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TOP 10 UPSCALE VEGAN RESTAURANTS IN AMERICA

A REVIEW OF G-ZEN, IN BRANFORD



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Malerie Yolen-Cohen, Healthy Eating / Meal Ideas

<http://www.shape.com/healthy-eating/meal-ideas/top-10-upscale-vegan-restaurants-america>

Top 10 Upscale Vegan Restaurants in America

Even meat eaters are raving about these plant-based hotspots

Opened in the fall of 2011, G-Zen, minutes from New Haven, CT, is the newest vegan restaurant on this list, but it has already won rave reviews from the NY Times. Chef/owners Mark Shadle and Ami Beach maintain a sustainable and organic farm from which they source ingredients for the restaurant's plant-based seasonal menu.

What to order: Popular menu items include Thimble Island Vegan Crab Cakes with tarter, Tofu Napoleon with grilled organic asparagus (pictured), Rock the Casbah Moroccan Stew, and Mayan Sun Sweet Potato Enchiladas.

G-Zen, Branford, CT; 2 East Main Street, Branford, CT; 203-208-0443