

TO TACKLE OVERWEIGHT PROBLEM IN BOROUGH

Shields Gazette, Tuesday, January 22, 2013



HEALTHY OPTION ... Benny's Pomodoro.

Firm takes a healthy lead

A SOUTH Tyneside business is taking the lead in providing borough folk with healthy eating options.

Members of the people select committee have heaped praise on Benny's Pomodoro in Stanhope Road, South Shields - and urged others to follow its example.

Committee chairman, Coun Ernest Gibson, who has himself won his own battle with the bulge, paid a fact-finding visit to the venue as part of the obesity commission's work.

For some years, its owner has been providing a takeaway menu that provides a healthy alternative.

Rather than offering chips

and deep-fried products, the business is based around a wholesome and nutritious menu, using healthy ingredients such as fresh vegetables, brown rice and lean meat and fish.

The pizzas are all served on brown tortillas as opposed to traditional pizza bases.

And the tomato sauce for pasta is made fresh every day with fresh tomatoes.

Mr Pomodoro, who prides himself on sourcing quality produce to use in his food, said: "There was some resistance to the changes in the menu but when people tried the food they tended to return, and we now have a loyal base of customers."

SMOOTHIES

- 51 Benny's Special Milk, Banana, Honey, Nuts £3.30
- 52 Protein Shake Milk, Banana & A Scoop of Protein £3.00
- 53 Carrot Juice £2.70

How Good is Carrot Juice?

good for your health and organs such as skin, eyes, nails, digestive system, blood and teeth.

MAYOR TUCKS IN AT HEALTHY TAKEAWAY

Praise for helping town fight obesity

CUSTOMERS at a South Tyneside sandwich shop are being given food for thought in a bid to encourage healthy eating.

Benny's Pomodoro in Stanhope Road, South Shields, was hailed by South Tyneside Council during research into the borough's obesity levels.

A report by the People Select Committee's Commission on Health Inequalities: Tackling Obesity in South

Tyneside, highlighted the takeaway for its reputation in serving healthy food.

The store was visited by the Mayor of South Tyneside Coun Ernest Gibson and Mayoress Patricia Ridley who both gave the manager's menu a "thumbs up".

Coun Gibson said: "I think what Benny's Pomodoro is doing should be applauded, as anything that helps towards the fight against obesity is worth supporting in my book."

"Obesity is an issue the council and its partners take very seriously. We are always looking for ways to encourage people to introduce exercise and nutritional eating into their daily routine.

We want the people of South Tyneside to enjoy a healthy and happy life."

The shop opened its doors in 2005 with a healthier menu being adopted five years ago.

The cuisine includes sandwiches, wraps, pasta, chicken salad and omelettes. Broccoli is used in some dishes, and a rare brown rice pizza base has also been added to the menu.

Owner Benny Pomodoro said: "I'm doing my bit to try and keep the people of South Shields, fit and healthy."

"This is an important issue that we should be addressing as a community and by connecting with one another."



HEALTHIER OPTIONS ... Benny Pomodoro welcomes the Mayor and Mayoress to his shop.

Twitter: @shieldsgazette



Healthy Night Menu

Please Visit Our Website
www.bennypomodoro.com

Did You Know About Brown Rice?

Provides all necessary carbohydrate requirements. It's rich in fibre - helps control blood sugar - helps maintain cholesterol - is a body building food - supplies important nutrients for the heart, brain, hair, immunity and bones.

BROWN RICE

- Benny's Super Healthy Brown Rice Dish £6.90
- Brown Rice with Spicy Meat Balls, Greek Salad & Feta Cheese £5.00
- Brown Rice with Spicy Chicken, Greek Salad & Feta Cheese £5.00
- Brown Rice with Plain Tuna, Greek Salad & Feta Cheese £5.00
- Brown Rice with Feta Cheese, Sun-dried Tomatoes & Olives £5.00
- Brown Rice with Cold Mexican Chicken, Greek Salad & Feta Cheese £5.00
- Brown Rice with Cold Chicken, Sun-dried Tomatoes, Greek Salad & Feta Cheese £5.00



PASTA

- Benny's Special (Tomatoes, Onions, Peppers, Bacon & Herbs) £5.50
- Carbonara £5.30
- Bolognese Pasta £5.30
- Spicy Chicken Pasta £5.30
- Contina (Chicken Tomatoes, Basil & Herbs) £5.30
- Spicy Meat Ball Pasta (Meat Balls & Herbs) £5.30
- Tuna Pasta (Tuna, Onions, Tomatoes & Herbs) £5.30
- Vegetarian Pasta (Tomatoes, Onions & Tomatoes) £5.30
- Al Forno (Tomatoes, Bolognese & Cheese) £5.30
- Arabiatta (Tomatoes, Chili & Herbs) £5.30

JACKET POTATO WITH ANY TOPPING £4.00
SWEET POTATO WITH ANY TOPPING £4.50

MAKE YOUR OWN HEALTHY RICE DISH

A mix of brown rice, meat, vegetables & olive oil **£6.50**

OMELETTES ONLY £5.50

choice of chicken or veg

SALAD BOXES ONLY £4.50

with any one meat of your choice

GRILLED CHICKEN KEBAB

The healthy option! Served with brown pitta bread, salad, chilli & garlic yoghurt. Marinated in the finest oil! **£6.50**

CHICKEN KEBAB WITH SWEET POTATO £6.50

Extra Meat Toppings 50p
Extra Vegetable Toppings 40p

PIZZAS

19 Benny's Healthy Naughty Pizza (Meat & Veg) £5.95
20 Greek Salad, Olive, Feta, Mozzarella, Jalapenos £5.00
21 Pepperoni, Greek Salad, Mozzarella & Brown Rice £5.00
22 Chicken, Sun-dried Tomatoes, Greek Salad £5.00
23 Bacon, Greek salad, Feta & Mozzarella £5.00
24 Meatball, Pepperoni, Olive, Mozzarella & Greek Salad £5.50
25 Tuna, Feta cheese, Red Onions & Jalapenos £5.00
26 Salami, Greek Salad, Red Onions & Jalapenos £5.00
27 Margherita £4.50
28 Vegetarian Pizza with Walnuts, Jalapenos, Olives, Spinach & Brown Rice £5.00

CIABATTA GARLIC BREAD

29 Plain Garlic Bread Ciabatta £1.40
30 Garlic Bread Ciabatta with Cheese £1.70

SUNDRIES

31 Soft Drinks (bottle) £1.00
32 Chilli Sauce 70p
33 Garlic Yoghurt 70p
34 Tub of Jalapenos 70p
35 Sweet Chilli Sauce 70p

HOME MADE LOW FAT CAKES

36 Carrot Cake £1.60
37 Chocolate Brownie £1.60

SMOOTHIES

All smoothies include banana

- Benny's Special Milk, Honey, Kiwano, Protein £3.30
- Protein Shake Milk & Scoop of Protein £3.00
- Carrot Juice £2.70
- Hangover Cure £3.20
- Fat Burner (Orange Juice, Raspberry, Strawberry, Banana) £3.20
- Berry-Go-Round £3.20
- Banana & Strawberry £3.20
- Strawberry & Peach £3.20
- Carrot, Orange & Apple (High in iron) £3.20
- Strawberry & Pineapple £3.20
- With Banana & Orange Juice, High in Potassium, Vit C £3.20
- The Green Smoothie (Carrot, Spinach, Tomato, Banana, Watercress & Olives) £3.20

Coffees

Coffee black or white £1.50
Espresso strong coffee £1.30
Double Espresso strong coffee £1.50
Cappuccino frothy coffee £1.50
Latte milky coffee £1.50
Mochiatto chocolate flavoured coffee £1.50

Teas

Tea £1.00
Green Tea the healthy option! £1.00
Flavoured Tea £1.30

NE Design & Print Solutions Ltd: 0741 3711 980

Benny's Pomodoro

456 0909
bennypomodoro.com

"A wholesome and nutritious menu"

Any changes to this set menu cannot be made over the phone

Opening Hours

Mon - Sat: Day Time 8am - 5pm
Mon - Sat: Night Time 5pm - 9pm
Sunday: 10am - 7pm
Sunday operate by night time menu

We Never Shut, Open 365 Days a Year!

Delivery Charge

Delivery Charge based on distance
Minimum delivery £7
68A Stanhope Road, South Shields NE33 4BS

TO TACKLE OVERWEIGHT PROBLEM IN BOROUGH

Firm takes a healthy lead

A BORTHOLME firm is helping the local population tackle their weight problems. Members of the people's health organisation have been invited to Benny's Pomodoro to try a range of healthy options to help them lose weight.

Ben himself has lost 10 stone in the last 12 months. He says: "I was struggling to lose weight and I was looking for a healthy option. Benny's Pomodoro was the perfect choice. The staff are so helpful and the food is so good. I've lost 10 stone and I'm feeling so much better. Benny's Pomodoro is a real gem in the area. It's a healthy and delicious place to eat. I highly recommend it to anyone who is looking to lose weight and live a healthier lifestyle."

HEALTHY OPTION... Benny's Pomodoro.

Day Time Menu (8am - 6pm)

Please Visit Our Website
www.bennypomodoro.com

COLD SANDWICHES

	Medium	Large
1 Chicken & Sun-dried Tomatoes	£2.20	£3.00
2 Mexican Chicken	£2.20	£3.00
3 Chicken Mayo	£2.20	£3.00
4 Tuna	£2.20	£3.00
5 Sweet Chilli Chicken	£2.20	£3.00
6 Ham	£2.20	£3.00
7 Hot Cheese	£2.20	£3.00
8 No Mayo	£2.20	£3.00

COLD BENNY'S SPECIAL WRAP

Spiced Feta Cheese, Greek Salad, Jalapenos, & Fresh Tomato £3.40

TOASTED BROWN HEALTH WRAPS

- Mexican Chicken, Greek Salad £3.30
- Chicken, Sun-dried Tomato £3.30
- Tuna, Greek Salad £3.30
- Sweet Chilli Chicken £3.30
- Meatball, Pepperoni, Greek Salad, Sweet Chilli £3.30
- Pepperoni, Feta, Greek Salad & Olive £3.30



HEALTHY OMELETTES

16 Chicken Omelette (Egg, Mushroom, Onion, Spinach & Chilli) £4.00
17 Veg Omelette (Egg, Onions, Feta Cheese, Mushroom, Peppers) £4.00

TOASTED PANINI

Please help yourself to extra toppings: Meat 50p, Veg 40p

- Chicken Sun-dried Tomatoes & Mozzarella Cheese £3.40
- Chicken Tikka, Chilli & Onion £3.40
- Crispy Bacon, Mushroom, Sun-dried Tomato, Garlic £3.40
- Feta Cheese, Tomato, Onion £3.40
- Mozzarella, Sun-dried Tomato, Greek Salad £3.40
- Benny Special (Meatball, Pepperoni, Red Onion, Mozzarella & Sweet Chilli Sauce) £3.40
- Ham, Cheese, Tomato £3.40
- Meatball Melt £3.40
- Pepperoni, Salami, Mozzarella £3.40
- Tuna Melt £3.40
- Pesto, Bacon, Mozzarella & Fresh Tomatoes £3.40
- Chicken, Bacon, Cheese & Mayo £3.40
- Ladies Panini (Tuna, Mozzarella & Chilli) Sun-dried Tomato £3.40
- Pomodoro Special £3.40
- Pepperoni, Mozzarella, Olive & Pesto £3.40

GRILLED CHICKEN KEBAB

The healthy option! Served with brown pitta bread, salad, chilli & garlic yoghurt. Marinated in the finest oil! **£6.50**

CHICKEN KEBAB WITH SWEET POTATO £7.50

MAKE YOUR OWN HEALTHY RICE DISH

A mix of brown rice, meat, vegetables & olive oil **£6.50**

Did You Know About Brown Rice?

Provides carbohydrates - helps control blood sugar - helps maintain cholesterol - is a body building food - supplies important nutrients for the heart, brain, hair, immunity and bones.

BROWN RICE DISHES

34 Benny's Super Healthy Brown Rice Dish £6.90
35 Brown Rice with Spicy Chicken £4.50
36 Brown Rice with Spicy Meatball £4.50
37 Brown Rice with Mexican Chicken £4.00
38 Brown Rice with Plain Tuna, Greek Salad & Feta Cheese £4.00
39 Brown Rice with Chicken Sun-dried Tomatoes, Greek Salad & Feta Cheese £4.00
40 Brown Rice with Feta Cheese, Sun-dried Tomatoes & Olive £4.00
41 Brown Rice with Sweet Chilli Chicken & Greek Salad £4.00

JACKET / SWEET POTATO & SALAD

42 Tuna Mayo £3.20
43 Chicken Sun-dried Tomato £3.20
44 Chicken Tikka £3.20
45 Sweet Chilli Chicken £3.20
46 Tuna Melt £3.20
47 Cheese & Beans £3.20
48 Mexican Chicken £3.20

SUNDRIES

49 Soft Drinks (bottle) £1.00
50 Tea / Green Tea £1.00
51 Coffee £1.50

HOME MADE LOW FAT CAKE

52 Carrot Cake £1.60
53 Chocolate Brownie £1.60

EXTRAS

Add Extra Veg Toppings (Sun-dried Tomatoes, Jalapenos, Olives) £0.40
Add Extra Meat Toppings £0.50

RICHMOND TAXIS

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0191 537 1111
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PASTA

All served with Parmesan Cheese, Black Pepper, Onions & Tomato Sauce

- Veg Pasta (Tomatoes, Onions, Peppers) £4.30
- Carbonara (Cream, Bacon, Herbs) £4.50
- Al Forno Bolognese (Tomatoes, Bolognese & Cheese) £4.30
- Arabiatta (Tomatoes, Chili & Herbs) £4.30
- Tuna Pasta (Tuna, Garlic, Basil, & Herbs) £4.30
- Spicy Meatball Pasta (Meatballs & Herbs) £4.30
- Contina (Chicken, Tomatoes, Basil & Herbs) £4.30
- Spicy Chicken Pasta (Chicken, Jalapenos & Tomatoes) £4.30
- Benny Special (Tomatoes, Onions, Peppers & Herbs) £4.50

PIZZAS

63 Greek Salad, Olive, Feta, Mozzarella, Jalapenos £4.40
64 Pepperoni, Greek Salad, Mozzarella & Brown Rice £4.40
65 Chicken, Sun-dried Tomatoes, Greek Salad £4.40
66 Bacon, Greek Salad, Feta & Mozzarella £4.40
67 Meatball, Pepperoni, Olive, Mozzarella & Greek Salad, £4.40
68 Benny's Healthy Naughty Pizza £5.50

SALAD BOXES

69 Chicken Salad Sun-dried Tomatoes £3.20
70 Greek Salad Box £3.20
71 Mexican Chicken £3.20
72 Sweet Chilli Chicken £3.20
73 Tuna Mayo Salad Box (Tuna West Tuna) £3.70
74 Plain Tuna Salad Box (Tuna West Tuna) £3.70

SMOOTHIES

All smoothies include banana

- Benny's Special Milk, Banana, Honey, Protein £3.30
- Protein Shake Milk, Banana & Scoop of Protein £3.00
- Carrot Juice £2.70
- Hangover Cure £3.20
- Fat Burner (Orange Juice, Raspberry, Strawberry, Banana) £3.20
- Berry-Go-Round £3.20
- Banana & Strawberry £3.20
- Strawberry & Peach (Orange, Strawberry, Banana, Peach & Apple, High in iron) £3.20
- Carrot, Orange & Apple (Vitamin and fibre) with Banana £3.20
- Strawberry & Pineapple (With Banana & Orange Juice, High in Potassium, Vit C, Banana) £3.20
- The Green Smoothie (Carrot, Spinach, Tomato, Olives, Banana) £3.20