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Healthy Restaurants

At Your Service UPDATE

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Why is the number one resolution for the New Year to lose weight, or in the more popular vernacular, “get healthy”? Could it be related to all the holiday drinking, over-eating and partying? All fitness centers are the most used in January; we’re all ready to commit to shed those newly-acquired holiday pounds and like better what we see in the mirror.

The good news is that we don’t have to hole-up like a hermit at home and nibble on lettuce and celery. Atlanta actually does offer some healthy restaurant options- upscale, kid-friendly, and take-out. Here are some suggestions, some plain, some fancy.

Personal Note

There are lots of healthy restaurants to choose from in the Atlanta area! Enjoy!

Let me know if I can be of help to you or anyone you know!

Seasons 52
 www.seasons52.com
 Two Buckhead Plaza
 3050 Peachtree Road
 Atlanta, 30305
 404-846-1552

Near Perimeter Mall
 90 Perimeter Center West
 Dunwoody, 30346
 770-671-0052

mushrooms, or the lean Reuben, are the signature dishes- the healthy version of heftier fare. Some appetizers are substantial enough to warrant treatment as a main dish, such as the mushroom polenta, piling various roasted mushrooms on grilled polenta- or grilled pork tenderloin medallions on polenta. Scallops are gorgeous, served with roasted asparagus and pearl pasta. The piece de resistance are the mini desserts served in shot glasses, each \$1.99 and sinfully rich.

Imagine a contemporary restaurant that doesn’t use butter or cream in any dish except dessert, and where each dish is no more than 475 calories. The flatbreads topped with grilled steak and

Enjoy dining al fresco, weather permitting, in a romantic setting, without totally blowing your resolve to return to healthy eating. Valet parking is offered, and the attire is casual



dressy. Open every day for lunch and dinner. Closed from 2:20-5:00 (mid-afternoons) Monday-Friday. Open all day Saturday and Sunday. Reservations highly recommended.



Café Sunflower

www.cafesunflower.com
2140 Peachtree Road
Buckhead
404-352-8859

5975 Roswell Road (near
Hammond Dr.)
Sandy Springs
404-256-1675

You'll not feel deprived of animal protein with this wide variety of vegetarian dishes, incorporating elements from the Caribbean, Asia, the American Southwest, and the Mediterranean. This vegetarian restaurant succeeds at helping carnivores forget about the absence of meat.

Friendly service is a bonus. The special herbal teas, iced or hot, blend perfectly with the light and

crispy "Sandy Spring rolls" or the basil rolls, served with a sweet and spicy ginger sauce- both excellent starter choices. The fabulous soups of the day warm you up-only fresh ingredients are used. My favorite is the portabella mushroom sandwich, served open-faced on whole-grain pita, with a sun-dried tomato-artichoke spread. The garnishes are grilled eggplant, roasted red bell peppers, onions, spinach, and tomatoes. The desserts, also available as whole cakes for take out, are not to be missed, Save room for the dairy-free chocolate raspberry mousse cake; it's worth the splurge. Even the kids will leave full and satisfied; they have their own special menu. Catering is available. Cost-friendly, the experience of dining here is not only good for your body, but for your pocketbook as well.



Do note the hours- lunch 11:30-2:30, and dinner closing time is 9:30, with extended hours in the Buckhead café on Fridays and Saturdays-10:00PM. Both restaurants are closed on Sundays.

Full Cup

www.fullcupbread.com
3188 Paces Ferry Place
Atlanta, 30305
404-848-1002

"Give us this day our daily bread."
Matthew 6:11

Amen! This wonderful hidden secret is indeed a slice of heaven. All baked goods are free from preservatives, refined sugar, and processed flour. Their flour is milled fresh every morning from Montana whole wheat berries- fiber-filled, and rich in vitamins B and E. Nibble on a cookie and peruse the inspirational book and gift section; your visit here will enhance your health and lift you spiritually. The chocolate chip, oatmeal raisin, and flaxseed molasses cookies are guilt-free treats, while the sandwiches, all on homemade breads, are unparalleled. My personal favorite is the basil chicken salad on cranberry walnut bread. Breakfast and lunch catering is available.

Open Monday—Friday 9:00am-5:30pm, Saturday 10:00am-5:00pm, Closed on Sundays.

Camille's Sidewalk Cafe

Embry Hills Shopping Center
3499 Chamblee Tucker Rd
Atlanta, GA 30341
770-455-0500

If you're in the mood for a quick, healthy, inexpensive bite, try Camille's. The soft steamed whole wheat tortillas come stuffed with a variety of fillings, from Mexican fare to eggs and cheese (for breakfast.) If you prefer Italian, the panini sandwiches provide a tasty lunch; low carbers might ditch the chips in favor of a nice side salad with raspberry vinaigrette. There

are low-carb wraps too. The beer and wine list is minimal. More popular are the Friday night jazz sessions. Open for breakfast, lunch, and dinner, wear casual attire, bring the kids, and eat outdoors, if you like.



Terra Grille

www.terragrille.com
 Brookhaven Shopping Center
 (across from Brookhaven Marta)
 3974-C Peachtree Rd.
 Atlanta, GA 30319
 404-841-1032

The menu in this unassuming restaurant is dedicated to the company’s mantra: “Eat well, drink well, be well.” Here you’ll find traditional American dishes without the heavy sauces and oils usually associated with such fare. Terra was the first restaurant in Georgia to offer an All-Atkins menu. The Buffalo meatloaf with red pepper coulis is superb, and the herb-crusted salmon is the best in the city. The whole wheat pastas and the key lime chipolte shrimp are other examples of a lower fat, lower cholesterol approach to fine dining. If you prefer “going green” choose from among 7 salad dinner entrees. Even the side dishes-warm

edamame with sea salt, roasted potatoes, and sautéed spinach-maintain the focus: if you want to feel well, you need to eat well. Not only is the menu creative, buffalo meatloaf sandwich with tomato and mint chutney served on whole wheat or three-nut bread for lunch, but also the photography is exquisite, artwork ingenious, and music cool- not too loud!! The salads aren’t drowned in the homemade dressings. I’ve tried the daily specials on several occasions-they’re always winners! Take-out is available, and additional locations are being planned in Atlanta and in the Southeastern U.S.

Open 11-4 for lunch
 Open 5:30-10 for dinner
 Fridays & Saturdays open later as business dictates
 Closed Sundays

Metro Fresh

MetroFresh is “Fresh Food Fast.” The chefs rise very early every morning to prepare the day’s ever changing menu of creative salads, artful sandwiches, and comforting soups. They arrange the day’s selections on the market table which becomes a beautiful mosaic of color and texture. The only hard thing is choosing what to eat.

The menu hotline phone number makes it easy to keep up with the daily changing menu— or you can request to be put on their email list to receive the changes automatically.
 (info@metrofreshatl.com)

Sunday brunch is a favorite time to try their own MetroFreshual blend fresh coffee, served in your own French press. Every Sunday features two brunch specials. Favorites include Banana Walnut Pancakes, an omelette made to order and the delicious Italian Spinach-Risotto Pie. After 12 noon you can even enjoy a glass of wine or Mimosas.

You can enjoy your healthy meal on their lovely patio or take it to go to enjoy a picnic at nearby Piedmont Park.

Parking is easy and free in the Midtown Promenade Mall.



R. Thomas Deluxe Grill

www.rthomasdeluxegrill.com
 1812 Peachtree Street NW
 Atlanta, GA 30309
 404-872-2942

This 24 hour health food paradise espouses “You are what you eat.” Everybody remembers this expression from early childhood, but nobody gave much thought to what that really means until recently. Founder Richard Thomas has made it his passion to provide healthy choices for vegans, vegetarians and meat eaters alike. The R. Thomas Grill is an

organic restaurant that serves properly combined Body Ecology meals, fermented foods, sea vegetables, and my favorite a healthy drink out of a whole coconut!

Besides the obvious draw of healthy, delicious food served 24 hours a day, this Peachtree Street diner offers up a healthy dose of Ecology meals in a wonderful, quirky atmosphere. The best part is you can have Breakfast, lunch or Dinner anytime of the day!

Famous favorites include omelets at any time of the day, delicious Rosemary mashed potatoes (Rosemary even supports your immune system!) And their non-alcoholic beverage selection, including Blue Moon Yerba, lemongrass and ginger teas.

You can start your morning with eggs, or pop by after a night on the town for a healthy quinoa dish. You can sit out on the patio and enjoy the views of the beautiful gardens and even talk to the large assortment of exotic birds.

Plentiful, free parking is located behind the restaurant.

Flavor Café Bakery

236 Johnson Ferry Road, Sandy Springs
404-255-7402

When dining at Flavor Bakery it is obvious it has been embraced by the Sandy Springs community. Dinner is a cloth-



napkin affair where hostesses seat guests and servers come to the table. Breakfast and lunch are more casual. What remains constant throughout the day and evening is the friendly service and fresh ingredients that give this new neighborhood favorite its name. And with the moderate prices on its menu, Flavor is the kind of spot even budget-minded diners can frequent with ease.

Chef and owner Peter Theimori chooses the freshest ingredients to jazz up the menu. The Butternut Squash Ravioli is my personal favorite. Winter is a great time to try the delicious mushroom bisque with its big meaty chunks of mushrooms and a sprinkling of fresh parsley. The nicely textured bisque is enhanced with a crusty hunk of baguette. The chocolate mousse with raspberry glaze is delicious but rich so you may want to share it with a friend.

Flavor is a happy place staffed by effervescent servers. Well chosen

music provides a great background. Whether you dine at night or daytime, it is an elegant and satisfying experience.

Hours:

Tuesday-Friday 7am to 9pm

Saturday 8am to 9pm

Sunday-Monday 8am to 3pm

Locally-owned **Arden's Garden**, founded by our own Arden Zinn, patron of one of Atlanta's first exercise studios, features exclusively fresh juices and smoothies. Locations are in Midtown, Little Five Points, Buckhead, among others, and the products may be purchased in Whole Foods Markets or Farmers' markets. Committed to fresh, healthy ingredients, Arden's Garden makes it easy for busy people on the run to enjoy a nourishing, sometimes filling snack - or quick meal. Let's call it a healthy alternative to fast-food restaurants.

