

# Raw and Vegan Café on Calle Ocho

La Vie en Raw Café is a new Raw and Vegan Bistro-style café on 8<sup>th</sup> Street in Coral Gables. Located in the heart of 'vacca frita country', near restaurants like Versailles and La Carreta, La Vie en Raw provides a welcome respite from heavy meat-laden meals. Serving a healthy menu of delicious dishes made with all natural, vegan ingredients, including salads, smoothies and juices as well as plant-based entrees. Created by Raw Food Chef Leandro Seoane, graduate of the Living Light Culinary Arts Institute in California, coupled with Italian native and Nutrition Coach Sabina Torrieri, La Vie en Raw is a sanctuary for those



La Vie en Raw features an incredible line of healthy raw meals, based on unprocessed, uncooked plant foods, such as fresh fruits, vegetables, seeds, nuts, grains, dried fruit and sea vegetables. They use local ingredients according to availability. The crowd during the day is varied, from corporate clientele from local businesses and people curious to know what eating 'raw' is all about, to the more educated and 'hard-core' raw and vegan customers, all while providing a chic French-restaurant style atmosphere. The restaurant is also open late on Friday and Saturday night, until 11pm and midnight respectively, and feels as much like a world music and jazz lounge as a restaurant. Besides introducing a healthy menu this Bistro style Café serves up "Works

Of Art" by local artists.

Torrieri boasts the benefits of raw foods that she says lead to better overall health: improved digestion, weight loss, increased energy, and radiant skin. Low in sodium and high in potassium, magnesium, folate and many other necessary nutrients, a raw food diet may help reduce the risk of heart disease, diabetes or cancer. This kind of cuisine is gluten, yeast and dairy free, and is said to help you lose weight and increase energy. Discover a vast selection of salads and raw dishes that are as tasty as they are healthy. Not to be beat either are their scrumptious desserts, including a delicious 'raw' chocolate pie that tastes as decadent as if it was made with butter and cream. They also do their part for the environment, as all of their 'To go' containers are only made of recycled paper. Healthy living and raw-food cooking classes are among just a few of the exciting projects La Vie en Raw Café has 'on the menu'. La Vie en Raw Café, 3808 SW 8th Street, 305-444-3826. [www.lavienrawcafe.com](http://www.lavienrawcafe.com).