

Dining Guide participants

A.W. Shucks
C, F, AM, SF - \$\$
70 State St. Downtown
723-1151

Ben & Jerry's
F, DE - \$
96 N. Market St. Downtown
853-3888

Bocci's Italian Restaurant
C, SF, IT - \$\$
158 Church St. Downtown
720-2121

Charleston's Bookstore Café
C, AM, S - \$
1039 Johnnie Dodds Blvd.
Mount Pleasant
720-8843

Circa 1886
FD, AM, S - \$\$\$
149 Wentworth St. Downtown
853-7828

Coosaw Creek Crab Shack
C, F, SF - \$\$
8486 Dorchester Rd. Charleston
552-7171

East Bay Crab Shack
C, F, SF - \$\$
205 East Bay St. Downtown
853-8600

82 Queen
FD, LC - \$\$\$
82 Queen St. Downtown
723-7591

Fast & French
C, FR - \$\$
98 Broad St. Downtown
577-9797

Folly Beach Crab Shack
C, F, SF - \$\$
26 Center St. Folly Beach
588-3090

High Cotton
FD, S - \$\$\$
199 East Bay St. Downtown
724-3815

Kaminsky's
C, DE - \$
78 N. Market St. Downtown
853-8270

Old Village Post House
FD, S - \$\$\$
101 Pitt St. Mt. Pleasant
388-8935

Palm Tree Grill
F, AM, S - \$\$
5055 International Blvd.
N. Charleston
747-1882

Peninsula Grill
FD - \$\$\$
112 N. Market St. Downtown
723-0700

Slightly North of Broad
FD, S - \$\$\$
192 East Bay St. Downtown
723-3424

T Bonz
C, AM, S, SF - \$\$
80 N. Market St. Downtown
577-2511

Taste of China
C, AS - \$
1400 Palm Blvd. Isle of Palms
886-4363

Tommy Condons
C, F, AM, SF - \$\$
160 State St. Downtown
577-3818

Trotters
C, F, AM, S, SF, IT - \$\$
2008 Savannah Hwy. West Ashley
571-1000

West Ashley Crab Shack
C, F, SF - \$\$
1901 Ashley River Rd. West
Ashley
763-4494

ABBREVIATION GUIDE

AM = American	FD = Fine Dining
AS = Asian	FR = French
C = Casual	IT = Italian
D = Deli	SF = Seafood
DE = Desserts	S = Southern
F = Family	

\$ = low-priced (below \$8)
\$\$ = moderate (\$8-\$15)
\$\$\$ = expensive (\$15 and up)

MUSC

HEART & VASCULAR CENTER

Charleston's Most Preferred Heart Hospital



Dining Guide

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HEART & VASCULAR CENTER

This guide was developed as a public information service of MUSC Heart & Vascular Center. For additional copies call (843) 792-1616.

MUSC Heart & Vascular Center combines world-class clinical expertise with state-of-the-art technology to provide the highest level of heart and vascular care in South Carolina.

For a free online assessment of your cardiovascular risks, visit MUSChealth.com/heart/mach1. You'll receive a detailed, personalized report outlining your risk factors and what you can do to lower your risk of developing cardiovascular disease. It's quick. It's private. And it could save your life.



In cooperation with the Greater
Charleston Restaurant Association



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Heart-Healthy Dining Tips

- Go easy on bread and spreads before your main dish is served.
- Ask your server how the food is prepared if you are not sure.
- Choose meat portions that are 6 ounces or less.
- Order foods as you want them prepared. For example, when ordering a stir-fry dish, request that oil and soy sauce be used sparingly.
- Substitute fruit, steamed vegetables or salad for high-fat side items.
- Ask for sauces and dressings on the side so you can control the amount you eat.
- Taste your food before adding extra salt.
- Always sip water in between bites of food. This triggers a feeling of satiety so you do not eat too much.
- When you are full, stop eating and signal the server to remove your plate. Take leftovers home to eat later.
- Better yet, immediately put half of your meal in a to-go box and save it for later.
- After eating your main course, wait 10 minutes. If you are still hungry, split a dessert or choose fresh fruit or other lowfat options.

Uncover clues to the nutrition value of food items by checking the menu descriptions:

Usually lower in fat = Steamed, in its own juice, dry-broiled, roasted, poached, seared, blackened, grilled, broth

Usually higher in fat = Buttery, sauteed, fried, basted, stewed, creamed, gravy, au gratin, escaloped, pan-fried, crispy, béarnaise, hollandaise, casserole, pate

Usually higher in sodium = Blackened, pickled, smoked, in a tomato base, seasoned

The restaurants included in this guide participated in a voluntary survey prepared by the MUSC Heart & Vascular Center to identify establishments where heart-healthy options are available on the menu or upon request. The Heart & Vascular Center does not endorse these restaurants and is not responsible for the ingredients and preparation of items a participating restaurant designates as low-fat or heart healthy.

Offers olive oil instead of butter/margarine

Cooks with liquid vegetable oil

Offers skim, 1% or 2% milk

Offers vegetarian alternatives

Offers organic items

Offers dry-broiled, baked, steamed, or poached meat, fish or poultry

Offers half or reduced portions

Offers butter, gravy, dressings or sauces on the side

Offers low-fat salad dressings

Substitutes fruit, salad or baked potato for side item

Cooks without added salt or MSG

Offers cholesterol-free egg products

Designates low-fat or heart-healthy food items on menu

Offers smoking and non-smoking sections

Restaurant is totally non-smoking

	Offers olive oil instead of butter/margarine	Cooks with liquid vegetable oil	Offers skim, 1% or 2% milk	Offers vegetarian alternatives	Offers organic items	Offers dry-broiled, baked, steamed, or poached meat, fish or poultry	Offers half or reduced portions	Offers butter, gravy, dressings or sauces on the side	Offers low-fat salad dressings	Substitutes fruit, salad or baked potato for side item	Cooks without added salt or MSG	Offers cholesterol-free egg products	Designates low-fat or heart-healthy food items on menu	Offers smoking and non-smoking sections	Restaurant is totally non-smoking	Restaurant Name
	UR	Y	N/A	UR	N	UR	N	UR	Y	Y	Y	N/A	N	Y	N/A	A.W. Shucks
	N/A	N/A	Y	Y	N/A	N/A	UR	N/A	N/A	N/A	N/A	Y	N/A	Y	Y	Ben & Jerry's
	Y	N	Y	Y	N	Y	Y	UR	Y	UR	UR	N/A	N	N/A	Y	Bocci's Italian Restaurant
	N	Y	Y	Y	N	UR	Y	Y	N	Y	Y	Y	N	N/A	Y	Bookstore Café
	UR	Y	N	UR	N	Y	Y	UR	Y	Y	UR	N	Y	Y	N/A	Coosaw Creek Crab Shack
	UR	Y	Y	Y	N	UR	UR	UR	UR	UR	UR	N	N	N/A	Y	Circa 1886
	UR	Y	N	UR	N	Y	Y	UR	Y	Y	UR	N	Y	Y	N/A	East Bay Crab Shack
	UR	UR	UR	N/A	N	Y	N	Y	Y	N/A	UR	N	N	Y	N/A	82 Queen
	UR	N	N	Y	N	Y	N	Y	Y	Y	Y	N/A	Y	N/A	Y	Fast & French
	UR	Y	N	UR	N	Y	Y	UR	Y	Y	UR	N	Y	Y	N/A	Folly Beach Crab Shack
	UR	Y	UR	UR	Y	UR	UR	UR	UR	UR	UR	N	N	Y	N/A	High Cotton
	N/A	N/A	Y	N/A	N	N/A	N	Y	N/A	N/A	N/A	N	Y	N	N/A	Kaminsky's
	UR	Y	UR	UR	Y	UR	UR	UR	UR	UR	UR	N	N	Y	N/A	Old Village Post House
	N	Y	Y	Y	N	Y	Y	Y	Y	Y	N	Y	N	Y	N/A	Palm Tree Grill
	UR	N	Y	Y	Y	Y	UR	Y	UR	Y	UR	Y	N	N/A	Y	Peninsula Grill
	UR	Y	UR	UR	Y	UR	UR	UR	UR	UR	UR	N	N	Y	N/A	Slightly North of Broad
	N	Y	UR	Y	N	Y	UR	Y	Y	N	N	N	N	Y	N/A	T Bonz
	N/A	Y	N/A	Y	N	Y	N	Y	N/A	N/A	UR	N/A	Y	N/A	Y	Taste of China
	UR	Y	N/A	UR	N	UR	N	UR	Y	Y	Y	N/A	N	Y	N/A	Tommy Condons
	Y	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	UR	Y	N/A	Trotters Restaurant
	UR	Y	N	UR	N	Y	Y	UR	Y	Y	UR	N	Y	Y	N/A	West Ashley Crab Shack

Upon Request = UR
Yes = Y
No = N
Not Applicable = NA

