Welcome to Hawaii's first and only LITE Restaurant and Desert Shoppe. The Guiltless Gourmet is truly unique. All of our meals and desserts are not only healthy and delicious but low-calorie. When you choose an item from the wide selection on this menu, you can be sure it has been selected and prepared using the finest ingredients available, with no added fats or oils, no added sugars or refined sugars or preservatives and no guilt. Guiltless Gourmet provides you with an exciting difference—all the pleasure of fine dining, without the penalty! Enjoy!

**Lite Snacks**

**CHEESE NACHOS**
Chips smothered in Nacho Cheddar Cheese Sauce, Served with Salsa . . . . 1.49  
Count = (1 Bread + 1 Protein = 140 Calories)

**NACHOS DELUXE**
Chips, Nacho Cheese Sauce, Onions, Mushrooms, Bell Peppers, Green Chiles (Whole Wheat & Salsa . . . . 1.99  
Count = (1/3 Bread + 1 Protein = 1 Veg. = 190 Calories)

**Lite Meals**

**VEGETARIAN STROGANOFF**
New and delicious No-Meat Soy Protein Stroganoff.  
Served with Brown Rice . . . . 2.49  
Count = (1 Bread + 2 Protein + 1/2 Fat + 1 Veg. = 240 Calories)

**VEGETARIAN ALA KING**
Delicious Soy "Chicken" Ala King, garden vegetables. Served with Brown Rice . . . . 2.49  
Count = (1 Bread + 2 Protein + 1/2 Fat = 290 Calories)

**VEGGIE LASAGNA AND SALAD**
A real favorite among our customers, this delectable Florentine-style vegetable lasagna is served with a small vegetable salad and your choice of dressing . . . . 3.69  
Count = (1 Bread + 2 Protein + 1/2 Milk + 1 Veg. = 299 Calories)

**Soups and Salads**

A flavorful assortment of healthy, hearty soups, all under 100 Calories per 6 oz. Serving.

**ALOHA**
Welcome to Hawaii's first and only LITE Restaurant and Desert Shoppe. The Guiltless Gourmet is truly unique. All of our meals and desserts are not only healthy and delicious but low-calorie. When you choose an item from the wide selection on this menu, you can be sure it has been selected and prepared using the finest ingredients available, with no added fats or oils, no added sugars or refined sugars or preservatives and no guilt. Guiltless Gourmet provides you with an exciting difference—all the pleasure of fine dining, without the penalty! Enjoy!

**CHIPS 'N SALSA**
Fresh Baked (not fried) Corn Chips. Served with Spanish-style Salsa . . . . . 99¢  
Count* = (1 Bread = 80 Calories)

**CHEF'S SALAD**
Chef's Salad. Large plate of our deluxe vegetable salad, Turkey Breast, Turkey-Ham, Cheese, choice of Dressings . . . . 3.49  
Count = (2/3 Protein + 4 Veg. = 206 Calories)

**CHICKEN SALAD**
Large plate of vegetable salad, Chicken Salad. Choice of Dressings . . . . 3.19  
Count = (2 Protein + 1/2 Fat + 3 Veg. = 202 Calories)

**SKINNY DEAL**
Whole Wheat Cracker Bread covered with Mushrooms, Onions, Green Pepper, Tomatoes, Meltd Cheese and Salsa . . . . 3.59  
Count = (1 Bread + 1 Protein = hard cheese + 2 Veg. + 100 Calories O.C.E.C.* = 246 Calories)

**LITE PIZZA**
Whole Wheat Cracker Bread, Pizza Sauce, Meltd Cheese, Mushrooms, Green Peppers, Onions & Italian Seasoning . . . . 3.59  
Count = (1 Bread + 2 Protein + 2 Veg. = 299 Calories)

**TASTY TOSTADA**
Whole Wheat Cracker Bread plus generous portions of our own Veggie Chili, Meltd Cheese, Onions, Vegetable Salad. Served with Salsa . . . . 3.69  
Count = (1 Bread + 2 Protein + 2 Veg. = 286 Calories)

**VEGGIE SALAD**
Large Garden Vegetable Salad + our special low-calorie 3-Bean Salad. Choice of Dressing . . . . 2.49  
Count = (1 Protein + 3 Veg. = 60 Calories)

**TUNA SALAD**
Large plate of vegetable salad, Tuna Salad. Choice of Dressings . . . . 2.99  
Count = (2 Protein + 1 Fat + 3 Veg. = 171 Calories)

**STUFFED TOMATO**
Luscious Ripe Tomato stuffed with your choice of either Chicken or Tuna Salad. Served on a bed of our special vegetable salad. Choice of Dressing . . . . 2.29  
Count (Tuna) = (1/2 Protein + 1/2 Fat + 1/2 Veg. = 106 Calories)
Count (Chicken) = (1/2 Protein + 1/2 Fat + 1/2 Veg. = 126 Calories)

**Stuffed Spicy Skins**

**1. THE GRANDEE**
Our own veggie chili, Nacho Cheddar Cheese Sauce, onions . . . . 1.89  
Count = (2 Bread + 2 Protein + 1 Veg. = 255 Calories)

**2. THE NACHORAL**
Nacho Cheddar Cheese Sauce, chives or vegetarian bacon bits . . . . 1.69  
Count = (2 Bread + 1 Protein + 1 Veg. = 259 Calories)

**3. THE ALA' RUSSE**
Vegetarian Stramaggi, Mushrooms. Served with Sour Cream Dressing . . . . 1.99  
Count = (2 Bread + 2 Protein + 1 Veg. = 260 Calories)

**4. THE ALA' KING**
Vegetarian "Chicken" Ala King vegetables . . . . 1.99  
Count = (2 Bread + 2 Protein + 1/2 Veg. = 270 Calories)

**5. THE JAY**
Vegetarian "Chicken" Curry, Vegetables . . . . 1.99  
Count = (2 Bread + 2 Protein = 1 Veg. = 240 Calories)

**Burritos, Etc.**

**THE CHILI LOBORITTO**
Loborito stuffed with our own veggie chili, Nacho Cheddar Cheese Sauce . . . . 1.69  
Count = (1/2 Bread + 2 Protein + 285 Calories (including Corn Chip)

**BURRITOS & ENCHILITOS**

Fresh lime Flour Tortilla, baked Whole Wheat and White, stuffed with various tasty fillings. Served with our baked Corn Tortilla Chips.

**THE "BASIC BEAN"**
Burrito stuffed with our own veggie chili,  . . . . 1.49  
Count = (1/2 Bread + 1 Protein = 212 Calories)

**EL DOCTOR'S FAVORITE**
Whole Wheat Burrito stuffed with veggie chili, potatoes, onions and quizes . . . . 1.49  
Count = (2 Bread + 1 Protein = 176 Calories)

**BEAN AND POTATO**
Burrito stuffed with our chili, choice of baked potatoes, Nacho Cheddar Cheese Sauce, onions . . . . 1.49  
Count = (2 Bread + 1 Protein = 286 Calories)

**CHICKEN ENCHIRITTO**
Flour Tortilla stuffed with chicken, Nacho Cheddar Cheese Sauce, onions, Mild Green Chiles, Special Spices . . . . 1.89  
Count = (1/3 Bread + 1 Protein = 205 Calories)
1. TURKEY BREAST
Sliced Turkey Breast meat on fresh baked whole wheat bread, Mayonnaise and Alfalfa Sprouts ........................................................................ 2.49
Count = (2 Bread + 2 Protein + 1 1/2 Fat + 1 Veg. = 227 Calories)

2. TURKEY HAM
Sliced Turkey Ham, whole wheat bread or rye, Mayonnaise and Alfalfa Sprouts ........................................................................ 2.29
Count = (2 Bread + 2 Protein + 1 1/2 Fat + 1 Veg. = 263 Calories)

3. TURKEY PASTRAMI
All the great taste of spicy pastrami without the fat. Served hot or cold on fresh baked rye or wheat bread, with Mayonnaise and Mustard. . . . . . . . . . . . . . . . 2.29
Count = (2 Bread + 2 Protein + 1 1/2 Fat = 274 Calories)

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**Homestyle Favorites**

**CHICKEN SALAD SANDWICH**
Flavorful chunks of all-white chicken meat blended with low-calorie mayonnaise and spices. Served with alfalfa sprouts on whole wheat bread ........................................ 1.99
Count = (2 Bread + 2 Protein + 2 Fat + 3 Veg. = 295 Calories)

**TUNA SALAD SANDWICH**
Same as Chicken Salad but made with Tuna .................................. 1.99
Count = (1 Bread + 2 Protein + 1 Fat + 1 Veg. = 264 Calories)

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**Skinny Delite Desserts**

Skinny Delite Frozen Ice Milk Desserts are naturally great tasting and good for you—at less than 1/3 the calories of regular ice cream. We feature many delicious dairy substitute flavors — all of which meet the American Heart Association dietary guidelines.

**BLACK FOREST CAKE** .................................................. 2.59
Chocolate Bavarian, plus your choice of Skinny Delite flavor. Apple Berry or Strawberry Topping—Wonderful! Count = (1 1/2 Bread + 1 1/2 Milk + 1 Fruit + 45 O.E.C. = 240 Calories)

**APPLE ALA MODE** ....................................................... 1.59
Steaming hot apples topped with Skinny Delite flavor of your choice. Count = (1 1/2 Milk + 1 Fruit = 138 Calories)

**SOFT DRINK FLOAT** ...................................................... 1.59
Your choice of Skinny Delite flavor floating in one of our bubbly soft drinks. SENSATIONAL! Count = (1 1/2 Milk + 1 Fruit = 108 Calories)

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**Side Orders**

Chili & Brown Rice ................................................................. 1.69
Determinable ingredients. You won't believe it's only 169 Calories!

Chili & Crackers ................................................................. 1.79

Brown Rice ........................................................................... .75

Salsa (4 oz) ........................................................................... .50

***ALL ITEMS SERVED TO GO***

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**Beverages**

Fresh “Swiss Process” Coffee — Reg. or Decaffeinated (Super kroft) .................................................. 59c/99
Refill (Reg.) ........................................................................... 25
Iced Lemon Tea ...................................................................... 59c/99
DEI SODAS: Coke, Sugar Free Sprite, Pepsi; Fanta, 36c, 59c, 69c, Lg. ................................. 59c/99
Tropical Fruit Punch rejuvenated with Nutravat .......................... 69c/99

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**Bakery and Assorted Take-Home Delites**

The Guiltless Gourmet has a variety of fabulous low calorie cookies, cakes, pies and muffins baked fresh in our own store, in addition to the following popular specialty items:

**ROCKY ROAD MOUSSE** .................................................. 1.49
Delightful Chocolate Mousse. You won't believe it's only 169 Calories!

FROM OUR FREEZER: ......................................................
10 oz. Take-Home Containers of Skinny Delite in a wide variety of flavors .................................................. 1.69
20 oz. Family-Size Containers of Skinny Delite .................... 3.19

**SKINNY DELITE SANDWICHES**
Vanilla or Chocolate Skinny Delite spreaded between two chocolatey cookies .......................... Singles .89 6-Packs .499

**SKINNY DELITE GRAHAM CRUST PIE** .......................... 5.99
From Skinny Delite in a delicious Graham Pie Crust. Various delicious flavors.

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**THE GUILTLESS GOURMET**

1489 Kapiolani Blvd.
1/2 block Diamond Head of Keeaumoku St. Parking in the rear off Kona St.

OPEN EVERY DAY. HOURS: MON-SAT 11AM - 10PM. SUN NOON - 7PM