



FOR IMMEDIATE RELEASE

CONTACT: Rebecca Conner/ (713) 329-6872
rconner@lubys.com

**LUBY’S TAKES A BITE OUT OF THE BULGE; NEW FRESH, FAST AND HEALTHIER CHOICES
HEADLINE THE LANDMARK CAFETERIA CHAIN’S 2013 LIVIN’SMART™ MENU**

HOUSTON, TX – January 17, 2013 –It’s now easier than ever to watch your wallet and your waistline at [Luby’s](#). The iconic, Texas-based [cafeteria](#) chain is starting the New Year off right with five flavorful and filling additions to its popular [Livin’Smart](#) menu. First developed in late 2009 as part of a specialty wellness initiative for Luby’s [Culinary Services](#), the company’s contract foodservice division, Livin’Smart now features more than 60 revolving dishes that tip the scales at less than 600 calories each.

Five new Livin’Smart entrees with complementary sides are currently in daily rotation at locations throughout Texas, Oklahoma and Arkansas. Additionally, diners can look up nutritional information by visiting the Luby’s website, where classic favorites and recent offerings in the Livin’Smart program have been analyzed to compile calorie, fat, carbohydrate and fiber data in an easy to follow chart.

The new for 2013 dishes, their availability and nutritional details are as follows:

Monday	Pan seared rosemary chicken with Tuscan white beans and brussels sprouts/carrots	Protein 49	Fat 9	Fiber 13	Carbs 51	Calories 481
Tuesday	Jamaican jerk tilapia with jasmine almond rice and green beans	Protein 26	Fat 5	Fiber 2	Carbs 32	Calories 277
Wednesday	Balsamic chicken with tomato bruschetta over Mediterranean polenta and steamed broccoli	Protein 46	Fat 16	Fiber 7	Carbs 54	Calories 544
Thursday	Lemon grass beef skewers over brown rice with asparagus	Protein 31	Fat 8	Fiber 7	Carbs 78	Calories 508
Friday	Crispy teriyaki salmon with pineapple relish; served with Jasmine rice and steamed broccoli	Protein 55	Fat 20	Fiber 5	Carbs 45	Calories 580

According to Peter Tropoli, COO of Luby’s, “We’re excited to begin each new year with a delectable debut of Livin’Smart offerings that help individuals and families stick to their resolutions, ranging from weight loss goals to carving out together time during meals.”

Luby’s does just that with made-from-scratch comfort food and inviting, neighborhood-centric restaurants that appeal to a wide range of customers thanks to their focus on quality, value and convenience.

About Luby’s

Luby’s, Inc. operates restaurants under the brands Luby’s Cafeteria, Fuddruckers and Cheeseburger in Paradise and provides food service management through its Luby’s Culinary Services division. The company-operated restaurants include 93 Luby’s cafeterias, 62 Fuddruckers restaurants, 23 Cheeseburger in Paradise full service restaurants and bars, two Koo KooRoo Chicken Bistros, and one Bob Luby’s Seafood Grill. Its 93 Luby’s cafeterias are located throughout Texas and other states. Its Fuddruckers restaurants include 62 company-operated locations and 121 franchises across the United States (including Puerto Rico), Canada, and Mexico. Luby’s Culinary Services provides food service management to 18 sites consisting of healthcare, higher education and corporate dining locations.

###