



NEWS RELEASE

Healthy glow: Organic and vegetarian dining along The Beaches of Fort Myers & Sanibel

Often referred to as “the garden spot of the U.S.,” The Beaches of Fort Myers & Sanibel has two growing seasons, which means lots of fresh, sun-ripened vegetables, fruits, herbs and even edible flowers. In turn, this means that vegans, vegetarians, and your garden-variety vegetable lovers are in luck year ‘round.

For Goodness Sake in Bonita Springs serves a menu of salads, sandwiches, and fruit or protein smoothies in addition to selling local honey and a wide variety of fresh, locally-grown, frozen and canned organic products.

Other restaurants in the area, particularly ethnic ones, devote a section of their menu to vegetarian appetites. At Siam Hut in Cape Coral, for instance, all of its Thai noodle, curry and stir-fried dishes are available meat-free. In Fort Myers, India Palace’s menu lists more than a dozen vegetable dishes, with or without cheese, such as alu chole (curried potatoes and chick peas) and panirmasala (cubes of homemade cheese in fresh tomato sauce and Indian spices).

At The Deli, ready-made dishes include an assortment of veggie temptations, such as arugula and mushroom-stuffed Portobello, wild rice salad, eggplant rollatini, vegetable pasta salads and broccoli rabe with whole cloves of garlic. Cheese connoisseurs will be enthralled by the store’s selection, which comes from every corner of the world. The range of gourmet products also blows the mind (not to mention the diet).

Another good source for organic produce and produce is at Fresh Market in Fort Myers. Sweetbay stores throughout the area keep organic products separate. Two other sources for good-for-you groceries is Healthy Gourmet in Lehigh Acres and Island Nutrition Center on Sanibel Island.

So rest assured, when you visit The Beaches of Fort Myers & Sanibel, you can return home with a healthy glow – outside and in.

Restaurants along The Beaches of Fort Myers & Sanibel that are not strictly vegetarian/vegan, but offer popular vegetarian options:

Chef Brooke’s - <http://chefbrookeonline.com/>
11:Eleven Café - <http://www.11elevencafe.com/>

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Sanibel & Captiva Islands Fort Myers Beach Fort Myers Bonita Springs Estero Cape Coral Pine Island Boca Grande & Outer Islands North Fort Myers Lehigh Acres

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Organically Twisted Food Truck - <http://organicallytwisted.com/>
India Palace - <http://www.indiapalacefortmyers.com/>
Green Cup Café - <https://www.facebook.com/organicgreencupcafe/>
Among the Flowers - <http://www.loveamongtheflowers.com/>
Happiness Healthy Café - <http://www.happinesshealthycafe.com/>
Loving Hut - <http://lovinghut.us/capecoral/>
Ginger Bistro - <http://www.gingerbistrousa.com/>
El Patio - <http://www.elpatiorestaurants.com/>
Aji Limon - <http://www.ajilimonperuvianrestaurant.com/>
Pizza Fusion - <http://fortmyers.pizzafusion.com/>

Chef Brook is the most well-known and highly recommended for vegan/vegetarian options.