

# Around the World in 100 Blue Zones Restaurants

The Blue Zones Project healthy restaurant movement has officially reached the century mark in the Beach Cities — meaning there’s something healthy and delicious for nearly every taste bud the world over.



**FRESH BROTHERS**  
These family owned restaurants are best-known for pizza, salad and wings — but with a healthy twist that includes options like The Fresh Kids Special Sauce (vegetable), whole wheat MegaGrain Crust and Vegan Tenders.



**TURQUOISE**  
A medley of freshly made Hummus, Masto-Laboo, Baba Ghanoush and Torshe Anbeh (pictured) are favorites at this Pan-Mediterranean eatery in Redondo Beach.



**WS CHINA BISTRO**  
Authentic Chinese cuisine like Moogoo Gai Pan (pictured) draws people from all over the South Bay to this Redondo Beach hotspot.



**SILVIO'S**  
Signature lean meats (pictured), delicious acai bowls, grilled veggies and salads are made with Brazilian flair at this local favorite on Pier Plaza.



**SPICE SIX**  
Traditional Indian dishes like Lamb Korma with Basmati Rice (pictured) are on the menu at this hidden gem in Hermosa Beach.



**FLYIN FIN**  
Fresh sushi is always on the menu at Flyin Fin in the Riviera Village, including its popular Pipeline Wrap with seared tuna, mango, avocado and onions (pictured).

**DID YOU KNOW?**  
Good Stuff was the first designated Blue Zones Restaurant and Chicken Maison was the 100th.

**WHAT IS A BLUE ZONES RESTAURANT?**  
Blue Zones Restaurants each complete a designation process that helps them enhance their menus, dishes and dining environment to make healthy choices easier for customers.

## HERMOSA BEACH

Abigaile  
Copacabana  
Dia de Campo  
El Gringo  
Good Stuff  
Greenbelt  
Gum Tree Café  
Hermosa Beach Fish Shop  
Hot's Kitchen  
Mediterraneo  
My Fit Foods  
New Orleans Cajun Cafe  
Ocean Diner  
Pedone's Pizza & Italian Kitchen  
Poulet Du Jour  
Sabra Beirut Mix

## Silvio's Brazilian BBQ

Spice Six  
The Rockefeller  
The Source Café  
The Spot  
Watermans  
Zanes

## MANHATTAN BEACH

Brooklyn Brick Oven Pizza  
China Grill  
DOMA Kitchen  
El Gringo  
Four Daughters Kitchen  
Fresh Brothers  
India's Tandoori  
Le Pain Quotidien

## Lido di Manhattan

Little Sister  
Mama D's  
Manhattan Bread & Bagel  
Manhattan Country Club Dining Room  
Manhattan Country Club Poolside Bar & Grill  
Marine Street Cafe  
OB's Pub & Grill  
Old Venice  
O-Sho Japanese Restaurant  
Second Story at the Belamar Hotel  
Sesame Moe's  
Sloopy's Beach Café  
Sushi Akatora  
The Kettle  
The Original Rinaldi's Italian Deli  
The Rockefeller Manhattan Beach

## Tin Roof Bistro Zinc @ Shade

## REDONDO BEACH

Al Hamra Halal Café  
Baleen  
Barney's Beanery  
Bluewater Grill  
Captain Kidd's  
Casa Arigato  
Catalina Coffee  
Chicken Maison  
Coyote Cantina  
Eat at Joe's  
El Gringo  
Fitch's Kitchen  
Flyin' Fin  
Fresh Brothers

## Giuliano's Delicatessen & Bakery

Good Stuff  
Happy Veggie  
Havana Mania  
Hostaria Piave  
Jersey Mike's Subs  
Jus' Poke  
King Shabu Shabu  
L&L Hawaiian Barbecue  
Locale 90  
Made By Meg  
Napoli Pizza and Pasta  
Natureba  
Ocean Tava  
Ocho Mexican Grill  
Orlando's  
Pho Show  
Phuket Thai

## Quality Seafood

R10 Social House  
Red Chopsticks  
Redondo Beach Café  
Rock & Brews  
Redondo Union H.S. Cafeteria  
Sacks on the Beach  
Silverado Beach Café  
Splash Bistro  
Superbowl Açai & Brazilian Juice Bar  
Tapas y Vino  
The Green Temple  
Turquoise  
Valentino's Shark Shack Pizza  
Wildflower Café  
Ws China Bistro  
Yum Thai Bistro  
Zayna Flaming Grill