

# When choosing to dine out, consider visiting an AltaMed restaurant partner

AltaMed has partnered with local restaurants, each pledging to create at least one healthy change to begin to improve their community's health by creating an environment where customers are empowered to make healthy choices.





**So-Cal Burgers Chill & Grill**  
Trade the soda for their fresh kale and spinach water, delicious wraps, fresh fruit, half salads and healthy lunches as a catering option are available

**Address:** 203 S Mednik Ave, Los Angeles, CA 90022  
**Phone:** (323) 263-3188  
**Hours:** Mon- Fri 10:30 am – 8:00 pm  
Sat 10:30 PM- 5:00 PM  
Closed Sunday



**Daves Deli & Catering**  
Stop by for Dave's Deli-ghtful deals which include smaller portions sizes – half subs, cup soup and jr. salads. They also provide healthy school lunches

**Address:** 213 S Mednik Ave, Los Angeles, CA 90022  
**Phone:** (323) 265-3555  
**Hours:** Mon-Fri 7:00 AM- 3:00 PM  
**Caters:** Yes  
**Website:** Davesdelicatering.com



**Los Lagos Mariscos**  
The same delicious fresh seafood that has been a staple of their restaurant is now available in smaller portions including shrimp cocktails, shrimp turnovers and ceviche

**Address:** 4310 E Cesar E Chavez Avenue, Los Angeles, CA 90022  
**Phone:** (323) 263-6146  
**Hours:** 10:00 am – 9:00 pm  
**Caters:** Yes  
**Website:** loslagosmariscos.com



**La Costa Restaurant**  
Grab fresh seafood or opt for their soups and stews such as clam chowder, mexican meatballs with veggies and chicken or beef soup are available in slim or full sizes

**Address:** 854 N Garfield Ave, Montebello, CA 90640  
**Phone:** (323) 728-7492  
**Hours:** Mon – Fri 11:00 am – 12:00 am  
Sat 11:00 AM – 1:30 AM  
Sun 9:00 AM – 12:00 AM  
**Caters:** Yes  
**Website:** lacostarestaurant.com



### Johanna's Cafe & Deli

Grab one of their lunch boxes with hot or cold sandwiches or choose from one of their many salads or wraps. They also are available for catering

**Address:** 6055 E Washington Blvd, Commerce, CA 90040

**Phone:** (323) 724-2233

**Hours:**

Mon – Fri 7:00 AM – 4:00 PM

**Caters:** Yes

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### La Farfala Coffee Shop & Deli

There's a wide range of choices from fresh fruit waters, smoothies, fruit, fresh salads and quesadillas

**Address:** 346 N Ford Blvd, Los Angeles, CA 90022

**Phone:** (323) 526-4999

**Hours:** Mon – Fri 8:00 am – 8:00 pm

Sat 8:00 AM – 8:00 PM

Sun 9:00 AM – 8:00 PM

**Caters:** Yes

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### LA Azteca Tortilleria

Get the same great tasting quesadillas made with their fresh tortillas at half the portion size

**Address:** 4538 E Cesar E Chavez Ave, Los Angeles, CA 90022

**Phone:** (323) 262-5977

**Hours:** 6:00 am – 3:30 pm

**Caters:** Yes

**Website:**

laaztecatortilleria.com

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### Paris Bakery and Café

Find non-processed, home style cooking, freshly made corn tortillas, soups and amazing homemade sauces

**Address:** 205 S Mednik Ave, East Los Angeles, CA 90022

**Phone:** (323) 262-3955

**Hours:** Mon – Sat 7:00 AM – 8:00 PM

**Caters:** Yes

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### Los Nuevos Volcanes

Enjoy fresh seafood dishes like ceviche, homemade tortillas and signature seafood empanadas.

**Address:** 4521 Dunham St, Commerce, CA 90040

**Phone:** (323) 264-7288

**Hours:** Mon – Thu 8:00 AM – 8:00 PM

Thu & Fri 8:00 AM -1:30 AM

Sat 8:00 AM – 9:00 PM

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### El Cafetalito

Not only are their soups low in fat, they are also made with a wide range of vegetables, fresh products and naturally grown ingredients

**Address:** 5300 E Washington Blvd, Commerce, CA 90040  
**Hours:** Mon-Sun 8AM to 9PM  
**Phone:** (323) 268-2837  
**Caters:** Yes

### Chalio Mexican Restaurant East Los Angeles



You now have the option to replace rice and beans with either a fresh green salad or fresh fruit  
1<sup>st</sup> Street

You now have the option to replace rice and beans with a fresh green salad

### East Los Angeles

**Address:** 760 S Atlantic Blvd  
Los Angeles, CA 90022  
**Hours:** Mon-Thurs 8AM to 9PM; Fri-Sun 8AM to 10PM  
**Phone:** (323) 262-3456  
1<sup>st</sup> Street

**Address:** 3580 E 1st St, Los Angeles, CA 90063  
**Phone:** (323) 268-5349  
**Caters:** Yes



### Gallo Grill

When ordering their combo meals you can now replace refried beans and rice with either a salad or roasted tomato

**Address:** 4533 E Cesar E Chavez Ave  
Los Angeles, CA 90022  
**Hours:** Mon-Sun 11AM to 9PM  
**Phone:** (323) 980-8669  
**Website:** [elgallogrill.com](http://elgallogrill.com)



### Simon's Mexican Restaurant

All chicken products are homegrown, low in salt usage and you can substitute rice and beans for a salad

**Address:** 4828 Whittier Blvd,  
Los Angeles, CA 90022  
**Phone:** (323) 266-8664



### Moles La Tia

Now offering oatmeal and fresh fruit for breakfast, as well as a new salad option to try for lunch

**Address:** 4619 E Cesar E Chavez Ave  
Los Angeles, CA 90022  
**Hours:** Mon & Tue  
8:00 AM – 4:00 PM  
Wed, Thu, Sun  
8:00 AM – 8:00 PM  
Fri & Sat 8:00 AM – 8:00 PM  
**Phone:** (323) 263-7842  
**Website:** [moleslatia.com](http://moleslatia.com)



### Juan's Rotisserie Chicken

Everything on their menu is made from scratch and on site each and every day.

**Address:** 223 S Mednik Ave, Los Angeles, CA 90022

**Hours:** Mon-Sun  
7:00 AM to 9:00 PM

**Phone:** (323) 262-0193

**Caters:** Yes

**Website:** [juanrotisseriechicken.com](http://juanrotisseriechicken.com)

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### Rakken Tacos

Come in and try their Mexican Asian fusion cuisine, as well as their new salad entrees

**Address:** 2444 S. Atlantic Bl  
Commerce, CA 90040

**Hours:** Mon-FRI 10AM to 8PM

**Phone:** (323) 318-2588

**Caters:** Yes

**Website:** [rakkentacos.com](http://rakkentacos.com)

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### Mi India Bonita

Homemade and authentic recipes made with fresh, high quality ingredients that offer you the best experience of the Mexican kitchen.

**Address:** 4731 E Olympic Blvd, Los Angeles, CA 90022

**Hours:** Mon-Sun 8AM to 9PM

**Phone:** (323) 267-8505

**Caters:** Yes

**Website:** [miindiabonitacafe.com](http://miindiabonitacafe.com)

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### 323 BISTRO

Say yes to fresh and raw ingredients and a fusion of flavors. Putting your health and the earth first is easy with bountiful organic options.

**Address:** 6121 Telegraph Rd.,  
Commerce, CA 90040

**Phone:** (323) 832-4311

**Hours:**

**Website:** [323bistro.com](http://323bistro.com)

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### **Tortas Ahogadas Ameca**

Have a craving for Mexican cuisine, then you will most likely find a treat at Ameca!

**Address:** 747 S. Atlantic Blvd

Los Angeles, CA 90022

**Hours:** Mon-Sun 10AM-8PM

**Phone:** (323) 263-7842

**Caters:** Yes

**Website:** [tortasahogadasameca.com](http://tortasahogadasameca.com)



### **Simon's Mexican Restaurant**

All chicken products are homegrown, low in salt usage and you can substitute rice and beans for a salad

**Address:** 4828 Whittier

Blvd, Los Angeles, CA 90022

**Phone:** (323) 266-8664



### **Los Compadres Meat Market/Restaurant**

Find classic Mexican dishes, now with the option to enjoy a fresh green salad with your meal.

**Address:** 4483 Whittier

Blvd, Los Angeles, CA 90022

**Hours:** Mon-Sun

6:00 AM to 10:00 PM

**Phone:** (323) 262-4041



### **Carniceria Los Primos**

Enjoy an array of weekly delicious specials and classic Mexican treats. Also enjoy a green salad to substitute rice and beans.

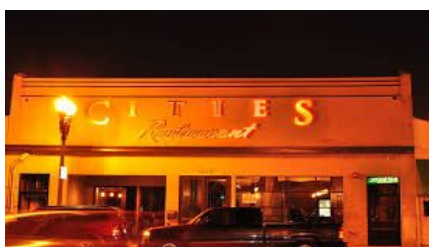
**Address:** 6105 Rosemead

Blvd, Pico Rivera

**Hours:**

Mon-Sun 8:00 AM to 8:00 PM

**Phone:** (562) 942-2962



### **Cities Restaurant**

Enjoy a crisp green salad or the Chef's famous healthy soups, anything you order from Cities it guaranteed to please your palate.

**Address:** 4512 East Cesar E

Chavez Avenue, Los

Angeles, CA 90022

**Hours:** Tue, & Wed

4:00 PM-12:00 AM

Thu & Fri 4:00 PM -2:00 AM

Sat 5:00 PM – 2:00 AM

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**Phone:** (323) 526-4555

**Caters:** Yes

**Website:** citiesflavor.com

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### Camachos Restaurant

Come and try your favorite Mexican dishes. With an array of choices, Camachos is sure to be a homerun.

**Address:** 5615 Whittier Blvd, Commerce, CA 90022

**Phone:** (323) 597-0242

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### Rincon de Guayabitos#1

Fresh family eatery, serving various styles of seafood. Come and try their famous “Langostinos”

**Address:** 735 S. Atlantic Ave, Los Angeles, CA 90022

**Hours:** Mon-Sun 10 to 9PM

**Phone:** (323) 262-3630

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### Meme's BBQ

When you are craving some Texas BBQ, this is the place to visit. Try their skinless BBQ chicken bowl. Same taste less calories.

**Address:** 5372 Whittier Blvd, Los Angeles, CA 90022

**Hours:** Tue 11:00 Am- 3:00

Wed, Thu, Fri, Sat

11:00 AM -6:00 PM

Sun 11:00 AM – 5:00 PM

**Phone:** (323) 721-6224

**Caters:** Yes

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### Tacos Virginia

The only place to find the famous “Mole de Olla”. A hearty beef stew with a variety of steamed vegetables.

**Address:** 4081 Whittier Blvd, Los Angeles, CA 90023

**Hours:** Mon-Sun 9AM to 8PM

**Phone:** (323) 268-9532

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### **Tila's Kitchen**

A small eatery offering a variety of Mexican food dishes. Try their Chile Verde plate and substitute the rice and beans for a fresh green salad.

**Address:** 3909 Whittier Blvd,  
Los Angeles, CA 90023  
**Phone:** (323) 832-4311  
**Hours:** Mon-Sun 8AM to 4PM

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### **Tacos El Charro**

A local restaurant with great tasting food and very affordable prices. Try their Caldo de Res on a cold or rainy day for that home cooking taste.

**Address:** 5900 E. Washington Blvd, Commerce, CA 90040  
**Hours:** Mon-Sun 7AM-6PM  
**Phone:** (323) 720-1085

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### **Teresitas Restaurant**

Known for their home-style Mexican cooking, this long-running cafe also features delicious soups.

**Address:** 3826 E 1st St, Los Angeles, CA 90063  
**Phone:** (323) 266-6045  
**Hours:** Tue-Fri 10:00 am – 9:00 pm  
Sat 8:00 am – 9:00 pm, Sun 8:00 am – 5:00 pm  
**Caters:** Yes  
**Website:**  
[teresitasrestaurant.com](http://teresitasrestaurant.com)

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### **Atlantic Mexican and Seafood Restaurant**

Enjoy an array of traditional Mexican food, handmade tortillas, and fresh seafood.

**Address:** 630 S Atlantic Blvd  
Los Angeles, CA 90022  
**Phone:** (323) 981-0240  
**Hours:**  
Mon, Wed, & Thu 8:00 AM-8:30PM  
Tue 8:00 AM -4:00 PM  
Fri & Sat 9:00 AM – 10:00 PM  
Sun 8:00 AM – 10:30 PM

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### **El Zarape Mexican Flavor**

You'll find Authentic Mexican dishes made with fresh ingredients. They are best known for their Cemitas Pobalnans.

**Address:** 3960 Whittier Blvd  
Los Angeles, CA 90023  
**Hours:** Mon- Sun 8:00 AM-8:00 PM  
**Phone:** (323) 385-7415



### **Tacos Mexico East LA**

Come in and try delicious Mexican Tacos made with fresh ingredients.

**Address:** 355 S Atlantic Blvd  
East Los Angeles, CA 90022  
**Phone:** (323) 264-2634  
**Hours:** Mon, Tue, Wed 8:00 AM-2:00AM  
Thu, Fri, Sat, Sun 8:00 AM -3:00 AM



### **La Carreta**

A local restaurant, well known for their authentic Mexican food. Try their breakfast or lunch for a homemade taste.

**Address:** 287 S Atlantic Blvd,  
East Los Angeles, CA 90022  
**Phone:** (323) 980-9904  
**Hours:** Mon, Tue, Wed, Thu,  
& Fri : 7:30 PM – 8:00 PM  
Sat 9:00 AM – 8:00 PM  
Sun 10:00 AM – 8:00 PM  
**Caters:** Yes

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### **Sonora Bakery**

Stop by for fresh bread, sandwiches, desserts, juices, and smoothies. Everything is made fresh.

**Address:** 4484 Whittier Blvd  
Los Angeles, CA 90022  
**Phone:** (323) 269-2253  
**Hours:** Mon – Sun  
5:00 AM – 8:30 PM  
**Carters:** Yes

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**Mi Tierra Restaurant**  
Find delicious authentic Mexican Dishes, made with fresh ingredients that offer you the best experience of the Mexican kitchen.

**Address:** 5949 Whittier Blvd  
Los Angeles, CA 90022  
**Phone:** (323) 726-9152  
**Hours:** Mon,Tue,Thu,& Fri  
7:00 AM -12:00 AM  
Wed,& Sat 7:00 AM – 9:00  
Sun 7:30 PM – 9:00 PM



**Chili & Lemon Thai Cuisine**  
Craving something sweet or spicy? Thai Cuisine is the place to go for a variety of great tasting food. They also have vegetarian options.

**Address:** 701 S. Atlantic Blvd.  
East Los Angeles, CA 90022  
**Phone:** (323)600-3552  
**Hours:** Mon – Sun  
10:00 AM -10:00 PM  
**Caters:** Yes



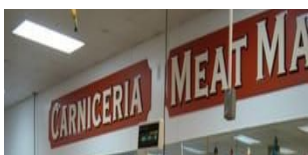
**Restaurant Taqueria**  
Stop by Janitzio Market and grab some delicious tacos at their restaurant.

**Address:** 4728 Olympic Blvd.  
Los Angeles, CA 90032  
**Phone:** (323)387-5390  
**Hours:** 7:00 AM -4:00 PM



**Taqueria Los 3 Carnales**  
Looking for a quick bite? This Taqueria has delicious tacos, and burritos. Everything is made fresh to order.

**Address:** 5000 Whittier Blvd,  
Los Angeles, CA 90022  
**Phone:** (323) 406-2554  
**Hours:** Mon – Fri  
9:00 AM-5:00 PM



**Korner Meat Market**  
Come visit a local Market with fresh ingredients.

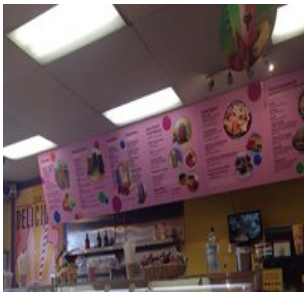
**Address :** 3741 Bell Ave Bell,  
CA 90201  
**Phone:** (323) 581-8146  
**Hours:** Mon-Sat 7AM -7PM  
Sun 8 AM – 6 PM



### Alex Burgers

Looking for a local diner? Alex's Burgers has a great variety of breakfast, lunch, and dinner. Try their burgers or fresh salads.

**Address:** 747 S. Atlantic Blvd  
Los Angeles, CA 90022  
**Phone:** (323) 263-7842  
**Hours:** Mon-Fri 7:00 AM – 7:00 PM  
Sat 7:00 AM – 2:00 PM  
Closed Sunday



### Que Delicious

Craving something sweet? You'll find fresh fruits, natural fruit sorbets and authentic Mexican candy. Everything is made from the sweetest and freshest fruits.

**Address:** 287 S Atlantic Blvd,  
East Los Angeles, CA 90022  
**Phone:** (323) 980-9904  
**Hours:** Mon, Tue, Wed, Thu, &  
Fri: 7:30 PM – 8:00 PM  
Sat 9:00 AM – 8:00 PM  
Sun 10:00 AM – 8:00 PM  
**Caters:** Yes  
[www.quedelicious.com](http://www.quedelicious.com)

### Phat



### Birds

Craving chicken? Phat Birds is the place to visit. Their chicken is super fresh, tender, and savory.

**Address:** 4701 E 3rd St  
East Los Angeles, CA 90022  
**Phone:** (323) 943-9191  
**Hours:**  
Mon, Tue, Wed 11:30 AM-4:00 PM  
Thu 11:30 AM- 7:00 PM  
Sat: 12:00 PM -9:00 PM  
Sun 12:00 PM – 7:00 PM  
**Caters:** Yes



### Tacos Baja

Looking for Fresh Mexican Seafood? Tacos Baja is the place. Try their famous Ensenada style fish tacos.

**Address:** 5385 Whittier Blvd,  
Los Angeles, CA 90022  
**Hours:** Mon, Tue, Thu & Sun  
10:00 AM-8:00PM  
Wed, Fri & Sat 10:00 AM – 9:00 PM  
**Phone:**(323) 887-1980

