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FOR IMMEDIATE RELEASE

### **Dining Out Gets Healthier with Lazlo's Brewery & Grill's New Lighter Menu**

Lazlo's Brewery & Grill is full of surprises this summer with delicious new dishes designed to be healthier. The menu now identifies "Lighter Lazlo's" as entrees containing 600 calories or less.

Starting with a signature dish, try the Lazlo's Lahvosh in a new, healthy version--Roasted Vegetable Lahvosh. It's a sweet cracker bread that's topped with roasted zucchini, onion, tomato and feta over goat cheese. Large in size (think 15" pizza), this dish is meant for sharing. Cheese lovers rejoice, because if you do manage to eat the entire pie, it will only cost you 598 calories.

Made with black beans, vegetables and the ancient grain—quinoa, the new Quinoa Burger provides an impressive 14 grams of fiber, 23 grams of protein, and half the cholesterol of a beef patty. Packed with flavor, the Quinoa Burger is ideal for anyone who wants a healthy alternative to a traditional hamburger.

"We believe it's important to look for ways to offer health-conscious, delicious choices to our guests," said Restaurateur Jay Jarvis. "We know our guests are savvy, with individualized nutritional needs. This isn't something you'd expect from a comfort food establishment."

If you want something lighter, but with a huge explosion of taste, try the new Kale and Strawberry Salad. Topped with grilled chicken, fresh strawberries, feta and almonds, this salad packs a punch with 42 grams of protein and 200% of your daily Vitamin A and Vitamin C requirements. Ask for your dressing on the side and experience additional calorie savings.

"Because we cook from-scratch, we have the ability to modify anything on the fly," Jarvis explains, "any dish can be made healthier simply by asking for calorie-dense ingredients to be omitted." These include butters, oils, sauces, dressings, spreads and cheeses.

The restaurant also offers a separate gluten-free menu.

Lazlo's assures you that all of your favorite dishes still remain on the menu including one of their healthiest options--the Hickory-Grilled Tilapia at 230 calories and 34 grams of protein. Order this, and you'll have room to splurge on one of Lazlo's' new mini dessert shooters. We like to call that a sweet ending.

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