

Order up: lunch is served at San Francisco's everyday dining hotspot, Café Gratitude



The **20**
Best Dine out and
dine well without
breaking the bank
Restaurants for
Everyday
Dining
By Allie Johnson





Photos (clockwise from above left): A work of art from Blossoming Lotus; the welcoming counter at Java Green; the power trio behind Hillside Quickie; the Native Foods yurt; another take on tofu from Chicago Diner.

with barbecue tofu, the Crazy Jamaican Burger with jerk tofu, the Mama Africa Burger with millet and quinoa, the Tofu Strami Sub with thinly sliced faux pastrami and the Evil One Wrap with seitan steak, red and green cabbage and grilled onions. "The taste is mighty," says Valerie Jordan, a frequent sandwich shop patron. But, she warns, "It's not someplace to go in a rush." Calling in an order and giving them 10 minutes extra guarantees perfect timing. Jordan says, "I always get my grub to go."

Living Light Cuisine To Go Fort Bragg, Calif.

A passing glance at Living Light Cuisine To-Go's menu is all it takes to kick-start the hunger pangs: Lasagna Florentine, Zucchini Bisque, Chocolate Mousse Torte, Cherries Jubilee... The lip-smacking, plant-based fare has been drawing fans since the café opened in May 2005, but the eatery's best-known secret is that all its offerings are raw, organic and affordably priced. Housed in a historic shopping arcade in scenic Fort Bragg, the café is part of a larger





EverydayDiningAroundtheWorld

Vegetariano. Végétalien. Vegetarier. No matter how you say it, vegetarianism is a worldwide phenomenon — from Austria to Zimbabwe and everywhere in between. So, where do global herbivores get their grub? Take a whirlwind tour of everyday vegetarian food on five continents.

Brazil

Enjoy a “Carnaval” of fresh flavors at the Vegetariano Social Clube in Rio de Janeiro. At this organic restaurant, start with the cold fruit soup and then try the Brazilian national dish, Feijoada, made with tofu and brown rice.

South Africa

Experience a culinary safari at Portobello, a vegetarian restaurant in Cape Town. Try the lunch buffet, which always includes vegan dishes made from the beans and grains that are African staples. Don’t miss the butter lentils and green beans in coconut curry sauce.

France

Fall in love with the marvelous mushroom at La Victoire Suprême du Coeur in Paris. Order the Mushroom

Roast with Blackberry Sauce, the Seitan “Esaclope” with Mushroom Sauce or the Mushroom Terrine with Onion Preserves. If *champignons* don’t capture your heart, there’s always lasagne.

Australia

Chill out Down Under at the Bliss Organic Café in Adelaide. Rock out to the beat of world music with your mates while chowing on home-style food like veggie burgers and vegan “fry-ups.”

China

Your taste buds will reach nirvana at the Pure Lotus in Beijing. Savor the vegetarian steak or the water-boiled “fish” with red pepper, served in a Buddhist alms bowl.

If your mouth is watering, maybe it’s time to renew that passport and book a flight.

Photos (above, left to right): The TLT on seven-grain bread at Hillside Quickie; raw on the go at Café Gratitude; another to-die-for dessert at Chicago Diner; the verdant entry at Sage’s Café.

complex that includes the renowned Living Light Culinary Arts Institute and the Living Light Marketplace, where foodies can stock up on kitchen staples like dehydrators and sustainably harvested wood cutting boards. Stop in for a made-to-order smoothie, grab a sweet treat from the tempting dessert tower, or select a pre-fab salad eco-packaged in a “corn”tainer and enjoy living food at its most delicious.

Watercourse Foods Denver, Colo.

Casual, warm and elegant, Watercourse Foods serves up all vegetarian food (most dishes can be made vegan) based on nutritious, wholesome foods. “I love opening their menu and knowing I won’t have to modify anything or ask a ton of questions about the origin of their ingredients,” says frequent customer Jamie Johnston, who adores every dish she’s tried. Sandwiches and wraps such as the Po Boy made from a polenta-encrusted Portobello cap with chipotle aioli or the Dona Lee with herb-encrusted seitan, tomato and avocado