

Eastern Shore
HEALTHY
COMMUNITIES

HEALTHY
OPTIONS
RESTAURANTS



taste


THE GOOD LIFE.



Eastern Shore Healthy Communities is pleased to announce the following Healthy Options Restaurants, selected for having at least one adult and one child menu item that meet stringent calorie and nutrient criteria. Restaurant menu submissions were analyzed in “Spark Recipes” nutrition program. Enjoy Healthy Options meals at these restaurants and rest assured you will be eating well. These restaurants join Eastern Shore Healthy Communities partners in creating a healthier Eastern Shore.

Great Machipongo Clam Shack

6468 LANKFORD HWY
NASSAWADOX
(757) 442-3800

themachipongoclamshack.com 

Little Italy Ristorante

10227 ROGERS DR, NASSAWADOX
(757) 442-7831

francoLittleItaly.com 


Onancock General Store and Janet's Café

49 KING ST, ONANCOCK
(757) 787-9495




Becca's Cakes & More

24399 LANKFORD HWY, TASLEY
(757) 789-3686

beccacakesandmore.com 


The Inn and Garden Café

145 MARKET ST, ONANCOCK
(757) 787-8850

Theinnandgardencafe.com 

Mallards at the Wharf

2 MARKET ST., ONANCOCK
(757) 787-8558


mallardsllc.com 

Saigon Village

4069 MAIN ST.
CHINCOTEAGUE
(757) -336-7299


Blarney Stone Pub

10 NORTH ST., ONANCOCK
(757) 302-0300

blarneystonepubonancock.com 


Island House Restaurant

17 ATLANTIC AVE,
WACHAPREAGUE (757) 787-4242

theislandhouserestaurant.com 

Mallards Sidewalk Café

23410 FRONT ST, ACCOMAC
(757) 787-7321

mallardsllc.com 

Waterfront Restaurant

MAIN ST. POB 263
TANGIER ISLAND
(757) 891-2248

Cape Charles Coffee House

241 MASON AVE., CAPE CHARLES
(757) 331-1880

capecharlescoffeehouse.com 

King's Creek Inn

3018 BOWDEN LN, CAPE CHARLES
(757) 678-6355

KingsCreekInn.com

Market Street Grill

151 MARKET ST, ONANCOCK
(757) 789-5060



Ocean Deli

33591 CHINCOTEAGUE RD
WALLOPS ISLAND
(757) 824-4111



Wolff's Sandwich Shop

9576 ATLANTIC RD.
ATLANTIC
(757) 824-6466

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