

SIX OF CONNECTICUT'S BEST VEGETARIAN & VEGAN DESTINATIONS

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by Kate Hartman | FOOD & DRINK

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Six of Connecticut's Best Vegetarian & Vegan Destinations

G-Zen • Branford The brilliant brainchild of the husband-and-wife team of esteemed chefs Mark Shadle and Ami Beach Shadle, G-Zen in Branford takes the well-worn farm-to-table concept to a whole new level. They grow their own organic ingredients on their Shadle Farm in Durham, serve them fresh in their restaurant and compost everything. It's perhaps the most closed-loop model out there and it's serving them—and the vegetarian-seeking public—very well.

G-Zen, which stands for the chefs' green business ethics and belief in living mindfully, has been serving some of the highest quality plant-based cuisine for nearly five years. It has garnered many awards including the "Green Plate Award" for Connecticut's Most Sustainable Restaurant by The Nature Conservancy and "Top Ten Upscale Vegan Restaurants in America" by Travel + Leisure.

The Buddha brunch and dinner menus rotate daily. Try the breakfast burrito made with organic, local "Bridge" tofu scramble, homemade salsa, daiya vegan cheese, sautéed greens on a whole-grain spinach wrap with a side of sweet potato G Fries and smoked hickory ketchup. Or perhaps the Kama Sutra—sweet potato, broccoli and veggies simmers in a coconut curry with tofu, diced tomatoes, lemon grass and cashews over brown rice.

There's plenty to love here—and that's because there's so much love in every dish.