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## Houlihan's lightens up

Posted on [March 11, 2014](#) by [Tammy Paolino](#)



Rice Noodle Salad with Ginger-Soy Top Sirloin includes napa slaw, basil, mint, snow peas, cilantro, scallions, roasted peanuts and chili-lime dressing at 590 calories.

Photo provided

There are two things that I always want to order at Houlihan's.

One is the Chicken Asian Chop Chop, which my son helps me finish because it's huge.

The other is that sinful goat cheese app that I wind up eating myself and which is probably my caloric limit on dairy for the entire week.

Well, it's spring and it's time to lighten up. And Houlihan's knows this.

So, just as our minds turn to tulips and asparagus, the restaurant offers a lighter spring specials menu.

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Houlihan's lighter fare menu includes three entrees, two desserts and two cocktails. Each item is under 600 calories.

"We took a page from the fashion retail industry by previewing our lighter fare 'line' on Pinterest prior to launching our specials menu in-store," said Jen Gulvik, senior vice president of marketing and creative director, Houlihan's Restaurants, Inc. in announcing the menu.

"Pinterest's audience of contemporary-minded women who care about quality, style and a well-balanced lifestyle fit perfectly with the audience we had in mind when creating this menu."

The lighter fare entrees menu includes:

Lemon & Herb Grilled Chicken with Tuscan white beans, organic kale-spinach-chard blend, roasted artichokes, tomatoes, herbed broth (550 calories).

Miso Grilled Salmon: Miso-marinated Atlantic salmon over stir-fried quinoa with steamed edamame, house-pickled cucumber and shaoxing sauce (540 calories).

Rice Noodle Salad with Ginger-Soy USDA Prime Top Sirloin with napa slaw, basil, mint, snow peas, cilantro, scallions, roasted peanuts and chili-lime dressing (590 calories).

Desserts include a Key Lime Mousse layered with crystallized graham cracker crust and whipped cream (420 calories) and a Chocolate Mousse with fresh raspberries and whipped cream (410 calories).

On the bar menu are Coco Basil Fusion which contains Cabo Wabo Blanco Tequila, Malibu coconut rum, fresh basil and a splash of sour (140 calories) and The X-Rated Moscato Martini which contains Skyy Infusions Moscato Grape Vodka, premium X-Rated Fusion Liqueur infused with organic blood orange juice, house sour and fresh cranberry juice (140 calories).

Menu items vary by location. To learn more, visit [houlihans.com](http://houlihans.com)

Guests are encouraged to share their thoughts on Pinterest by pinning, tagging and posting thoughts and photos of Houlihan's lighter fare specials menu using the hashtag #SoEatingThis and @houlihans.

<http://blogs.courierpostonline.com/eatmywords/2014/03/11/houlihans-lightens-up/>