



**Franktuary Lawrenceville**  
3810 Butler Street, Pittsburgh, PA 15201

**Franktuary Market Square**  
115 Forbes Ave, Pittsburgh, PA 15222

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1 June 2016

Dr. Karen A Hacker, Director  
Allegheny County Health Department  
542 4th Avenue  
Pittsburgh, PA 15219

Dear Dr. Hacker,

Franktuary is applying for LiveWell Allegheny restaurant status for both of its Pittsburgh locations. Our menu currently provides the following healthy options alongside products that are made from scratch and sustainably sourced when possible:

- chili made from local organic grass-fed beef
- sausage made from local organic grass-fed beef and local pastured pork
- house bacon made from local pork
- vegan frankfurter, vegan sausage, and vegan whole grain bun option for all frankfurters and sausages
- salad as brunch entree side alternative to french fries
- organic milk and organic juice as Kids Meal alternatives to soda
- apple slices as Kids Meal alternative to french fries
- detailed allergen and special diet ingredient lists and verbal guidance from knowledgeable staff

Our facilities in combination feature:

- three bike racks outside the restaurants
- an on-site garden where we grow vegetables and herbs and compost restaurant waste
- two stormwater retention planters and a rain barrel
- full recycling programs through WasteManagement
- motion sensor lighting in all Lawrenceville bathrooms and LED lighting in Market Square

...and many other environmentally conscious features that have earned us Gold (Lawrenceville) and Silver (Market Square) certification from Sustainable Pittsburgh Restaurants.

Our Food Philosophy as listed on our website and in the restaurant is as follows:

## **FRANKTUARY'S FOOD PHILOSOPHY**

When a guest trusts us to make their meal, we take that responsibility seriously. That's why we make an extra effort to know the path our menu items take from their source to the plate.

We believe that ingredients cultivated in their natural environment will universally result in a healthier, tastier, and more sustainable meal. That's why we source as much grass-fed beef and free range pork as possible. We use local, seasonal greens –sometimes from our own garden– grown with organic practices whenever we can. We grow food on site and teach our staff about it. We make a point of touring facilities that produce frankfurters for us and we make our own sauces, sausages, sauerkraut, and pickled products in house.

Understanding where food comes from is a passion of ours. We know what an overwhelming process it can be for someone who works outside of the food industry to undertake on his own. It is our pleasure to speak candidly with you about our farmers, our ingredients, and our choices!

## **FRANKTUARY'S FOOD VALUES**

Many of the same questions come up regularly about our food. Here are some examples of the values we hold:

- None of our processed products contain HFCS (High Fructose Corn Syrup.) This includes our pickle relish, fountain sodas, ketchup, and cocktail mixers.
- We do not offer diet soda, as many of the highly processed artificial sweeteners in diet soda have been linked to severe health implications.
- We cut our own french fries from real potatoes, locally grown whenever possible, and use canola oil for deep frying that does not contain TBHQ (tertiary-butylhydroquinone), an anti-foaming agent.
- We train our servers and kitchen crew to take allergies and special diets very seriously, and maintain a highly detailed allergen and ingredient guide for the safety and comfort of our guests.
- We meet the local farmers of our cows, pigs and vegetables, communicating openly with them about their farming practices and visiting their farms regularly.
- We garden on site during the growing season because we value fresh, transportation-free food.
- We source a vegan frankfurter and vegan sausages that are made with non-GMO soy.

Thank you for considering our restaurants for admission into the LiveWell program!

Frankfully yours,



Megan Lindsey, Owner and Founder  
Franktuary