

EarthSave Nashville

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EarthSave educates, inspires, and empowers people to shift toward a diet centered on fruits, vegetables, grains and legumes — food choices that are healthy for people and for the planet.

Restaurant Review

by Rev. Monica Coleman (a member of EarthSave Nashville)

Sam & Zoe's Coffee House

525 Heather Place, Nashville—across from 100 Oaks Mall behind Calypso Cafe. PH: 385-2676

I love coffeehouses, although I don't drink coffee. I like the way you can order one thing and sit for awhile and have a long conversation or read the paper and meet people and listen to some music. If that were the criteria for a good coffeehouse, almost any coffeehouse in town will suffice. Every now and then, however, I want to be able to eat something on the menu. I have found Sam & Zoe's to be the most vegan friendly. There's not an ounce of meat on the menu, and plenty of cheeseless items.

Like many places, they have bagels, cream cheeses and bagel sandwiches.

Personally, I love the "wraps." If you love fresh avocado, you can't go wrong with the "Tijuana Wrap." The "Fat Faux" veggie burger is so hearty, my meat-eating friends come back for more. My personal favorite is the TLT (tofu-lettuce-tomato) Deluxe with gobs of fresh pesto.

The kitchen is very accommodating. You can substitute almond butter for peanut butter in some sandwiches, and the wide selection of smoothies can be made with yogurt, rice milk or soymilk. In the winter, they will heat soymilk or ricemilk for lattes or just a hot tottie.

There are also a host of baked goods, several of which are vegan. I find that

the smoothies and large vegan cookie are worth a special trip alone.

The prices are reasonable—lower than most coffeehouses in the area—and there are board games, a piano and live music on the weekend evenings for entertainment.

Hours: M-F 7:00 am – 10:00 pm, Sat 8:00 am – 11:00 pm, Sun 9:00 am – 8:00 pm.

