

# Mediterranean Food

---



1953-1955 Coney Island Ave, floor first  
Brooklyn, NY, 11223  
United States

Phone: 3477976875

The Mediterranean diet is rich in lean proteins, like chicken, fish and legumes; fresh fruits and vegetables; whole, unprocessed grains; seeds and nuts; healthy fats like olive oil; and a limited intake of dairy and red meats.

[Visit Website](#)  
[Email Friend](#)