

SunSentinel

Lifestyle

*At these restaurants,
vegan and
vegetarian meals are
anything but square.*

SALAD DAYS

BY JOHN TANASYCHUK | Staff writer

Losing weight and eating well top just about every poll of New Year's resolutions.

Twelve days into 2014, here are six spots that take the guesswork out of restaurant meals. Four are exclusively vegan or vegetarian. Canyon Ranch Grill and Farmer's Table serve meat, but only lean, top-quality cuts.



FARMER'S TABLE

(1950 Glades Road, Wyndham Hotel, Boca Raton, 561-417-5836, FarmersTableBoca.com):

Chef Joey Giannuzzi avoids excess salt, fat, hormones and processing. He serves meat, but never uses butter or cream, and you won't find a deep-fat fryer or microwave in the kitchen.

Whole-grain flour flatbreads with such toppings as eggplant and feta or cauliflower are a good place to start. Then, move on to the quinoa-veggie collard wrap or spring chicken and vegetables. Even the cocktails are made with things such as local honey, cold-pressed juice and organic tonic water.



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