



2300 OLD WASHINGTON ROAD  
UPPER ST. CLAIR, PA 15241-2428

WWW.STCLAIRCC.ORG  
1-412-833-5550

March 11, 2016

Attn: Dr. Karen Hacker, Director; Allegheny County Health Department

St. Clair Country Club has great interest in participating in the "Live Well Allegheny Restaurant" designation.

I hope our commitment to healthy eating and life style is reflected in our list of offerings below.

We offer low/fat free side dishes; Fresh vegetables without butter or fat, such as steamed broccoli, asparagus, carrots, broccoli rabe, baked potato, numerous fresh salads with lo-cal/low fat dressings.

Our menu contains may fresh fish selections; grouper, swordfish, sea scallops, halibut, that are prepared without the addition of fat or oils, broiled, grilled and roasted, also with or without additional sauce offerings.

All of our menus offer vegetarian choices, some include pasta and some do not. We also off our members and guests gluten free and dairy free pasta. Additionally, we offer many menu items that are exclusively fresh fruit or vegetables or a large component is fresh fruit and/or vegetables, some contain nutrient enriched items such as kale, escarole, savoy greens.

We use no animal based fats in the general cooking of our menu items. Our salad and frying oil is 100% no trans fat canola oil.

All of our bread selections offer whole grain and wheat grain breads and dinner rolls. Also, we offer a wide array of natural grains & legumes; quinoa, wild rice, rice blends, lentils, dried beans, wheat berries, barley, buckwheat, millet.

We offer a wide variety of non-sugary/natural beverage alternatives, hot and cold tea, skim milk, flavored waters, all natural juices that are available in our dining rooms, halfway house and pool snackbar.

Our club campus also offers bicycle parking, fitness center, swimming pool, paddle tennis and golf, plus our clubhouse is a smoke free facility.

Additionally, we offer our employees a daily meal buffet that includes healthy choices, fresh fruit, vegetables, salads, lo-fat dressings, variety of multi-grain items and non-sugary drinks.

Very Best Regards,

Vince Sanzotti  
Executive Chef  
St. Clair Country Club  
2300 Old Washington Road  
Upper St. Clair, PA 15241