

Convenient Restaurants who will Accommodate Low-fat Needs

- 1. The Delectable Egg** (11 min walk)
1625 Court Pl, Denver, Co
<https://www.delectableegg.com/location/delectable-egg-denver-downtown/>
303-892-5720
Hours: 7am- 2pm (daily)
Notes: Notable item* French toast made with apple juice & eggwhites!
- 2. Snarf's Sandwiches** (3 min walk)
891 14th St #110, Denver, CO 80202
<https://www.eatsnarfs.com/denver-spire>
303-573-3939
Hours: 11am- 8pm (Daily)
Notes: Small sandwich uses approx. 2.25 oz meat; Medium sandwich uses approx 4.5 oz of meat; Large sandwich=6.75 oz of meat. For Turkey 2oz of meat=1g fat. For Ham 3 oz of meat=2.5g fat: The "fresh" bread uses no oil, no eggs, and no butter!
- 3. Poke Club** (2min walk)
1520 Stout St Suite 1A, Denver, CO 80202
<https://www.pokeclubstout.com/>
(720) 904-7021
Hours: 11am-9pm (Mon-Fri); 12pm-9pm (Sat); 12-8pm (Sun)
Notes: Delivery available/Carryout ends 15 mins before closing every day! Steamed Shrimp steamed; Raw: Tuna and salmon available; Chicken grilled; Raw veggies and plain rice is available.
- 4. Blue Sushi Saki Grill** (15 min walk)
1616 16th St, Denver, CO 80202
(303) 640-3655
<https://bluesushisakegrill.com/locations/colorado/denver>
Hours: 11am-10pm (Mon-Thurs); 12pm-11pm (Sat); 12pm-9pm (Sun)
Notes: Delivery available
- 5. Hapa Sushi Grill and Sake Bar**
1514 Blake St, Denver, CO 80202
720-354-5058
<https://hapasushi.com/pages/lodo>
Hours: 11am-10pm (Sun-Thurs); 11am- 12am (Fri-Sat)
Notes: Delivery available only until 9pm