

*Low-Sodium, Oil-Free,
No Sugar Added
Lifestyle Menu*



*Sodium and sugar occur naturally in vegetables

PASTA

Low-Carb, Low-Calorie Shirataki Tofu Spaghetti or Fettucine Noodles
with our low-sodium marinara sauce. 9.95
Per serving: Sodium 65mg, Sugar 5g

Choice of Spaghetti, Fettuccine, Rotelli, Penne or Gluten-Free Penne
with our low-sodium marinara sauce. 9.95
Per serving: Sodium 45mg, Sugar 7g

BAKED EGGPLANT UNPARMIGIANA

Slices of eggplant baked with a savory gluten-free crust and smothered
with our low-sodium marinara sauce 10.95
Per serving: Sodium 40mg, Sugar 10g

PIZZA

8" delicious gluten-free herb crust, low-sodium pizza sauce
and your choice of no cheese, 1oz. of vegan cheese
(Follow Your Heart or Daiya), or 1oz. of mozzarella cheese 8.95
Additional toppings available @ .50 each
Per pizza: Sodium 336mg, Sugar 8g

VEGETABLE MARINARA PLATTER

Generous platter of steamed broccoli, carrots and cauliflower
smothered with our low-sodium marinara sauce. 7.95
Per serving: Sodium 109mg, Sugar 10g

SALADS

Choice of romaine lettuce, spinach, spring mix or baby kale with shredded carrots,
garbanzo beans (salt-free), onions, tomatoes and mushrooms. Served with your
choice of our homemade salt-free, sugar-free and oil-free dressings. (Balsamic
Vinaigrette, Italian, or Tahina Dill) 8.95

SIDE ORDERS

Grilled chicken breast with Benson's Table Tasty. 4.95
Marinated baked tofu (salt-free) 4.95

DESSERTS

Ask your server about our low-sodium, sugar-free, and oil-free options. 4.75
Complete nutritional info available upon request.
We also have a full vegan and gluten-free menu.

CALL AHEAD FOR FOOD TO GO. (818) 887-4770

Woodland Hills at 6209 Topanga Canyon Blvd. (at Erwin Street)

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