

HEALTHY RESTAURANTS IN CULVER CITY

Culver City has become a culinary destination due to the recent crop of healthy restaurants that the area now offers. On the busy corner of Washington and Culver Blvds in the heart of downtown Culver City is Akasha featuring organic handcrafted ingredients from small family farms and fair-trade companies. Their commitment to sustainability is reflected in the restaurant's décor of restored steel, wood, concrete and brick. Rustic wood tones coupled with a seventies modern look provide a comfortable atmosphere to enjoy the vegetarian and carnivore menu. The Café offers locally roasted coffee and specialty teas as well as well as homemade baked items. At the bar, you can sip artisan wines, organic premium spirits as well as fresh juice cocktails.

Across the street at LYFE (Love Your Food Everyday), the vegetable garden in front of the entrance gives you a hint as to what you'll experience inside. Founded by former McDonald's executives, LYFE's menu is committed to sustainable, natural ingredients enhanced by fresh herbs to fuel and satisfy the body. All their dishes are less than 600 calories and their menu offers vegan and gluten free choices as well as meat. Patio style furnishings in wood, tan and burnt orange tones resonate throughout the interior as well as in their outside heated seating area. Once you order at the counter, you're given a location sensor so your server can find you when your food is ready. LYFE is family-friendly and the free wi-fi is perfect for anyone who wants a working meal.

About a mile west of downtown Culver located in a shopping plaza is Sage where the only thing on the menu that is not vegan is the honey. Sage bills itself as a safe place with plenty of choices for people with food allergies, where people can eat healthy and enjoy doing it. They use the farm to table model and source their ingredients from local organic farmers. The entrance to the restaurant is through the "beer garden," an outside seating area with wood picnic tables and red chairs evoking a farm country feel. Inside, metal and wood décor enhances the dining room with its centerpieces of 2 long tables flanked by smaller tables on the side. You can also eat at the bar that serves almost 20 beers on tap. For dessert, Sage offers its own specialty vegan, raw ice cream, KindKreme. Parking is plentiful in the lot or on the street.