



ETHOS

VEGAN
KITCHEN

Ethos Vegan Kitchen

Two words. Absolutely wonderful. And I can't think of a more delightful way to spend an afternoon than lounging on Ethos' lovely, lush patio overlooking Lake Ivanhoe and eating their wonderful vegan offerings. The plants whisper the loving attention lavished on them in the same way as does the food.

Vegan restaurants serve food without using any animal products. This in itself takes a master in the kitchen. Ethos has more than succeeded.

I brought a non-vegan with me for a more critical point of view. She loved everything, too. We had the Creamy Spinach & Portabella Soup, Sheep's Pie, fresh fruit and then sampled the What's the Dilly, Philly (sautéed marinated seitan, onions, red and green peppers, and mozzarella cheese served on toasted french bread). Different and very tasty! We then tried the chips with hummus, tapénade (a Provençal paste made from black olives and capers) and fresh salsa. Yum to everything!

To top it all off we had an Apple Galette (a rustic, flat round cake with apple topping). Super yum! With such generous portions for all that we ordered, we both practically needed a wheelbarrow to get home. Owners Laina and Kelly Shockley have a winner here.

I rate Ethos Vegan Kitchen ♥♥♥♥♥ \$/Inexpensive. Ethos is located at 1235 North Orange Avenue, Orlando. (407)228-3898.