

DINING



OUT

Macheezmo Mouse Healthy Mexican Food

199 E Fifth Street • 345-3114

BURRITOS - \$4.00

Choice of flour or wheat tortilla filled with brown rice, black beans, and low-fat jack cheese topped with Boss Sauce, salsa, fresh greens.

- ▼ **CHICKEN** - Skinless chicken. Calories 580 - 17% from fat
- ▼ **COMBO** - Beef chili & chicken. Calories 630 - 17% from fat
- ▼ **VEGGIE** - Marinated veggies. Calories 655 - 11% from fat

SALADS - \$4.00

- ▼ **CHICKEN SALAD** - Calories 445 - 23% from fat
- ▼ **VEGGIE TACO SALAD** - Calories 655 - 20% from fat
- ▼ **VEGGIE POWER SALAD** - Calories 200 - < 1% from fat

Entrees Shown are Samples of Our Menu Items

▼ Meets the American Heart Association's guidelines for fat, cholesterol, and sodium.
We believe in fresh food preparation. We bake, grill or steam—never fry.
It tastes good and it's good for you!

Macheezmo Mouse HEALTHY MEXICAN FOOD

Macheezmo Mouse Healthy Mexican Food is a new breed of fast food restaurant committed to serving high-quality Mexican food prepared simply—at an affordable price. We bake, grill or steam—no fryers are used. Prepared fresh daily, our food tastes good and is good for you.

Founded in 1981 in Portland, Oregon, Macheezmo Mouse now has 18 locations: 11 in Oregon and seven in Washington. Our recipes originate from the Oaxaca Marketplace in southern Mexico. The menu has been designed to be not only tasty and healthy, but to allow customers a significant degree of choice with respect to the nutritional content of their meal. Because many of our customers are interested in healthy eating, but not necessarily "health food," taste is extremely important. We use black beans, brown rice, skinless chicken, fresh salsa and low-fat jack cheese, and rely on herbs, spices and other natural flavors instead of fat and salt to provide tasty selections. While most of the food is mildly spiced to accommodate sensitive palates and children, we offer a self-serve salsa bar with fresh chilies and homemade salsas and sauces to spice up your meal to your taste. We also offer microbrewed and other beer choices. Two-thirds of our menu items meet or exceed the American Heart Association's guidelines for fat, cholesterol and sodium.

Macheezmo Mouse customers not only enjoy our nutritious, great tasting food, but also appreciate that we are firm in our commitment to find environmentally responsible solutions for all aspects of our business—from carry-out packaging to the recycling of food containers.

What's most important to us is that we are able to offer America the option, motivation and opportunity to take a small step in the right direction—to eat healthy and enjoy it.

LOUIE'S VILLAGE RESTAURANT AND LOUNGE



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Brails Restaurant

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Rice Bowl

Chicken, Beef & Tofu
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ORDERS TO GO
AVAILABLE
M - S 7 AM - 8 PM
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Try Our Homestyle **Korean Food**

KOREAN FOOD HOURS • MON - SAT. 12 - 8 PM
343-1542 • 1689 Willamette
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We take reservations for parties up to 25