



VEGGIE FORWARD THAT TASTES GREAT

By Brooke Girard

A trendy eatery located on Carmine Street, Ellary's Greens' interior reveals walls lined with bricks and communal tables with stools for guests to settle in comfortably. The restaurant's founder, Leith Hill desires to serve quality food that also happens to be organic and healthy. Named for Hill's grandmother and great-grandmother, Ellary's Greens establishes a menu that is delicious and nutritious. Paired with a friendly environment, this cafe provides an exceptional experience for every guest.

Opened in April of 2013, Ellary's has continued to make its mark on the city. The health-conscious menu gives options to every dietary need. They offer freshly-served dishes that cater to vegans, vegetarians, and those who stray from gluten and dairy products, while still supplying satisfying nourishment for those who eat a little of everything.

Chefs Kurt Alexander and Alejandro Munoz prepare each plate with care. Breakfast is served from nine a.m. to eleven a.m. on weekdays, giving each guest a choice of house-made baked goods, organic eggs, cereal, sandwiches, and tasty juices and smoothies. Additionally, there are sides of house-cured and smoked bacon, smoked salmon, and fruit salad to complete each meal. On the weekends, a brunch menu

is available. Guests can choose from organic eggs, sandwiches such as the open-faced BLT and grilled cheese panini, "from the griddle" options such as whole wheat French toast and house-made almond-spelt pancakes, several salads including Tuscan kale, as well as mimosas, Bellini's, and sangria.

Possible sandwiches you may want to sink your teeth into are the chickpea burger with escarole and roasted tomato jam on a house-made whole-grain English muffin or the garden wrap with sprouts, avocado, tomatoes, cucumbers, and red pepper hummus in a spinach wrap. The protein section lists possibilities such as the crispy roasted chicken breast with a puree

of seasonal vegetables and fresh herbs, and the green Thai tofu curry with seasonal vegetables, ginger, coconut milk and brown rice served on the side.

The café's juices are a delight. Each juice combines natural, gluten-free ingredients. "The Lunatic" mixes celery, cucumber, apple, cilantro, ginger, and cayenne, while "Go!" blends carrot, apple, beet, celery, cucumber and spinach. You may also be in the mood for a sweet smoothie. "Just Peachy" fuses peaches, strawberries, bananas, apple cider, and cinnamon.

Be sure to stop by Ellary's for their relaxing happy hour lasting from four p.m. to seven p.m., Monday through Friday. Candles are lit and wine and beer are served. The happy hour menu includes small plates of house smoked organic deviled eggs, shrimp scampi, chipotle hummus, savory spiced nuts, and lemon olives.

If you are looking for a vibrant setting and healthy entrees that fill you up, Ellary's Greens is the place for you.

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