

ALOHA

Welcome to Hawaii's first and only LITE Restaurant
and Dessert 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 raw or refined sugar; no added starches 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

CHIPS 'N SALSA

Fresh Baked (not fried) Corn Chips,
Served with Spanish-style Salsa **99¢**
Count* = (1 Bread = 80 Calories)



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
(Mild) Tomatoes & Salsa **1.99**
Count = (1½ Bread + 1 Protein = 190
Calories)

Lite Meals

VEGETARIAN STROGANOFF

New and delicious No-Meat Soy Protein Stroganoff.
Served with Brown Rice **2.49**
Count = (1½ Bread + 2 Protein + ½ Fat + 1 Veg.
= 240 Calories)

VEGETARIAN ALA KING

Delicious Soy "Chicken" Ala King, garden
vegetables. Served with Brown Rice **2.49**
Count = (1½ Bread + 2 Protein + ½ Fat + 1 Veg.)

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 + ½ Milk + 1 Veg.
= 299 Calories)

VEGETARIAN "CHICKEN" CURRY

Soy "Chicken", mild curry sauce,
vegetables, Brown Rice **2.49**
Count = (1½ Bread + 2 Protein + ½ Fat
= 290 Calories)

ZUCCHINI LASAGNA AND SALAD

Southern Italian-style Lasagna loaded with
succulent zucchini, cheese, noodles &
vegetables. Served with small vegetable
salad **3.69**
Count = (½ Bread + 2 Protein + 1 Veg.
= 199 Calories)



Soups and Salads

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

Bowl . . . 1.69 Cup . . . 1.19

VEGGIE SALAD

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

1/2 VEGGIE

Small Salad - about ½ size of above
Count = (½ of above) **1.29**

TACO SALAD

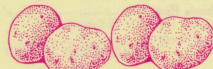
Generous portion of vegetable salad, topped with
veggie Chili, Cheese, onions. Served with
Salsa **3.49**
Count = (2½ Protein + 4 Veg. = 204 Calories)

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 vegetable salad. Choice of
Dressing **2.29**
Count (Tuna) = (1½ Protein + ½ Fat + 1½ Veg.
= 106 Calories)
Count (Chicken) = (1½ Protein + ½ Fat +
1½ Veg. = 126 Calories)



Stuffed Skinny Spuds

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 = 259 Calories)

3. THE ALA' RUSSE

Vegetarian Stroganoff, Mushrooms, Served with
Sour Cream Dressing **1.99**
Count = (2 Breads + 2 Protein + ½ Veg. = 260 Calories)

4. THE ALA' KING

Vegetarian "Chicken" Ala King vegetables . . . **1.99**
Count = (2 Bread + 2 Protein + ½ Veg. = 270 Calories)

5. THE RAJ

Vegetarian "Chicken" Curry, Vegetables . . **1.99**
Count = (2 Bread + 2 Protein = ½ Veg.
= 270 Calories)

6. THE VEGGITO

Nacho Cheddar Cheese Sauce, garden vegetables,
mushrooms **1.89**
Count = (2 Bread + 1 Protein + ½ Veg.
= 265 Calories)

Burritos, Etc.

Introducing . . . A Guiltless Gourmet Exclusive! The LOBORITTO ("Little Coyote") — a juicy Turkey Dog wrapped in a lite flour tortilla—Mexico's answer to the Hot Dog. Made right here in our store and served with our freshly baked Corn Tortilla Chips. GREAT FOR KIDS AND ADULTS!

THE CHILI LOBORITTO

Loboritto stuffed with our veggie chili, Nacho Cheddar Cheese Sauce . . . **1.69**
Count = (1½ Bread + 2 Protein = 285 Calories) (Including Corn Chips)

THE CHEESE LOBORITTO

Loboritto = Nacho Cheddar Cheese Sauce + Mild Green Chiles + onion . . . **1.69**
Count = (1½ Bread + 1½ = 260 Calories) (Incl. Corn Chips)

Burritos & Enchirittos

Fresh lite Flour Tortillas, both 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 = Nacho Cheese Sauce . . . **1.49**
Count = (1½ Bread + 1½ Protein = 212 Calories)

EL DOCTORE'S FAVORITE

Whole Wheat Burrito stuffed with veggie chili, potatoes, onions and spices . . . **1.49**
Count = (2 Bread + 1 Protein = 176 Calories)

BEAN AND POTATO

Burrito stuffed with our chili, chunks of baked potato, Nacho Cheddar
Cheese Sauce, onion **1.49**
Count = (2 Bread + 1½ Protein = 206 Calories)

CHICKEN ENCHIRITTO

Flour Tortilla stuffed with chicken, Nacho Cheddar Cheese Sauce, onions,
Mild Green Chiles, Special Spices **1.89**
Count = (1½ Bread + 1½ Protein = 205 Calories)

Sandwiches

1. TURKEY BREAST

Sliced Turkey Breast meat on fresh baked whole wheat bread, Mayonnaise and Alfalfa Sprouts **2.49**
Count = (2 Bread + 2 Protein + 1½ Fat + 1 Veg. = 277 Calories)



2. TURKEY HAM

Sliced Turkey-Ham, whole wheat bread or rye, Mayonnaise and Alfalfa Sprouts **2.29**
Count = (2 Bread + 2 Protein + 1½ Fat + 1 Veg. = 265 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 + 1½ Fat = 274 Calories)



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)

SLIM PB & J

Low-Calorie Peanut Butter & Jelly on whole wheat bread **1.39**
Count = (1 Bread + 2 Protein + 2 Veg. = 318 Calories)

Hot 'n Toasty

SEÑOR TUNA

Tuna Salad plus zesty Nacho Cheddar Cheese on toasted wheat bread **2.09**
Count = (2 Bread + 1½ Protein + ½ Fat = 246 Calories)

TURKEY CLUB SANDWICH

Deluxe Club Sandwich made with Turkey Breast, Turkey-Ham, Vegetarian Bacon Bits, lettuce, tomato, mayonnaise, on toasted whole wheat bread **2.19**
Count = (2 Bread + 2 Protein + 1½ Fat + 2 Veg. = 276 Calories)

♥ 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 rotating flavors — All of which meet the American Heart Association Dietary Guidelines.

SUPER SUNDAE 2.49

Hold on to your hats, this one's a biggy! Your choice of flavors and toppings.
Count = (2 Milk + 1 Fruit + 50 O.E.C.* = 230 Calories)

SUNDAE 1.69

Just like the Super, only you eat this one sitting down.
Count = (1 Milk + ½ Fruit + 25 O.E.C. = 125 Calories)

BANANA SPLIT 2.89

Sliced Bananas, fresh off the tree! Three Scoops of our Skinny Delite (You choose the Flavors). Plus choice of three toppings. Count = (2 Milk + 1 Fruit + 35 O.E.C. = 270 Cal)

BANANA ROYALE 1.99

Bananas, Your Choice of flavor of Skinny Delite, plenty of Hot Fudge.
Count = (1 Milk + 1½ Fruit + 25 O.E.C. = 175 Calories)

STRAWBERRY SHORTCAKE 2.49

Our very own Vanilla Cake served with your choice of Skinny Delite, topped with Strawberry Topping. Count = (1½ Bread + 1 Milk + 1 Fruit + 20 O.E.C. = 220 Calories)

HOT FUDGE CAKE 2.49

Our own Chocolate Brownie, plus your choice of Skinny Delite, topped with Hot Fudge. Count = (1½ Bread + 1 Milk + 1 Fruit + 20 O.E.C. = 220 Calories)

BLACK FOREST CAKE 2.59

Chocolate Brownie, plus your choice of Skinny Delite, plus Hot Cherry Topping—Wunderbar! Count = (1½ Bread + 1 Milk + 1 Fruit + 45 O.E.C. = 245 Calories)

APPLE ALA MODE 1.59

Steaming hot apples topped with Skinny Delite flavor of your choice.
Count = (1 Milk + 1 Fruit = 130 Calories)

SOFT DRINK FLOAT! 1.59

Your choice of Skinny Delite flavor floating in one of our bubbly soft drinks.
SENSATIONAL! Count = (1 Milk + ¼ Fruit = 100 Calories)

CONES AND CUPS

Large (6 oz) Cone or Cup 1.20
Count = 1 Milk + ¼ Fruit = 120 Calories)

Small (3 oz) Cone or Cup. Count = (½ Milk + ¼ Fruit = 60 Calories) **.89**
Super (Cup Only - 10 oz) **1.69** Count = (1½ Milk + 1 Fruit = 200 Calories)

GREAT SHAKES! 1.39

Skinny Delite Milk Shakes. Many fabulous flavors, including: Chocolate • Vanilla • Mocha • Banana • Strawberry • Pineapple • Pina Colada
Count = (1½ Milk + 1 Fruit + 20 O.E.C.) = 185 Calories)

Side Orders

Chili & Brown Rice **1.69**
Count = (1 Bread + 2 Protein + ½ Veg. = 215 Calories)
Chili & Crackers **1.79**
Count (½ Bread + 2 Protein + ½ Veg. = 181 Calories)
Brown Rice **.75**
Count = (1 Bread = 80 Calories)
Salsa (4 oz) **.50**
*** ALL ITEMS SERVED TO GO ***

Beverages

Fresh "Swiss Process" Coffee • Reg. or Decaffeinated (Super Iced!) Sm./Lg. **.59/.99**
Refill (Reg.) **.25**
Iced Lipton Tea **.59**
DIET SODAS: Coke; Sugar Free Sprite; Pepsi: **.59/.99**
Fresca: Sm. **.59**, Med. **.69**, Lg. **.89**
Tropical Fruit Punch sweetened with Nutrasweet **.69/.99**

Bakery and Assorted Take-Home Delites

The Guiltless Gourmet has a variety of luscious 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

Delectable 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 squeezed between two chocolatey cookies Singles **.89** 6-Packs **4.99**

SKINNY DELITE GRAHAM CRUST PIE 5.99

Frozen Skinny Delite in a delicate Graham Pie Crust. Various delicious flavors.



BLACK FOREST SUPREME 1.79

Our own chocolate cake, plus light Vanilla Chiffon, plus tangy Cherry Topping make this a real winner at only 200 Calories!

CAROB-MOUSSE SANDWICHES

If you're a chocolate lover, you'll flip over these! Bet you can't eat just one! Only 125 Calories each. Singles **.99** 6-Packs **5.29**

CAROB-MINT SANDWICHES

Delightful minty flavors, loaded with crunchy carob chips (125 Calories) Singles **.99** 6-Packs **5.29**

In addition to the above, the Guiltless Gourmet carries a wide variety of low calorie items, including: Weight Watchers and Lean Cuisine Dinners; Skinny Haven Munchies, Dressings and other products; wholesome rice cakes and herb teas. Once you've tasted Guiltless Gourmet, I'm sure you'll agree you've never experienced anything quite like it! ALOHA.

♥ These entrees meet the American Heart Association's dietary guidelines
All items subject to 4% state tax.

*Count equals diet club count
**O.E.C. = Optional exchange calories

FREE
SAMPLES!

THE GUILTLESS GOURMET
1489 Kapiolani Blvd.

½ block Diamond Head of Keeaumoku St. Parking in the rear of Kona St.

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

PARKING
IN
REAR