Your cheat sheet for any kind of restaurant

> Save this to your phone for the next time someone else picks the place.

RESTAURANT	GO-TO ORDERS	EASY TWEAKS
Steakhouse	Filet or sirloin, shrimp, grilled fish	Swap fries for veggies or a plain baked potato; butter on the side
Mexican	Fajitas, grilled chicken or steak tacos, burrito bowl	Corn tortillas; pick chips or rice and beans, not both; load up on salsa and pico
Italian	Grilled chicken or fish, shrimp, smaller pasta portion	Red sauces over cream sauces; add a side salad; share an appetizer
Sushi / Japanese	Sashimi, simple rolls, poke, edamame	Go easy on tempura and spicy-mayo rolls; miso soup to start
Burger spot	Burger with all the veggies, grilled chicken sandwich	Single patty; lettuce wrap or open-faced; side salad instead of fries
Chinese / Thai	Stir-fry with chicken or shrimp, satay, steamed dishes	Sauce on the side; steamed rice over fried; extra vegetables
Breakfast / brunch	Omelet or eggs, turkey sausage, fruit	Toast or potatoes, not both; skip syrup-heavy dishes or share one