collinsville, 62234-2020		♥	♥	♥			♥	♥			♥♥