

Travel

10 great places to eat healthy on the road

Wavering in your resolve to eat better for the coming year? No worries, even if you prefer to eat out. **Nikki and David Goldbeck**, co-authors of *Healthy Highways: The Traveler's Guide to Healthy Eating* (Ceres Press, \$18.95; healthyhighways.com), give 10 organic-restaurant recommendations to **Ron Schoolmeester** for USA TODAY.

Firefly

San Francisco

The half-dozen or so entrees on the upscale menu feature a pretty even mix of vegetarian, fish, free-range poultry and "drug-free" meat. "The accompanying vegetables and grains are far from run-of-the-mill, with such offerings as toasted garlic rice, celery-root puree, grilled broccolini and Lacinato kale," Nikki says. 415-821-7652; fireflyrestaurant.com.

Restaurant Nora

Washington, D.C.

More than seven years ago, Restaurant Nora became the USA's first certified organic restaurant, meaning at least 95% of everything served is produced by certified organic growers. "The menu changes daily and reflects the season, but there is always organic meat, free-range poultry and a vegetarian option," David says. "There is also a special chef's tasting menu, consisting of four courses, and a generous wine list that features many wines from small wine producers and growers who do not use synthetic pesticides or fertilizers." 202-462-5143; noras.com.

McFoster's Natural Kind Café

Omaha

This self-described vegetarian restaurant also serves free-range chicken and fish. "About 50% of the food is organic, and the produce is local whenever possible," says Nikki. "No refined flours or sugars." For the young (or young at heart), the menu offers an organic peanut butter "Gone Bananas!" sandwich, a toasted open-face cashew-butter and peanut-butter sandwich with slices of apple and banana, dotted with raisins and dates and drizzled with honey, as well as a grilled cheese sandwich made with organic cheddar or soy mozzarella on organic sunflower bread. 402-345-7477; mcfosters.com.



By Chris Bailey, The Farmers Diner

In Quechee, Vt.: The Farmers Diner serves hearty meals with fresh ingredients in a 1947 diner car and a post-and-beam barn dining room.

Blue Bird Bistro

Kansas City, Mo.

Organic, natural, sustainable and local is the policy at this restaurant in an 1890s building (pressed-tin ceiling, old drugstore tile flooring) on the west side of downtown. "The menu includes vegetarian choices, as well as naturally raised and local meat, poultry and fish," David says. 816-221-7559; kansas-citymenus.com/bluebirdbistro.

Afterglo

Miami Beach

The décor of this upscale South Beach venue, with Egyptian limestone sculptures and a 16th-century white-marble gazebo, reflects the theme, which is the ancient relationship between beauty and food. "The highly inventive menu features wild fish and game, grass-fed bison, pastured New Zealand lamb, locally grown organic produce and numerous exotic ingredients most people have never heard of," Nikki says. "Think grilled sirloin of wild nilgai antelope, and salads with names like 'Way to Glo' and 'A Beautiful Mind,' and you start to get the picture." 305-695-1717; afterglorestaurant.com.

The Red Avocado

Iowa City

The menu here is 100% organic and vegan (no animal products whatsoever). "Lunch features soups, salads and sandwiches, while the dinner menu expands to include vegetables, pasta, tofu and tempeh in dishes such as Cashew Coconut Vegetables and Portobello Lombardy — marinated and roasted portobello mushrooms on creamy roasted-garlic polenta," Nikki says. No alcohol (but BYOB for a small corking charge). And no credit cards. 319-351-6088; theredavocado.com.

White Dog Café

Philadelphia

Thought-provoking discussions are a popular side dish at this restaurant best known for its seasonal, local and organically grown cuisine — as well as a healthy helping of social activism. "The menu changes frequently to reflect the market, all the poultry, eggs and meats are 'pastured,' and all the seafood is from sustainable fisheries," David says. "Even the wine and beer are mostly 'American-made' in keeping with the sustainable theme." 215-386-9224; white-dog.com.



Afterglo

In Miami Beach: Afterglo features cuisine dedicated to "beautifying the body both inside and out," the restaurant's website says.

Candle 79

New York

The offerings at Candle 79 and at its more casual sister restaurant, Candle Cafe, are 100% vegan and organic. "This is a chance to try something really different, like cashew-crusting tofu, Moroccan-spiced chickpea cakes or grilled rosemary-pepper seitan," Nikki says. "The Sunday brunch menu features multigrain waffles and pancakes for traditionalists, and wild mushroom and sweet corn crepes or tofu omelet for the more adventurous." Impressive list of organic wines and beers. 212-537-7179; candlecafe.com.

Cafe Brenda

Minneapolis

This restaurant in Minneapolis' trendy warehouse district that bills itself as "Gourmet Vegetarian and Fresh Seafood" has expanded its menu to include free-range poultry and naturally raised local beef. "The fare runs from fresh walleye, sautéed in a sesame-almond crust and topped with blackberry-ginger teriyaki sauce, to Southwestern mock duck tacos," David says. Some organic wines are offered. 612-342-9230; cafebrenda.com.

The Farmers Diner

Quechee, Vt.

Out-of-the-way but worth seeking out, David says. "Designed as a model eatery for communities all over the country to revive strong rural communities, the basic idea is simple: to serve hearty meals with fresh ingredients from area farmers and small-scale producers. While this doesn't always mean organic, the beef and pork are hormone-free, the dairy products are organic, and they strive for organic produce whenever possible." 802-295-4600; farmersdiner.com.