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Dos Caminos debuts a boldly flavorful menu that promotes healthy eating

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Charred Jalapeño and Spring Onion Guacamole with Cucumber "chips"

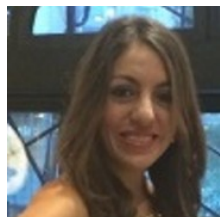
Lesley Reider

In honor of **National Nutrition Month**, **Dos Caminos**, part of **BR Guest Hospitality**, has recently launched a Healthy Mexican Menu in partnership with **SPE-Certified**, a unique certification and consulting program designed to enhance the nutritional quality of meals, without sacrificing taste. The menu features a Sangrita Margarita, Charred Jalapeño and Spring Onion Guacamole with Cucumber "chips," a Spring Vegetales Taco, Pink Grapefruit, Jicama and Watercress Salad, Salmon a la Plancha, Grilled Mexican Street Corn, and Honey-Roasted Pineapple.

The restaurant hosted an intimate luncheon for members of the media and nutritionists this past Thursday at its Park Avenue location to debut the menu. James Gersten, CEO of BR Guest

Hospitality, was in attendance and spoke about his excitement for this Healthy Mexican Menu that [Dos Caminos](#) will be including at all 4 of its Manhattan locations starting on Monday, March 9. Chef Ivy Stark also spoke to guests about how to make the Charred Jalapeño and Spring Onion Guacamole and how [Mexican food](#) can in fact be both healthy and tasty. The menu is certainly a testament to that with a combination of great flavors that leave you satisfied, without an excess of fat or oils. Favorite dishes among guests included the Charred Jalapeño and Spring Onion Guacamole with Cucumber “chips” and the Salmon a la Plancha.

A portion of the proceeds from the Healthy Mexican Menu will go towards [Wellness In The Schools \(WITS\)](#), a NYC-based non-profit organization that inspires healthy eating, environmental awareness, and fitness as a way of life for over 30,000 public school children. It's great to see a healthy menu that not only benefits its diners but gives back to the community as well. Congratulations on this initiative, Dos Caminos and the BR Guest Hospitality Group!



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