



Heart Healthy

RESTAURANT GUIDE

Our team of registered dietitians put together a guide of their favorite heart-approved, bariatric-friendly dishes from around Central Arkansas. Whether it's breakfast, lunch or dinner, these choices will help you feel confident in maintaining your health goals while dining out.

ARKANSAS
HEART
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HEART-HEALTHY RESTAURANTS *..... in Central Arkansas*

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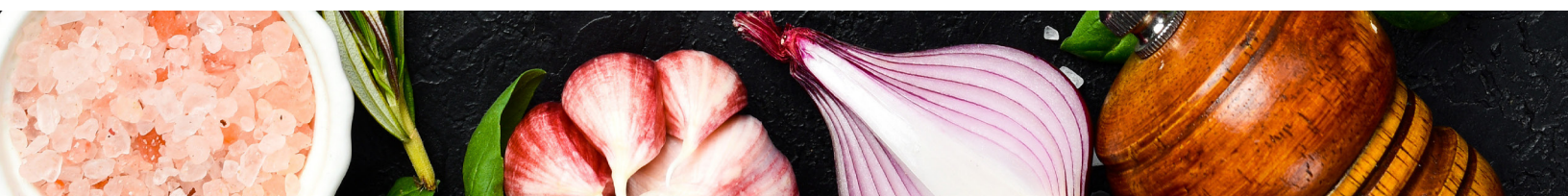
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*How did
we choose?*

Our registered dietitians recommend these restaurants because they offer at least one dish that is:

- ✓ Prepared with whole ingredients
- ✓ Low in sodium
- ✓ Bariatric-friendly



BROOD & BARLEY

About Brood & Barley

Located in North Little Rock's Argenta district, Brood & Barley elevates your pub favorites to a new level. The made-from-scratch kitchen and curated beer selection make this a go-to restaurant for neighbors and diners beyond.

Why we love it

Grilled salmon is rich in omega-3 fatty acids, which may help improve triglycerides and cholesterol levels and reduce the risk of cardiovascular disease. It's topped with a gochujang glaze and served with bacon and barley stir fry and crispy carrots. Barley is rich in fiber, which has many health benefits. Consider opting for stir fry without bacon for further heart-healthy benefits, although bacon in moderation can be beneficial for collagen production in the body.

Try this!
Korean BBQ Salmon



[411 Main Street, North Little Rock](#)
[501.400.8967](tel:501.400.8967) | broodandbarley.com

CITY SILO TABLE + PANTRY

About City Silo

City Silo has reimagined Southern comfort food with health in mind. Their menu caters to most health goals, with options for vegan, vegetarian and omnivorous diets. Breakfast, lunch and dinner are full of foods made with fresh, whole ingredients that leave customers full of energy and sufficiently full.

Why we love it

It's important to start your day with good foods that will keep you energized throughout the day. City Silo's Pico de Cado Toast is topped with a serrano avocado spread and pico de gallo. It's finished with an egg that provides healthy fats and protein to keep you full and help maintain your cholesterol and blood sugar levels. Pair your toast with a Greek Yogurt Bowl, topped with berries and chia seeds to get your calcium, fiber and additional protein. This combination of foods is sure to provide you with many antioxidants to help you stay pleasantly full until you're ready for your next meal or snack.



[17701 Chenal Parkway, Little Rock](https://www.thecitysilos.com)
[501.298.8098 | thecitysilos.com](https://www.thecitysilos.com)

Try this!
Pico de Cado Toast with a Fried Egg + Greek Yogurt Bowl



ALL IN A BOWL

About All In A Bowl

This unique Little Rock restaurant serves healthy, fresh options, such as salads, açai bowls and smoothies. Dishes can be customized to your health and nutrition needs for a personalized experience every time you visit. They also offer unique meal plans that can be created in the restaurant or made at home.

Why we love it

An açai bowl is a nutrient-dense smoothie bowl served with fresh fruits, a fiber source and a topping. This dish is topped with honey and comes with bananas, strawberries, blueberries and granola. Strawberries and blueberries are considered superfoods with antioxidants, vitamins and fiber that support brain function and heart health. Bananas have potassium and vitamins A and K, which support blood pressure regulation and digestion. The honey topping contains antibacterial, antimicrobial and anti-inflammatory components which promote wound healing and boost our immune systems.

Try this!
Açai in a Bowl



[1501 N University Ave, Little Rock](#)
[501.500.3023](#) | [allinabowl.com](#)

LOBLOLLY CREAMERY

About Loblolly

From a long-standing staple in the SOMA district to two additional locations across Central Arkansas, Loblolly Creamery has quickly become a fan favorite for sweet treats. Their ice cream is made in small batches with fresh seasonal ingredients. The creamery prides itself on catering to a wide range of allergens and dietary restrictions with its offerings.

Why we love it

Not only is this one of their most popular flavors, the Dark Chocolate Sorbet ticks multiple heart-healthy boxes! It's a vegan, dairy-free, low-fat and low-calorie treat. Dark chocolate contains antioxidants, polyphenols and flavonoids that help promote heart health. Some people say it's just like a fudge pop, making it the perfect sweet treat after a meal. Desserts can be part of a healthy lifestyle, just be careful not to overindulge.

Try this!
Dark Chocolate Sorbet



[115 N Market Street, Benton](#)
[1423 Main Street, Little Rock](#)

[2701 Kavanaugh Boulevard, Little Rock](#)
[501.503.5164 | \[loblollycreamery.com\]\(http://loblollycreamery.com\)](#)

NEXUS COFFEE & CREATIVE

About Nexus

Located in Little Rock's River Market district, Nexus Coffee & Creative has been a popular gathering place for coffee lovers and tea enthusiasts for more than 10 years. Plus, they roast their own coffee beans, offering customers a variety of flavors. Whether you need a burst of energy in the morning or an herbal tea in the afternoon, Nexus has your fix.

Why we love it

Good news for our coffee lovers! [Recent studies](#) have shown that people who regularly drink coffee have a decreased risk of developing cardiovascular disease. This Honey Lavender Latte is the perfect morning treat with a light, refreshing lavender flair and natural sweetness from local honey. Honey and lavender have anti-inflammatory properties and healing benefits, which are a plus for heart health.

Try this!
Honey Lavender Latte



[301 President Clinton Avenue, Little Rock](#)
[501.295.7515](tel:501.295.7515) | nexuscoffeear.com

TAZIKI'S MEDITERRANEAN CAFE

About Taziki's

Taziki's Mediterranean Cafe is a casual dine-in and take-out restaurant where each dish is curated with the Mediterranean diet in mind. Their menu consists of more than 100 items made from scratch. Many of their meals can be customized to include lean proteins, fresh vegetables and rice, making it a great heart-healthy destination.

Why we love it

Beef and lamb can be high in sodium and saturated fats, so choosing a lean protein like grilled chicken can satisfy your appetite while maintaining a heart-healthy diet. Taziki's gyros are made with Taziki sauce, fresh tomatoes, mixed lettuce and grilled onions. The sauce is made from strained yogurt, grated cucumber, garlic, olive oil and fresh herbs, making it a heart-healthy condiment. Ask for a side of fruit or a Tomato-Cucumber Salad for added fiber and nutrients.

Try this!

**Grilled Chicken Gyro
with a Side of Fresh Fruit or
Tomato-Cucumber Salad**



[12800 Chenal Parkway, Little Rock](#)

[15000 Cantrell Road, Little Rock](#)

[8200 Cantrell Road, Little Rock](#)

[10800 Bass Pro Parkway, Little Rock](#)

[724 Oak Street, Conway](#)

[95 E Joyce Boulevard, Fayetteville](#)

[1000 SE Walton Boulevard, Bentonville](#)

tazikis.com

THE ROOT CAFE

About The Root Cafe

A farm-to-table restaurant open for breakfast, lunch and dinner, The Root Cafe uses locally sourced ingredients for a menu that has everything from comfort favorites to healthy alternatives. It's also a community-driven space with workshops, guest speakers and classes that bring people together with whole foods in mind.

Why we love it

Traditional beef patties can be high in cholesterol and sodium. This mushroom alternative offers a healthier option without compromising on flavor. The patty is made with red quinoa, local mushrooms and local purple hull peas that provide a lot of necessary nutrients for the body. A good source of vitamin D, mushrooms can improve cognitive function and help lower cholesterol and blood pressure. Quinoa and purple hull peas are high in fiber and antioxidants, which improve cardiovascular and gut function. Sweet potatoes are a great source of vitamin C and potassium.

Try this!
**Vegetarian Mushroom Burger
with Sweet Potato Fries**



[10301 N Rodney Parham Road, Little Rock](#)
[1500 Main Street, Little Rock](#)
[501.414.0423](tel:501.414.0423) | therootcafe.com

THE TERRACE

About The Terrace

The Terrace is a family-owned Mediterranean restaurant that uses recipes handed down for generations with the hopes of bringing joy and inclusivity to food lovers.

Why we love it

Chicken is a great source of lean protein, making it a perfect addition to any heart-healthy diet. For this dish, the chicken breast is sautéed with artichokes, mushrooms and capers in a citrus sauce, served alongside rice and vegetables. Artichokes can help lower LDL cholesterol, regulate blood sugar levels and reduce inflammation. Capers also have high levels of antioxidants that support heart, brain and digestive health. With a lean protein source, antioxidants, fiber and vitamins, this flavorful dish is healthy for our hearts and minds.

Try this!
Citron Chicken



[2200 N Rodney Parham Road, Little Rock](https://www.theterracelittlerock.com)
[501.217.9393 | theterracelittlerock.com](https://www.theterracelittlerock.com)

TRIO'S

About Trio's

Going on its 40th year of service, Trio's is an award-winning restaurant that focuses on food made with natural, local ingredients that are good for the soul – and heart! The menu is curated with fresh salads, hearty sandwiches and gourmet dinners.

Why we love it

The famous Trio's Chicken Salad Sandwich is made with tarragon, red onion, celery and walnuts, all served on 12-grain bread. Tarragon, often used in French cuisine, is known as the "King of Herbs," because it is rich in vitamins A, C and K and important nutrients, like magnesium, iron and potassium. Walnuts are considered a "superfood" because they are rich in omega-3 and omega-6 fatty acids, which are great for brain and heart function. Chicken is a lean protein that contains all the essential amino acids for our bodies. Celery, red onion and 12-grain bread contain a variety of antioxidants that are rich in fiber.

Try this!
**Trio's Chicken Salad Sandwich
with a House Salad**



8201 Cantrell Road, Little Rock
501.221.3330 | triosrestaurant.com

ZAZA FINE SALAD & WOOD OVEN PIZZA CO.

About ZAZA

ZAZA is a fast-casual Italian restaurant that prides itself on oak-wood-fired Neapolitan pizzas, hand-tossed salads, and homemade gelato. Ingredients are locally sourced and perfectly curated for a classic dine-in experience or an easy take-out option.

Why we love it

Enjoy a meal perfect for two, starting with the ZAZA House Salad that combines sweet and savory. The salad is packed with fiber and vitamin K from the spinach and greens, plus antioxidant-rich blueberries and strawberries. It also includes goat cheese, which is good for gut health, candied pecans and a balsamic vinaigrette dressing. Add a slice of the Forager Pizza, which includes Mediterranean veggies like Kalamata olives, artichoke hearts, mushrooms and cherry tomatoes. It's a perfect combination for getting your daily macronutrients and meeting your heart-healthy goals.



5600 Kavanaugh Boulevard, Little Rock
501.661.9292 | zazapizzaandsalad.com

Try this!

ZAZA House Salad with Forager Pizza



Bonus RECOMMENDATIONS FROM



As one of Central Arkansas' most trusted food writers, our friend Kevin Shalin – better known as The Mighty Rib – is weighing in on his top heart-healthy picks in Little Rock. These delicious dishes offer a wide variety of foods that our bodies, minds and hearts need to thrive and perform at their best every day.

Petit & Keet **Cauliflower Steak**

Served with a butternut squash purée, roasted beets, kale, spiced pecans and dried cherries, topped with a champagne vinaigrette.

[1620 Market Street](#) | petitandkeet.com

Cafe Bossa Nova **Black Beans and Rice**

Slow-cooked Brazilian black beans served with a house-made rice and a bowl of collard green salad.

[2701 Kavanaugh Boulevard](#) | cafebossanova.com

The Pantry **Seared Salmon**

Served with spinach, quinoa and charred asparagus.

[11401 N Rodney Parham Road](#) | [722 N Palm Street](#) | littlerockpantry.com

Kemuri **Miso Glazed Black Cod**

Served with root vegetables and coconut rice.

[2601 Kavanaugh Boulevard](#) | kemurirestaurant.com

The Fold: Botanicas & Bar **Chickpea Wrap**

Made with chickpea and lime hummus, roasted poblano and corn, roasted sweet potatoes, cabbage and jalapeño ranch.

[3501 Old Cantrell Road](#) | thefoldlr.com

Copper Grill **Sesame Encrusted Ahi Tuna**

Seared rare with citrus-scented basmati rice and orange ginger sauce.

[300 E 3rd Street](#) | coppergrilllr.com

The Mighty Rib has been exploring and writing about Arkansas' colorful food scene since 2012! Ready to follow along?

themightyrib.com

