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.
<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
<th>Catering</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>So-Cal Burgers Chill &amp; Grill</td>
<td>203 S Mednik Ave, Los Angeles, CA 90022</td>
<td>(323) 263-3188</td>
<td>Mon- Fri 10:30 am – 8:00 pm, Sat 10:30 PM- 5:00 PM, Closed Sunday</td>
<td>Yes</td>
<td><a href="http://davesdelicatering.com">davesdelicatering.com</a></td>
</tr>
<tr>
<td>Daves Deli &amp; Catering</td>
<td>213 S Mednik Ave, Los Angeles, CA 90022</td>
<td>(323) 265-3555</td>
<td>Mon-Fri 7:00 AM- 3:00 PM</td>
<td>Yes</td>
<td><a href="http://davesdelicatering.com">davesdelicatering.com</a></td>
</tr>
<tr>
<td>Los Lagos Mariscos</td>
<td>4310 E Cesar E Chavez Avenue, Los Angeles, CA 90022</td>
<td>(323) 263-6146</td>
<td>10:00 am – 9:00 pm</td>
<td>Yes</td>
<td><a href="http://loslagosmariscos.com">loslagosmariscos.com</a></td>
</tr>
<tr>
<td>La Costa Restaurant</td>
<td>854 N Garfield Ave, Montebello, CA 90640</td>
<td>(323) 728-7492</td>
<td>Mon – Fri 11:00 am – 12:00 am, Sat 11:00 AM – 1:30 AM, Sun 9:00 AM – 12:00 AM</td>
<td>Yes</td>
<td><a href="http://lacostarestaurant.com">lacostarestaurant.com</a></td>
</tr>
<tr>
<td>Restaurant Name</td>
<td>Address</td>
<td>Phone</td>
<td>Hours</td>
<td>Caters</td>
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<tr>
<td><strong>Johanna’s Cafe &amp; Deli</strong></td>
<td>6055 E Washington Blvd, Commerce, CA 90040</td>
<td>(323) 724-2233</td>
<td>Mon – Fri 7:00 AM – 4:00 PM</td>
<td>Yes</td>
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</tr>
<tr>
<td><strong>La Farfala Coffee Shop &amp; Deli</strong></td>
<td>346 N Ford Blvd, Los Angeles, CA 90022</td>
<td>(323) 526-4999</td>
<td>Mon – Fri 8:00 am – 8:00 pm Sat 8:00 AM – 8:00 PM Sun 9:00 AM – 8:00 PM</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td><strong>LA Azteca Tortilleria</strong></td>
<td>4538 E Cesar E Chavez Ave, Los Angeles, CA 90022</td>
<td>(323) 262-5977</td>
<td>6:00 am – 3:30 pm</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td><strong>Paris Bakery and Café</strong></td>
<td>205 S Mednik Ave, East Los Angeles, CA 90022</td>
<td>(323) 262-3955</td>
<td>Mon – Sat 7:00 AM – 8:00 PM</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td><strong>Los Nuevos Volcanes</strong></td>
<td>4521 Dunham St, Commerce, CA 90040</td>
<td>(323) 264-7288</td>
<td>Mon – Thu 8:00 AM – 8:00 PM Thu &amp; Fri 8:00 AM -1:30 AM Sat 8:00 AM – 9:00 PM</td>
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</tbody>
</table>
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.

Address: 760 S Atlantic Blvd
Los Angeles, CA 90022
Hours: Mon-Thurs 8AM to 9PM; Fri-Sun 8AM to 10PM
Phone: (323) 262-3456

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

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
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

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

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

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
**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

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**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

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**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

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**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

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**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
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
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<th>Hours</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td><strong>Camachos Restaurant</strong></td>
<td>5615 Whittier Blvd, Commerce, CA 90022</td>
<td>(323) 597-0242</td>
<td>Mon-Sun 9AM to 8PM</td>
<td>Caters: Yes</td>
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<tr>
<td><strong>Rincon de Guayabitos#1</strong></td>
<td>735 S. Atlantic Ave, Los Angeles, CA 90022</td>
<td>(323) 262-3630</td>
<td>Mon-Sun 10 to 9PM</td>
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<td><strong>Meme’s BBQ</strong></td>
<td>5372 Whittier Blvd, Los Angeles, CA 90022</td>
<td>(323) 721-6224</td>
<td>Tue 11:00 Am- 3:00 Wed, Thu, Fri, Sat 11:00 AM -6:00 PM Sun 11:00 AM – 5:00 PM</td>
<td>Caters: Yes</td>
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<tr>
<td><strong>Tacos Virginia</strong></td>
<td>4081 Whittier Blvd, Los Angeles, CA 90023</td>
<td>(323) 268-9532</td>
<td>Mon-Sun 9AM to 8PM</td>
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</tbody>
</table>
**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

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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
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
<th>Cater Service</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>El Zarape Mexican Flavor</strong></td>
<td><strong>Address</strong>: 3960 Whittier Blvd, Los Angeles, CA 90023</td>
<td><strong>Phone</strong>: (323) 385-7415</td>
<td><strong>Hours</strong>: Mon- Sun 8:00 AM-8:00 PM</td>
<td><strong>Caters</strong>: Yes</td>
</tr>
<tr>
<td>You’ll find Authentic Mexican dishes made with fresh ingredients. They are best known for their Cemitas Pobalnans.</td>
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<tr>
<td><strong>Tacos Mexico East LA</strong></td>
<td><strong>Address</strong>: 355 S Atlantic Blvd, East Los Angeles, CA 90022</td>
<td><strong>Phone</strong>: (323) 264-2634</td>
<td><strong>Hours</strong>: Mon, Tue, Wed 8:00 AM-2:00 AM, Thu, Fri, Sat, Sun 8:00 AM-3:00 AM</td>
<td><strong>Caters</strong>: Yes</td>
</tr>
<tr>
<td>Come in and try delicious Mexican Tacos made with fresh ingredients.</td>
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<tr>
<td><strong>La Carreta</strong></td>
<td><strong>Address</strong>: 287 S Atlantic Blvd, East Los Angeles, CA 90022</td>
<td><strong>Phone</strong>: (323) 980-9904</td>
<td><strong>Hours</strong>: Mon, Tue, Wed, Thu, &amp; Fri: 7:30 PM-8:00 PM, Sat 9:00 AM-8:00 PM, Sun 10:00 AM-8:00 PM</td>
<td><strong>Caters</strong>: Yes</td>
</tr>
<tr>
<td>A local restaurant, well known for their authentic Mexican food. Try their breakfast or lunch for a homemade taste.</td>
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<tr>
<td><strong>Sonora Bakery</strong></td>
<td><strong>Address</strong>: 4484 Whittier Blvd, Los Angeles, CA 90022</td>
<td><strong>Phone</strong>: (323) 269-2253</td>
<td><strong>Hours</strong>: Mon-Sun 5:00 AM-8:30 PM</td>
<td><strong>Caters</strong>: Yes</td>
</tr>
<tr>
<td>Stop by for fresh bread, sandwiches, desserts, juices, and smoothies. Everything is made fresh.</td>
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</tbody>
</table>
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.

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.

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

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