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CLEAN CONSCIENCE

The founder of Clean Plates offers up his favorite sustainable spots to grab a bite in New York and LA

BY SUZANNE WEINSTOCK

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Whether you're a locavore, vegan or simply health-conscious, the Clean Plates guides can help you find restaurants throughout Manhattan, Brooklyn and Los Angeles. Need help figuring out where to start? Clean Plates founder Jared Koch has picked his 10 favorite eateries.



Northern Spy Food Co.

511 East 12th Street | New York, NY 10009

"Northern Spy serves up locally-sourced meals in an intimate setting," Koch says. Enjoy the locavore cuisine with biodynamic wine and regional beers.

Souen Organic Ramen

326 E 6th Street | New York, NY 10003

Macrobiotic mini-chain Souen has three Manhattan location but the ramen-focused East Village outpost stands out for Jared Koch: "Souen has tasty, filling soups that are loaded with vegetables -- I recommend this place to a lot of my clients."



The Tasting Kitchen

1633 Abbot Kinney Boulevard | Venice, CA 90291

"Casey Lane is an amazing young chef who allows the simplicity of top quality ingredients to shine in his flavorful dishes," Koch says. Soak up the energy of lively bar scene downstairs or snag a table upstairs to savor the food in a more relaxed environment.

True Food Kitchen

395 Santa Monica Place Suite 172 | Santa Monica, CA 90401

"Andrew Weil's concept is an excellent flexitarian menu with great attention to quality of ingredients and taste," Koch says. In addition to True Food Kitchen's dietary diversity the menu includes eclectic cuisine ranging from California fare to Indian to Italian.

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### iCi

246 Dekalb Avenue | Brooklyn, NY 11205

Jared Koch says "iCi is One of the pioneers of sustainability in Brooklyn, serving exclusively local New American cuisine." Don't miss the list of rare wines selected for being made with the least intervention possible: no selected yeast, no enzymes or other additives, low yields and low to no sulfites.

### Restaurant Marc Forgione

134 Reade Street | New York City 10013

"Iron Chef winner Forgione uses great quality ingredients at this farmhouse/fine dining hybrid," Koch says. Although the menu changes with the availability of local ingredients, you're almost guaranteed to find the signature dish, Chicken Under a Brick.



### Bare Burger

Check [bareburger.com](http://bareburger.com) for the addresses of locations across Manhattan, Brooklyn and Queens

Clean Plates newbies are often surprised to find fast food selections. Koch singles out Bare Burger as "fast food with great quality grass-fed beef, organic cheeses and vegetables and options for vegetarians."

### Bliss Café

191 Bedford Avenue | Brooklyn, NY 11211

This tiny boho eatery in Brooklyn offers "fresh, organic fare and naturally sweetened treats," says Koch. "It's a great affordable choice for vegetarians and vegans in Williamsburg."

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### Cafe Gratitude

631 Larchmont Boulevard | Los Angeles 90004

"It might sound weird, but this place just puts me in a good mood," says Koch about this vegan restaurant with raw, gluten-free and soy-free options. Each menu option is named with a positive affirmation like "I Am Festive" and "I Am Fulfilled," – "Great food served with good intentions."

### Rucola

190 Dean St. Brooklyn, NY

"Farm-fresh and rustic Italian," Koch says of Rucola. "This Boerum Hill spot partners closely with local farms and is a Community Supported Agriculture drop-off point for This Batch." (<http://www.thisbatch.com/>)

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