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# SPROUTED MAGAZINE

## Entertainment

From cocktails to dessert, we've got your party covered!

## Bacon Mania

Behind the bacon craze sweeping the nation

## The Future in Hemp

Why the most sustainable crop is still illegal to grow in the US

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Microbeads: The Fight to Save Our Water p. 16



# The Grit

20 years of specialized cuisine makes for great quality and variety

By Jennifer Harris



The Grit has become an institution in Athens, GA where locals have been enjoying vegetarian, vegan, and gluten-free cuisine for more than 20 years. Interestingly enough, the majority of their clientele are meat-eaters, but choose to dine with them because of the fresh, simple, and boldly flavored food that is served in generous portions and at reasonable prices.

Two large and opening dining rooms wait to serve the hungry crowds. Local art available for purchase adorns the walls and the musical selection is anything but ordinary. Nothing about The Grit is ordinary, including their eclectic staff with a style that sets them apart from the crowd.

People young and old, omnivores and vegetarians, and gluten-free diners will find their menu full of

options that demonstrate just how good vegetarian food can taste. A display case filled with gluten-free and vegan desserts are the first thing seen when walking in the door. Picking out your dessert first is just one of the many quirks that has garnered The Grit's loyal customer base.

Chocolate lovers can indulge in their vegan chocolate death cake with chocolate ganache icing and their selections change daily, so there's always something for everybody. Not to be left out, the gluten-free crowd can choose from muffins, mousses, and dark chocolate pie. Made from tofu, poured into a coconut-macaron crust, and topped with toasted coconut, the dark chocolate pie is out of this world.

Breakfast and brunch serve up fluffy vegan biscuits topped with soy sausage gravy and mile-high vegan pancakes. The Grit also offers a wide

variety of menu options including homemade veggie burgers, breakfast burritos stuffed with tofu and black bean chili, and dinner entrees that will entice diners with their bold colors and flavors.

Other lunch and dinner selections include sandwiches, soups, nachos, salads, and much more. Order a seitan steak, Banh Mi, or a gyro sandwich and pair it with a side of homemade hummus and fresh vegetables, sweet potato fries, or soup. For south of the border flavor, vegans can order nachos topped with marinated tofu, black bean chili, lettuce, red onions, and salsa. However, it's the veggie and tofu stir fry over brown rice, called The Golden Bowl, that put The Grit on the map.

No matter what patrons order at The Grit, they can count on tasting all of the creative flavors that vegetarian food has to offer. **SM**