FOOD

Go Green These salads are serious meals.

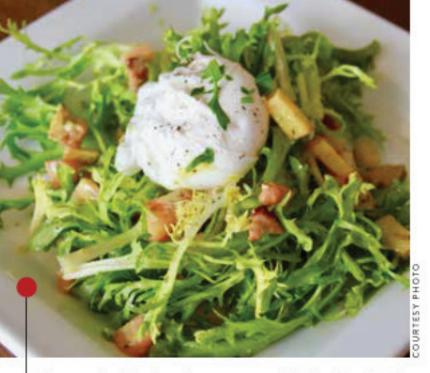
//BY SAMANTHA SIMMA

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When vetting a r Being Café &

Vandenbroeke s es that provide l fresh flavors, co tures, and a co profile." The cafe does just that, w it a longstanding have always lov Middle Eastern healthy, balanced is," Vandenbroe creating the he sion for our ment Healthy Being's dehydrated nutcrumble that k ers satiated, serv of romaine and fresh tomato and lamata olives, d house-made hur tzatziki, and dri lemon-herb vin falafel salad mee we're not the onl been our most po en years," Vande 7 a.m.-6 p.m.; 165

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"Guests don't look at the menu and think, 'I just had a salad like that yesterday," says Gavin Fine, owner and founder of Fine Dining Restaurant Group, of The Bistro's frisée aux lardons salad. In this traditional French salad, frisée is combined with applewoodsmoked lardons, pickled shallots, potato, poached egg, and a classic red wine vinaigrette. "The fat from the lardons and poached egg makes a great complement to the acidity of the vinaigrette, while the frisée and tomatoes add a fresh, light element to the dish," Fine says. "Eggs are often found in salads in the U.S., but they are typically hard-boiled. Upon serving this salad, the poached egg is intended to be poked with a fork, allowing the runny yolk to spill out and be mixed with the rest of the salad. The yolk melds everything together and gives a delicious richness to the dish." \$19; Open daily 7 a.m.-close; 112 Center St.; 307/739-1100, thebistrojacksonhole.com JH