

# Healthy Options

chicago midway

Go eat, shop & relax at the new MDW.

 Vegetarian

 Vegan

Guests should inform our associates of any special dietary needs when ordering and they will assist with needed substitutions if possible.

## CONCOURSE A



A R A M I

Arami  

Concourse A Food Hall

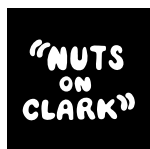
Arami offers a wide variety of sushi options and rice bowls, made with fresh vegetables. In addition, salads and poke bowls can be made to order.



Einstein Bros Bagels  

Concourse A Food Hall

Various options of sandwiches, breakfast sandwiches, smoothies, and bagels to fit your dietary needs. Indulge in the avocado toast and spinach, mushroom, swiss egg sandwich! Breakfast served all-day.



Nuts On Clark 

Concourse A Food Hall

Completely gluten and GMO-free, organic, low sodium, low fat, and whole-grain - all menu items!

Kettle Corn

Caramel Corn

Cheese Corn

Carmel Corn Nut Glaze



DeCOLORES  

Concourse A Food Hall

Experience Mexican cuisine with all the healthy options included. Create your own tacos and bowls with the following healthy options:

- IMPOSSIBLE™ chorizo with vegan seasoning
- Gluten-free tortillas with no animal bi-products
- Roasted peppers and beans free of gluten and animal bi-products



Harry Caray's Shortstop  

Concourse A Food Hall

Options available to fit every lifestyle at this full-service restaurant and bar (substitutions may be required). Try out the following before heading to your gate:

- Steel-Cut Oatmeal (served until 10:30 am)
- Hummus & Pita Starter
- Various fresh soups and salads (substitutions may be required)
- BEYOND BURGER® | A delicious plant-based burger that goes above and beyond



Woodgrain Neapolitan Pizzeria 

Concourse A Food Hall

Try out our coal-fired pizza with gluten-free crust options, such as our garden vegetable pizza! Pizzas are made to order.

More Vegetarian | Vegan options



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## CENTRAL MARKET



### Go-Go White Sox

Variety of options available at this full-service with bar location for dining in or takeout. Some items may need substitutions while ordering. Come support a Chicago sports team while indulging in the following healthy options:

- **Steel-Cut Oatmeal (served until 10:30 AM)**
- **Various fresh salads (substitutions may be required)**
- **IMPOSSIBLE™ Burger – A vegan bun and plant-based patty, and optional vegan cheese.**



### Café L'Appetito

Born in Italy, made in Chicago. Healthy options included! Come try our vegetarian options: Veggie Breakfast Sandwich (served until 10:30 AM) or Veggie Grilled Panini, or our vegan option: Pre-made salad (no cheese).

### CENTRAL MARKET EXPRESS

### Central Market Express

Grab and go - sushi, fresh fruit, chopped salads, assorted nuts/trail mixes/granola bars.

## CONCOURSE B



Hudson    
Gate B21

**Vegan:** Some selected options: Bare snacks: baked fruit and veggie chips (banana, beet, carrot, sweet potato), Peeled Snacks®, Somersaults® sunflower seed baked crunchy bites, Lenny & Larry's®: protein-enhanced, vegan cookie, free from egg, dairy and soy ingredients, Beanitos™, Dang® toasted coconut chips (nonGMO, gluten/dairy/soy free, vegan, no preservatives), Bobo®: oat bars (gluten-free, vegan, Certified Non-GMO, Dang®: toasted coconut chips (nonGMO, gluten/dairy/soy free, vegan, no preservatives), and Setton Farms®: All Natural Flavored Pistachios.

**Vegetarian:** Some selected options: Kind® Bars, Bare snacks: baked fruit and veggie chips, Peeled Snacks®: organic dried fruits, Sahale Snacks® fruit and nut snacks, Bobo®: oat bars (gluten-free, vegan, Certified Non-GMO, 100% organic whole grain oats), Beanitos™: natural snack chips & puffs made from beans, Dang®: toasted coconut chips (nonGMO, gluten/dairy/soy free, vegan, no preservatives), various grab and go, hummus and pretzels, yogurt with berries/granola, tomato bite roll ups, Veginator garden salad (no cheese), fresh fruit



Home Run Inn    
Gate B17

Healthy option items including made to order salads (HRI Signature, Caesar, and Harvest), Mediterranean Veggie Sandwich, Grilled Veggie Pizza, Margherita Pizza, and breakfast bowls (served until 10:30 AM).



Hubbard Inn    
Gate B7

Hubbard Inn's full service dining and bar offers avocado toast (served until 10:30 AM), Kale and Cobb Salads that can be modified. Various small plate options: Brussel Sprouts, Manchego Crouquettes



HVAC Pub    
Gate B19

HVAC offers the following vegetarian options: Breakfast Croissant Sandwich (served until 10:30 AM), IMPOSSIBLE™ Burger on a vegan bun, vegan cheese available at an additional cost.