

**DR. JOY WANG'S  
POST-SURGICAL  
FOOD OPTIONS**

*I am passionate about food and love to eat. I believe you don't need to be reduced to boring options after your dental surgery. Luckily, in the Bay Area, it is easy to find many organic and locally sustainable foods. Here are some restaurants and grocery stores that offer delicious and healthy items that you can eat after your dental surgery.*

**Bon Chon**

572 E. El Camino Real  
Sunnyvale, CA 94087  
(408) 720-8689

[www.bonchonbayarea.com](http://www.bonchonbayarea.com)

**Country Gourmet American Bistro**

1314 S. Mary Avenue  
Sunnyvale, CA 94087  
(408) 733-9446

<http://www.country-gourmet.com>

**Falafel Stop**

1325 Sunnyvale-Saratoga Road  
Sunnyvale, CA 94087  
(408) 735-7182

[www.falafelstop.biz](http://www.falafelstop.biz)

**Off The Stick Kabob Grill**

927 East Arques Avenue  
Sunnyvale, CA 94085  
(408) 746-9746

[www.offthestick.com](http://www.offthestick.com)

**Mountain View**

**Asian Box**

142 Castro Street  
Mountain View, CA 94041  
(650) 584-3947

[www.asianbox.com](http://www.asianbox.com)

*Also available at Palo Alto, CA.*

**Kumino Restaurant**

580 N Rengstorff Ave Ste J  
Mountain View, CA 94043  
(650) 964-3300

<http://kumino.business.site/>

**Nekter Juice Bar**

685 San Antonio Rd #15  
Mountain View, CA 94040  
(800) 385-1650

[www.nekte Juice Bar.com](http://www.nekte Juice Bar.com)

**Zareen's**

1477 Plymouth Drive #C  
Mountain View, CA 94043  
(650) 641-0335

[www.zareensrestaurant.com](http://www.zareensrestaurant.com)

**Los Altos**

**Bumble**

145 First Street  
Los Altos, CA 94022  
(650) 383-5340

<http://www.bumblelosaltos.com>

**Sumika**

236 Central Plaza  
Los Altos, CA 94022  
(650) 917-1822

[www.sumikagrill.com](http://www.sumikagrill.com)

## Palo Alto

**Free Birds World Burrito**  
2305 El Camino Real Suite A  
Palo Alto, CA 94306  
(650) 328-1704  
[www.freebirds.com](http://www.freebirds.com)

**Lyfe Kitchen**  
167 North Hamilton Avenue  
Palo Alto, CA 94301  
(650) 325-5933  
[www.lyfekitchen.com](http://www.lyfekitchen.com)

**Pressed Juicery**  
660 Stanford Shopping Center  
Palo Alto, CA 94034  
(650) 329-1450  
[www.pressedjuicery.com](http://www.pressedjuicery.com)

**So Gong Dong Tofu House**  
4172 El Camino Real  
Palo Alto, CA 94306  
(650) 424-8805

**Spice Kit**  
340 South California Avenue  
Palo Alto, CA 94306  
(650) 326-1698  
[www.spicekit.co](http://www.spicekit.co)

**Tender Greens**  
Stanford Shopping Center.  
180 El Camino Real #1050  
Palo Alto, CA 94304  
(650) 285-6702  
[www.tendergreens.com](http://www.tendergreens.com)

**True Food Kitchen**  
Stanford Shopping Center  
180 El Camino Real #1140  
Palo Alto, CA 94304  
(650) 272-5157  
<http://www.truefoodkitchen.com/>

## ORGANIC GROCERY STORES (Please see web sites for other locations)

**Bi-Rite Market**  
3692 18th Street  
San Francisco, CA 94110  
(415) 241-9760  
<http://www.biritemarket.com>

**Full Circle Farm**  
1055 Dunford Way  
Sunnyvale, CA 94087  
(408) 735-8154  
[www.fullcirclesunnyvale.org](http://www.fullcirclesunnyvale.org)

**New Leaf Community Market**  
3550 Bernal Avenue  
Pleasanton, CA. 94566  
(925) 621-7660  
[www.newleaf.com](http://www.newleaf.com)

**Sprouts**  
111 East El Camino Real  
Sunnyvale, CA 94087  
(408) 702-1172  
[www.sprouts.com](http://www.sprouts.com)

**Trader Joe's**  
316 West El Camino Real  
Sunnyvale, CA 94087  
(408) 735-7573  
[www.traderjoes.com](http://www.traderjoes.com)

**Whole Foods**  
20955 Stevens Creek Blvd  
Cupertino, CA 95014  
(408) 257-7000  
[www.wholefoods.com](http://www.wholefoods.com)

**Low Carb & Other Interesting  
Food Selections**  
(Check your local grocery stores or  
Amazon)

Carbquick Baking Mix  
Shirataki Noodles