



**Brooke Preston
The Green Boheme**

The Green Boheme Review by
Malcolm Maclachlan, reporter for
Capital Weekly

June 10, 2010- "Ordering at The Green Boheme is like entering an alternate universe. We split the tuna sandwich (\$7.95) and the burger (\$8.75). But neither contained meat, and neither was cooked.

But both still approximated their namesakes. The tuna was particularly good - whatever was in there really

tasted like tuna. The bread was a kind of pressed nutty thing, almost like a kind of snack chip but softer. The burger was a sort of pressed vegetable protein thing with homemade ketchup and excellent Dijon mustard on it. It tasted far more like an actual burger than any cooked veggie burger I have ever had. And it came with these really tasty little onion ring things that were made with onion, but somehow without cooking.

I should explain, Green Boheme serves raw food. The raw food movement is a reaction to the over-processed, artificial nature of modern "food." Part of the idea is that the mere act of refraining from cooking food pushes you in several healthier directions. For one thing, it forces you to eat things that are actually food in their most basic forms; you know, the whole "eat food, not too much, mostly plants" mantra. Veggies, grains and nuts are mainstays in this sort of diet. Many things - meat, pasta, bread and so forth - can be approximated with various combinations of ingredients cleverly mixed.

The health benefits are many, including preserving many of the nutrients and fiber than can be lost in cooking and processing. Raw foods are prepared the day of, or shortly before, meaning no nasty chemical preservatives.

And if you're looking for a way to feel full but still lose weight, raw food cannot be beat. The serving sizes here may look smaller than many are used to, but I promise, you will leave full. Yes, I weigh 160 pounds soaking wet, but I'm known for my huge appetite and fast metabolism. At the end of this meal, I was actually uttering the phrase "No, you go ahead, I'm stuffed."

The kale side salad was as advertised - lots and lots of kale in a slightly tangy vinegar dressing. I love kale, but my one complaint here was all the little raisins in it. I'm not big on raisins, and pretty much hate them in anything besides trail mix. But I'm also aware that, similar to my feeling that in a kinder universe mayonnaise would simply not exist, I'm not in the mainstream on this one. Otherwise, the salad was really good.

We finished out with an awesome chocolate smoothie (\$6.95). They offer a constantly-changing variety of smoothies, including one that had lots of cucumber in it - surprisingly refreshing (we got to taste). We also left with a pint of their amazing "ice cream" (\$7.95). I put "ice cream" in quotes because it's made with fruit, not dairy, as a base. But it is dense, rich and creamy, almost a kind of mouse. We got the mocha, but they also have mint chip and a honey vanilla flavor that they have a hard time keeping in stock.

Green Boheme is not in the most happening neighborhood, residing on Del Paso Boulevard north of downtown. It's a wide street with great older architecture, like a small town downtown. It's an area that has never really taken off as an arts and eating destination.

But there are a lot of state offices not that far away. If you need to leave your office park and get in a car to get food, Green Boheme is very much worth the trip. There is lots of prepackaged food available, including all the major courses each day, so there will be essentially no wait to eat in or take out."

**The Green Boheme
1825 Del Paso Boulevard
920.4278**

www.thegreenboheme.com

Tuesday – Saturday 10 AM – 8 PM

Monday 11 AM – 5 PM Grab-N-Go Only; Raw Vegan Class: 6:30 PM – 7:30 PM