

Live Well Restaurants

Submission Date

2019-04-02 15:33:15

Contact Information

First Name: Joe B
Last Name: Beaman
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Restaurant Information

Name of Restaurant: The Perch at Pitt (University of Pittsburgh)
Address: 3725 Sutherland Drive
Zip Code: 15213

The Perch at Pitt (University of Pittsburgh) agrees to the mandatory commitments of:

eliminating trans-fat oils in our cooking
being smoke-free
not selling tobacco products

The Perch at Pitt (University of Pittsburgh) also agrees to the implementation of at least four (4) additional action steps, including:

Provide calorie counts and other nutritional information (including sodium) on menus or otherwise readily available to customers, daily specials can be excluded
Offer and promote menu items or side dishes as low calorie options with options spread across menu categories (main dish, appetizer, etc.)
Offer half portions on select menu items
Offer vegetarian/vegan fare
Provide healthy side dishes including fruits and vegetables that can be ordered in lieu of higher fat/sugar/salt options
Offer brown rice other whole grains as an alternate to white rice and whole grain bread as an alternate to white bread
Use plant based oils for cooking and baking (for example olive oil and canola oil instead of animal fat containing predominantly monounsaturated and polyunsaturated fats partially-hydrogenated oils) and make customers aware
Offer low fat milk (1% or skim) as an alternate to cream for hot beverages
Provide a location to store bicycles at or near the restaurant
Provide low calorie salad dressings

Signature

A handwritten signature in black ink, appearing to read "Joe B. Beaman", written over a horizontal line.