

# Feed Your Well-Being – Blue Zones Project® helps local eateries optimize their establishments for health.



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Find out which Blue Zones Project Approved™ Restaurants and Grocery Stores have take out, curbside pick-up or delivery.

## REDONDO BEACH

		To-Go	Curb Pick-Up	Delivery
Al Hamra Halal Café	(310) 371-5919	●		●
Baleen Kitchen	(310) 372-1202	●		●
Barney's Beanery	(424) 275-4820	●	●	●
Bettolino Kitchen	(310) 375-0500	●	●	●
Bistro Miyoda	(310) 376-1081	●	●	●
Bluewater Grill	(310) 318-3474	●		
Bollywood Zaika	(424) 398-0056	●	●	●
California Pizza Kitchen	(310) 370-9931	●	●	●
Captain Kidd's	(310) 372-7703	●	●	●
Chicken Maison	(310) 725-0035	●		●
Coyote Cantina	(310) 376-1066	●	●	
Dominique's Kitchen	(424) 247-9054	●		
Eat at Joe's	(310) 376-9570	●		●
El Gringo	(310) 316-8032	●		●
Fitch's Kitchen	(310) 379-5200	●		●
Flyin Fin Sushi and Seafood	(310) 373-3718	●		●
Fresh Brothers Pizza	(310) 374-5678	●	●	●
Good Stuff	(310) 316-0262	●	●	●
Happy Veggie	(310) 379-5035	●		
Havana Mania	(310) 725-9075	●		●
IShabu Shabu	(310) 540-5846	●		
Jersey Mike's Subs	(310) 374-4900	●	●	●
Jus' Poke	(310) 379-1133	●	●	●
Kincaid's	(310) 318-6080	●	●	●
Kirari West	(310) 376-5313	●		
L&L Hawaiian Barbecue	(310) 375-0333		●	●
Locale90 Neapolitan Pizza	(310) 540-9190	●		●
Made by Meg	(310) 376-8600	●		
Maderos Cocina Mexicana	(424) 350-7031	●		
Napoli Pizza and Pasta	(310) 371-7178	●	●	
Natural World Market & Café	(424) 247-8460	●	●	●
Natureba	(310) 597-4517	●		
Ocho Mexican Grill	(310) 272-5885	●		●
Panelas Brazil Cuisine	(310) 214-4143	●		●
Perry's at the Beach	(310) 746-5556	●		
Pho Hue Oi	(310) 263-1123	●		●
Pho PCH	(424) 206-1072	●		●
Phuket Thai Restaurant	(310) 374-9598	●		●
Quality Seafood	(310) 372-6408	●	●	●
R10 Social House	(310) 798-2500	●	●	●
Riviera Village Pizza	(310) 373-4545	●	●	●
Rock & Brews	(310) 378-4970	●		●
Sacks in the City	(310) 372-1660	●		●
Sacks on the Beach	(310) 540-3770	●		●
Sea Level (Shade Hotel)	(310) 921-8950	●		
South Bay Catering Company	(310) 957-9639	●		●
Super Bowl Acai	(424) 456-7983	●	●	●
The Grain Café	(424) 304-2694	●	●	●
The Great Room	(424) 999-1333	●	●	●
The Green Temple	(310) 944-4525	●	●	
The Slip Bar	(310) 376-8910	●		
Turquoise	(310) 373-3234		●	●
Wildflower Café	(310) 406-3808	●	●	

Ws China Bistro	(310) 792-1600	●	●	●
Yum Thai Bistro	(310) 316-1188	●		●
Zayna Flaming Grill	(310) 540-0777	●		●

## HERMOSA BEACH

Boccatò's Groceries	(310) 376-0574	●		
Dia De Campo	(310) 379-1829	●		●
El Gringo	(310) 376-1381	●		●
Good Stuff	(310) 374-2334	●	●	●
Greenbelt	(310) 259-7761			
Green Store	(310) 376-5901	●		●
Gum Tree Cafe	(310) 376-8733	●		
Locale90 Neapolitan Pizza	(310) 540-9190	●		●
Ocean Diner	(310) 372-3739	●	●	
Paradise Bowls	(310) 374-5284	●		
Pedone's Pizza & Italian Kitchen	(310) 376-0949	●		●
Playa Hermosa Fish & Oyster Co.	(310) 504-0088	●	●	●
Poke Bar	(213) 321-5500			●
Poulet Du Jour	(310) 376-6620	●		●
Rabano	(310) 318-1998	●	●	●
Ready, Fit, Go Healthy Foods	(310) 318-3188	●	●	●
Silvios Brazillian BBQ	(310) 376-6855	●		●
Spice Six	(310) 372-2419	●		●
The Beirut Mix	(310) 376-8226	●	●	●
The Rockefeller	(310) 597-1239	●		●
The Source Cafe	(310) 376-2355	●	●	●
The Spot	(315) 318-1600	●	●	●
Watermans	(310) 372-4462	●	●	
Zane's	(310) 374-7488	●		●

## MANHATTAN BEACH

Brooklyn Brick Oven Pizza	(310) 379-6599	●		●
Cafe Wild	(310) 545-2444			●
California Pizza Kitchen	(310) 796-1233	●	●	●
El Gringo	(310) 372-6080	●		●
Fresh Brothers Pizza	(310) 546-4444	●	●	●
GROW	(310) 545-2904			●
India's Tandoori	(310) 374-7300	●	●	●
Le Pain Quotidien	(310) 546-6411	●		
Lido di Manhattan	(310) 536-0730	●	●	●
M & LOVE	(424) 247-8998	●		●
Manhattan Bread & Bagel	(310) 545-7553	●		●
Manhattan Country Club Din.	(310) 546-5656	●		
Manhattan Country Club Poolside Bar	(310) 546-5656	●		
Manhattan House	(310) 574-2277	●		●
O-Sho Japanese Restaurant	(310) 372-6156	●		
OB's Pub & Grill	(310) 546-1542	●		●
Paradise Bowls	(310) 374-5284	●		●
Sloopy's Beach Café	(310) 545-1373	●	●	●
SunLife Organics	(310) 545-7773			
Thai Dishes	(310) 546-4147	●		●
The Kettle	(310) 545-8511	●	●	●
The Original Rinaldi's Italian Deli	(310) 379-9968	●	●	●
The Rockefeller Manhattan Beach	(310) 545-5810	●		●
Tin Roof Bistro	(310) 939-0900	●		●
Zinc @ Shade	(310) 546-4995	●	●	

## OTHER

Chef for Seniors	(424) 224-9780			●
LOVE Premier Catering and Event Planning	(323) 877-2500			●

\*Restaurant take-out, curbside pick-up and delivery subject to change.  
 Updates from public health officials are changing frequently – daily and even hourly, which may alter the recommendations for food pick-up and delivery.