

# INTERNATIONAL METABOLIC CONFERENCE

FOR FAMILIES AND INDIVIDUALS IMPACTED BY FATTY ACID  
OXIDATION DISORDERS

## RESTAURANTS WITH LOW FAT OPTIONS

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### Poke Poke - Sushi Unrolled

26579 Evergreen Rd  
Southfield, MI 48076

\*15 min drive from Detroit Country Day School and 8 min drive to Marriott Hotel

Hours: 10:30am – 9pm  
Phone: 248-354-4000

Website: [https://eatpokepoke.com/menu/?utm\\_source=GoogleBusinessProfile&utm\\_medium=organic&utm\\_campaign=gmb-menu-link](https://eatpokepoke.com/menu/?utm_source=GoogleBusinessProfile&utm_medium=organic&utm_campaign=gmb-menu-link)

Nutrition: <https://eatpokepoke.com/wp-content/uploads/2024/06/Poke-Poke-Nutrition.pdf>



### Zao Jun New Aisan & Sushi

6608 Telegraph Rd,  
Bloomfield Hills, MI 48301

\*8 min drive from Detroit Country Day School and 9 min drive to Marriott Hotel

Phone: 248-949-9999  
Hours: 11:30 am- 10pm

Website: <https://zaojunnewasian.com/menus/>



### Chipotle

26147 Evergreen Rd  
Southfield, MI 48076

\*8 min drive from Detroit Country Day School and 9 min drive to Marriott Hotel

Phone: 248-353-3448  
Hours: 10:45am- 10pm

Nutrition: <https://www.chipotle.com/nutrition-calculator>



## Panera Bread

28681 Telegraph Rd  
Southfield, MI 48034

\*11 min Drive From Detroit Country Day School and 7 min drive to Marriott Hotel

Phone: 248-352-0936

Hours: 6am-10pm

Nutrition: <https://www.panerabread.com/content/dam/panerabread/documents/c2-24-nutrition-guide.pdf>

Notes: You can build your own salads and customize as needed!



## Beau's Grillery

4108 W Maple Rd  
Bloomfield Hills, MI 48301

\*9 min drive from Detroit Country Day School and 9 min drive to Marriott Hotel

Phone: 248-626-2630

Hours: 11am-10pm

Website: <https://www.beausbloomfield.com/menu#menu=dinner-ordering>

Notes: Can accommodate steamed shrimp and steamed veggies, boiled chicken breast and custom salad.



## Pho ChopstiX - Southfield, MI

28308 Telegraph Rd  
Southfield, MI 48034

\*6 min drive from Detroit Country Day School and 6 min drive to Marriott Hotel

Phone: 947-282-8535

Hours: 11am-8:30pm

Website: <https://www.skiplinow.com/shop/402337c>

Notes: Rice has no oil; Can request special dish of steamed rice with steamed veggies and shrimp. They have a sauce with no oil. You can also request pho with veggie broth instead of meat broth.