



## *Dr. Reeta's Healthy Houston Restaurants*

Here's a list of Houston Restaurants that offer locally sourced, seasonal ingredients in a variety of cuisines and atmospheres. The nutritional benefits of seasonal, fresh ingredients on overall health is an important component of Dr. Achari's practice, and what she practices herself.

### **Alice Blue**

250 W 19th St, Houston, TX 77008  
(713) 864-2050  
alicebluehouston.com

### **Better Luck Tomorrow**

544 Yale St, Houston, TX 77007  
(713) 802-0845  
betterlucktomorrowhou.com

### **Da Marco**

1520 Westheimer Rd, Houston, TX 77006  
(713) 807-8857  
damarcohouston.com

### **Dish Society**

#### **GALLERIA AREA**

5740 San Felipe St #100, Houston, TX 77057  
832-299-2351

#### **KATY**

2643 Commercial Center Blvd., Ste. B350,  
77494

281-206-8125

#### **MEMORIAL**

12525 Memorial Dr #145, Houston, TX  
77024

713-715-4359

#### **HEIGHTS**

1050 Yale St #100, Houston, TX 77008  
713-715-4735

#### **WEST U**

4191 Bellaire Blvd, Houston, TX 77025  
713-966-2737  
dishsociety.com

### **Ember & Greens**

9403B Katy Fwy, Houston, TX 77024  
(713) 465-3333  
emberandgreens.com

### **Feges BBQ**

#### **GREENWAY**

3 Greenway Plaza Suite C-210  
Houston, TX 77046 832-409-6118

#### **SPRING BRANCH**

8217 Long Point Road  
Houston TX 77055 346-319-5339  
fegesbbq.com

### **Kiran's**

2925 Richmond Ave Ste 160, Houston, TX  
77098  
(713) 960-8472  
kiranshouston.com

### **La Jardenier**

5500 Main St Ste 122, Houston, TX 77004  
(713) 714-3015  
lejardinier-houston.com

### **Mastrantos**

927 Studewood St, Houston, TX 77008  
(346) 227-8458  
mastrantosintheheights.com  
Elliot's Table  
465 T C Jester Blvd Ste B, Houston, TX  
77007  
(713) 485-0340  
elliottstable.com

### **Nancy's Hustle**

2704 Polk St, Houston, TX 77003  
(346) 571-7931  
nancyshustle.com

### **Nobie's**

2048 Colquitt St, Houston, TX 77098  
(346) 319-5919  
nobieshtx.com

### **Pondicheri**

2800 Kirby Dr, Houston, TX 77098  
(713) 522-2022  
pondicheri.com

### **Rosie Cannonball**

1620 Westheimer Rd  
Houston, TX 77006  
(832) 380-2471  
rosiecannonball.com

### **Savior**

1344 Yale Street  
Houston, TX 77008  
(346) 802-2842  
savoirsthouston.com

### **Squable**

632 W 19th St, Houston, TX 77008  
(832) 834-7362  
squabletime.com

### **Theodore Rex**

1302 Nance St, Houston, TX 77002  
(832) 830-8592  
trexhouston.com

### **Tiny Boxwoods**

3614 W Alabama St, Houston, TX 77027  
(713) 622-4224  
tinyboxwoods.com