

Appendix 1

Year	Name	Hi-end	Lo-fat	Plastic	City	ST	Country	Observations
1990	1789	1	1		Washington	DC		All fish and meat can be simply prepared with vegetables and roasted potatoes. Credits menu cover to artist James Harrington. Name comes from the first year of Federal Government; incorporation of village of Georgetown and founding of Georgetown
1990	1001 Nob Hill Restaurant	1			San Francisco	CA		Menu credits menu cover to artist Guy Buffet; Crème fraiche
1990	Adrienne	1	1		New York	NY		Pan-fried; virgin olive oil; creamless pumpkin soup; lamb chops or Capon breast is offered as an alternative to any of the above meat entrees
1985	Alfredo-Gran San Bernardo				Milan		Italy	
1980	Alo Alo			1	New York	NY		Laminated menu
1984	American Festival Cafe			1	New York	NY		Center Moriches Duckling; Statement of menu changing w/seasonal harvest of America; Barbeque butter
1980	Arthur's 27	1			Walt Disney World	FL		Lake Buenavista; no prices, butter; cream
1984	At the Sign of the King's Arms				Williamsburg	VA		Credits the Williamsburg Cookbook and Favorite meals : A Menu Cookbook ; Colonial Meringue with Vanilla Ice Cream; Indian Corn Muffins; Earl Grey: A tea made famous by English Aristocrats
1985	Auntie Yuan			1	New York	NY		
1990	Barbetta	1			New York	NY		Risotto con le Seppioline; "served only when the seppie are running very small"; Risotto di Gamberetti "served only when tini fresh gamberi are available", Nectarines, Plums; Strawberries. Grapes; whatever fresh fruits are in season
1989	Bice Ristorante				New York	NY		
1987	Cape Cod Room	1			Chicago	IL		In Drake Hotel; "with melted butter": "with fresh cream"
	Capsouto Freres	1			New York	NY		
	Chez Philippe	1			Memphis	TN		Beluga caviar appetizer-\$85
1983	China Lion				Mamaroneck	NY		
1984	Crabapples			1				Fried; deep fried; battered, The mystique of mesquite; drawn butter, fried ice cream
1987	Durgin Park; Fanueil Hall				Boston	MA		Prices subject to change; all our frying fat is purified twice daily; all our fried foods are cooked in pure vegetable shortening; Oyster Stew: half milk half cream, cherry stone stew
1984	Elliston Place Soda Shop				Nashville	TN		"Sodium bisulfite not used in our food preparation"
1989	Four Seasons	1						Caviar
1981	Frances Tavern				New York	NY		
1987	French Room Restaurant	1	1			TX		An asterik (*)Denotes "Alternative Cuisine" dishes that are naturally low on calories, cholesterol and sodium , 1 of 4 appetizers; 4 of 8 entrees from special menu; 1 of 7 appetizes, 1 of 10 entrees from regular menu
1984	Hampshire House on Beacon Hill		1	1	Boston	MA		Lighter Fare; egg dishes; crepes; 5 oz steak; burger
1982	Hausner's				Baltimore	MD		German cuisine
1984	Highlands							
	Hudson River Club	1			New York	NY		Sea Urchin custards; farm raised striped bass, Hudson Valley venison chop and loin; Hudson Valley Chelois sauce
1985	Il Villano			1	Westport	CT		Pan blackened Grouper; Cornish stuffed with apples and baked with calvados; Manager Gary Bologna and Chef Marc Colle purchase produce and fish directly from the Hunt's Point Terminal Market and the Fulton Fish Market in NY Harbor
1990	Jack's Restaurant				San Francisco	CA		Imported Escargot Bourguignonne; Cold Jelly Consommé
1985	Jams	1			New York	NY		Swordfish- Paul Prudhomme's grilled (not sauteed, with pineapple salsa (hot!)) Arborio rice cake, cassis sauce
	Jardin D'Ete (Plaza Athenee)	1			Paris		France	
1986	Juban's Restaurant				Baton Rouge	LA		Bienville Oysters; Blackened Crabcake Angelle
1987	Juliette: A Restaurant + Bistro				Jacksonville	FL		Fresh seasonal berries; Louisiana Brunch buffet; Eggs Lafayette; Jambalaya
1980	Kate Mantilini				Beverly Hills	CA		Calf Brains; Calf Brains Omelette
1984	King's Arm Tavern				Williamsburg	VA		A sparkling scuppernong cocktail made from the Scuppernong grape native to this area
1989	La Caravelle	1	1		New York	NY		Menu cuisine legere sur demande (low calorie menu upon request)
1987	La Caravelle	1			New York	NY		
1985	La Caravelle	1			New York	NY		
1989	La Caravelle	1			New York	NY		
1988	LaColonna	1			New York	NY		
1981	Laurant				Paris		France	
1979	Le Biarritz							
1988	Le Marquis de Lafayette (The Drake)	1			New York	NY		Chef Louis Outhier Michelin 3 stars at his restaurant on the French Riviere, L'Oasis la Napoule; foie gras
1990	Le Perigord	1	1		New York	NY		Les plat à basses calories (Low calorie specialties); filet de tourbotin with steamed vegetables. Plat au Menu Végétarian
1986	Lipstick Café				New York	NY		Avocado
1985	Maisonette	1			Cincinatti	OH		Foie Gras; Salade Escoffier; Bibb lettuce; avocado and artichokes with vinaigrette dressing
1984	Maisonette	1			Cincinatti	OH		
1982	Mandarette Chinese Café	1			Los Angeles	CA		Shiao-tsu small tastes in small plates
1989	Michael's				Santa Monica	CA		Foie de Canard; San Fernando Valley Greens, Colavita Olive oil, Balsamic vinegar
1989	Montezinos				Orlando	FL		
1989	Montrachet	1						Roast Pigeon

Year	Name	Hi-end	Lo-fat	Plastic	City	ST	Country	Observations
1990	Myknonos				Tarpon Springs	FL		
1997	Nanni al Valetto				New York	NY		
1985	Neighborhood Supper	1			New York	NY		With California olive oil vinaigrette; with chayote; plain menu but high end prices; Quote from James Beard (friend and mentor)
1988	Regine's	1			New York	NY		Beluga Caviar
	Remi				New York	NY		Arugula
1989	Restaurant Russian Mosaic				New York	NY		Russian cuisine
	Scoozi				Chicago	IL		Fresh fruit in season with crème anglaise
1980	Skyway atop Hotel Peabody				Memphis	TN		
1985	Stampel 206			1	New York	NY		German Cuisine
1988	Terrace	1			New York	NY		Fresh NY Foie Gras Salad; Caviar Malossol Beluga \$55
1981	The American Harvest Restaurant	1			New York	NY		Photo on menu cover credited to William Margerin; Folk Art from Museum of American Folk Art; A selection of 3 vegetables of the freshest available from local farms; Gwaltney Smithfield Ham, Braised San Fernando Fennel
1988	The Colony	1			Boston	MA		Identifies origin or food by state or region
1989	The Edwardian Room (The Plaza)	1	1		New York	NY		Foie gras, deluxe paper menu, Lite section - A medley of sliced fresh fruit with cottage cheese, Oysters with ginger cream and oyster sausage, Steamed turbot with a fennel citron sauce
1988	The Flagstaff House	1			Boulder	CO		
1990	The Forge	1	1		South Florida	FL		Low Fat, Cholesterol and Salt. Spa Cuisine available "For the extremely calorie conscious"; "This double thick center cut sirloin was nurtured on a barley diet for spectacular pure been flavor whiles drastically reducing its fat, cholesterol and calories"
1983	The Four Seasons	1						New American Cuisine
1981	The French Connection	1			Cleveland	OH		
1983	The Inn at Ridgfield	1			Ridgfield	CT		Nouvelle cuisine, Snail de Bourgogne; Onion Soup with Calvados
1989	The Lark Creek Inn				Larkspur	CA		Herbed Flatbread; Kale
1983	The Manor	1	1		West Orange	NJ		Seasonal fresh vegetables and potato are a dinner accompaniment, Hudson Valley Duck Liver; For the vegetarian, a bouquet of fresh seasonal vegetables
1987	The Sign of the Dove	1						
1980	Villa Deste	1			Coral Gables	FL		
		38	9					