

Live Well Allegheny

Dr. Karen A. Hacker

Director - Allegheny County Health Department

Dear Dr. Hacker,

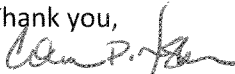
The Wyndham Pittsburgh University Center is dedicated to making Bridges Restaurant a Live Well Restaurant. Our Food and Beverage team is currently working on a new menu which will include nutritional information for all items and be over all more "health conscience".

Since we are located in the Oakland area surrounded by college students as well as faculty and small business staff it is important for us to promote a healthy life style. In our community we see a lot of people on foot; walking to class, to work, or to get a bite to eat. Bridges has many options available for customers to *live well* when choosing a meal from the menu. Whether it be substituting French Fries for steamed broccoli or selecting a smaller portion of one of our delicious salad options. The food we offer is our chance to make a difference. Bridges also offers a large outdoor patio with an overhead cover. Giving customers the options to sit outside and enjoy the fresh air rain or shine.

Bridges Restaurant will continue to/take action by:

- Creating a new menu that offers healthy options and provides nutritional information
- Update our children's menu to adhere to the Kids Live Well criteria established by the National Restaurant Association
- Continue to be a smoke free facility
- Provide vegetarian and vegan options on our menu
- Offer half sized portions of all salads and select sandwiches
- Provide low fat and fat free salad dressings
- Offer sides of fruit, vegetables, brown rice, or quinoa as substitute of sides that are higher in fat/sugar/salt
- Prepare Sautee items with olive oil/canola oil
- Offer skim milk as an alternative to cream or whole milk
- All of our ice tea is brewed and served unsweetened
- 7 types of juices are offered in lieu of sugary drinks such as soda

We are thrilled to be part of such a great campaign. Bridges Restaurant and the Wyndham Pittsburgh University Center are committed to helping our community stay healthy.

Thank you,

Coleman Hughes
General Manager