

To be qualified for the Gold Plate Dining Guide, restaurants had to fill out a mailed survey. The restaurant had to receive an 80% or higher to be qualified for this brochure.

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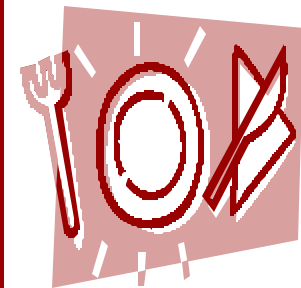
Trumbull County General
Health District

If you have any questions regarding this list,
please call the TCGHD, ask for
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(330) 675-2489
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Trumbull County
General
Health District

Gold Plate
Restaurant
Directory



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Gold Plate Restaurant Guide

This directory was designed to help residents and visitors of Trumbull County choose heart health restaurants. With Americans becoming more aware of their diet patterns, individuals are looking for healthy alternatives at their favorite restaurants.

Some helpful tips to follow are:

- Look for the words “baked, broiled, roasted, or grilled”
- Choose fat free salad dressing and low fat desserts
- Choose the most colorful meal on the menu
- Ask for whole wheat bread for sandwiches or toast
- Don't super size

The following are the restaurants that qualified for this year's Gold Plate Restaurant Dining Guide.

Abruzzi's Café 422 422 Youngstown Warren Rd. Warren, OH 44484	(330)369-2422	Pagz Bar & Grill 119 North Main St. Niles, OH 44446	(330) 534-2215
Applebee's 904 Great East Plaza Niles, OH 44446	(330)544-1800	Ponderosa 3581 Elm Rd Warren, OH 44483	(330)372-6668
Boston Market 1997 Niles-Cortland Warren, OH 44484	(330)544-5101	Ruby Tuesday 5555 Youngstown-Warren Rd Niles, OH 44446	(330) 652-6636
Brookfield Dairy Queen 7140 Warren-Sharon Rd Brookfield, OH 44403	(330)448-6711	Subway One Main St. Niles, OH 44446	(330) 652-2238
Fortune Garden Chinese Restaurant 4245 Belmont Av Youngstown, OH 44505	(330)759-9166	Subway 5555 Youngstown Rd. Niles, OH 44446	(330) 652-7313
Hometown Buffet 5555 Youngstown Rd Niles, OH 44446	(330)652-5678	Subway 3660 Niles- Cortland Rd. Cortland, OH 44410	(330)638-3883
Howland Dairy Queen 6033 E. Market St Warren, OH 44484	(330)395-2034	Subway 17 River St. Newton Falls, OH 44444	(330)872-1555
Inner Circle Pizza Belmont 3570 Belmont Ave. Youngstown, OH 44505	(330)759-7896	Subway 6261 Youngstown-Warren Rd. Niles, OH 44446	(330)544-5200
Olive Garden 5740 Youngstown Rd Niles, OH 44446	(330) 652-2014		