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.

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

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<tr>
<th>HERMOSA BEACH</th>
<th>MANHATTAN BEACH</th>
<th>REDONDO BEACH</th>
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</thead>
<tbody>
<tr>
<td>Abigaile</td>
<td>Silvio’s Brazilian BBQ</td>
<td>Giuliani’s Delicatessens &amp; Bakery</td>
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<tr>
<td>Copacabana</td>
<td>Spice Six</td>
<td>Good Stuff</td>
</tr>
<tr>
<td>Ola de Campo</td>
<td>The Rockefeller</td>
<td>Happy Veggie</td>
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<td>El Gringo</td>
<td>The Source Café</td>
<td>Havana Maria</td>
</tr>
<tr>
<td>Good Stuff</td>
<td>The Spot</td>
<td>Hostaria Piave</td>
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<td>Greenbelt</td>
<td>Watermans</td>
<td>Jersey Mike’s Subs</td>
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<td>Gum Tree Café</td>
<td>Zayna Flaming Grill</td>
<td>Ju’ Poke</td>
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<td>Old Venice</td>
<td>King Shabu Shabu</td>
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<td>Hot’s Kitchen</td>
<td>O-Sho Japanese Restaurant</td>
<td>L&amp;L Hawaiian Barbecue</td>
</tr>
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<td>Mediterranean</td>
<td>Second Story at the Belamar Hotel</td>
<td>Made By Meg</td>
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<td>My Fit Foods</td>
<td>Sesame Moe’s</td>
<td>Napoli Pizza and Pasta</td>
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<td>New Orleans Cajun Cafe</td>
<td>Sloppy’s Beach Café</td>
<td>Natureale</td>
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<tr>
<td>Pedal Du Jour</td>
<td>Sushi Akatora</td>
<td>Ocean Tava</td>
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<tr>
<td>Saba Beirut Mix</td>
<td>The Kettle</td>
<td>Ocho Mexican Grill</td>
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<td>Fresh Brothers</td>
<td>The Original Rinaldi’s Italian Deli</td>
<td>Orlando’s</td>
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<tr>
<td>India’s Tondoori</td>
<td>Le Pain Quotidien</td>
<td>Pho Show</td>
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<td>Le Pain Quotidien</td>
<td>Lido di Manhattan</td>
<td>Phuket Thai</td>
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<td>Fresh Brothers</td>
<td>Little Sister</td>
<td>Pho Show</td>
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<td>India’s Tondoori</td>
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<td>Phuket Thai</td>
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<td>Manhattan Bread &amp; Bagel</td>
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<td>Fresh Brothers</td>
<td>Manhattan Country Club Dining Room</td>
<td>Phuket Thai</td>
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<td>Phuket Thai</td>
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<td>Old Pizza &amp; Grill</td>
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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.

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.

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.

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).