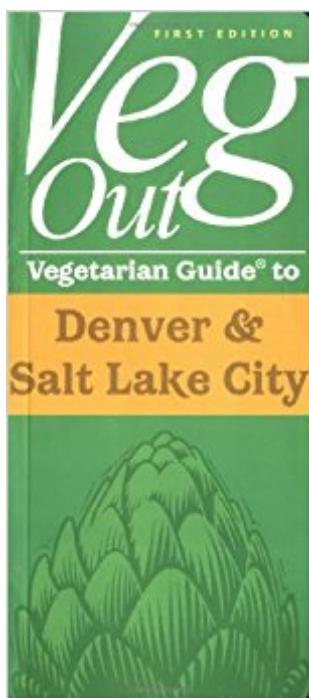


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# Veg Out Vegetarian Guide To Denver & Salt Lake City (Vegetarian Guides)



## Synopsis

This groundbreaking series of guidebooks for vegetarian and vegan diners gets two editions-this season, we're proud to offer VegOut Guides for Chicago and Denver/Salt Lake City. VegOut Vegetarian Guide books are city-specific, and provide everything that is vegetarian or vegan diner needs to know to enjoy a meal out: Listings of hundreds of restaurants, cafes, and green markets Ratings for each restaurant, including price, atmosphere, and type of cuisine Must-know details about each venue's culinary offerings Contact and location information, with a site-specific foldout map of the area VegOut Vegetarian Guide books aren't just for vegetarian and vegan diners-anyone seeking healthy, nutritious fare will find these guides indispensable! Andrea Mather is a freelance writer and editor living in Denver. She has served as executive editor for the Kripalu Center for Yoga & Health in Lenox, Massachusetts, and as a managing editor for Vegetarian Times magazine.

## Book Information

Series: Vegetarian Guides

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## Customer Reviews

The excellent narrative in particular will be useful in helping readers decide where to eat. -- Library Journal, May 15, 2005

Foreword Preface Acknowledgments About This Book Restaurants Downtown Denver Central Denver East Denver South Denver West Denver Surrounding Denver Boulder & Surrounding Area Salt Lake City Park City Juice Bars Farmers Markets Colorado Natural Markets Utah Natural Markets Vegetarian, Environmental & Farm Rescue Organizations Indexes Alphabetical Index

## Cuisine Index Top 10

Let me start by saying I think guides like this are desperately needed, but also there is a responsibility of the author to provide fair critiques of the restaurants chosen and I have major difficulties with some of the reviews given. I focus here mostly on the Salt Lake aspects of the guide, being a resident. My most major problem with the reviews was a three-star review given to a major national chain. The same review of the same chain appears six times in the guide verbatim. This would be fair, except no other national chain restaurant appears in the guide, and there is no differences between any of the reviews. It also does not impress me that several exclusively vegetarian restaurants ratings have been beaten out by restaurants having few if any vegetarian or vegan fare. In one instance, a one-star restaurant's review has no constructive criticism of the food from the establishment, but in the notes above considers the ambience "dingy". In another instance, vegetables accompanying a curry dish (potatoes, baby carrots, and onions) are considered "bland-looking" and needed some "green for both color and taste" - I thought these were the traditional accompaniment for a curried dish and the point was to be bland to offset the curry? Without nit-picking too much more, the guide is a welcome and needed, but I hope the second edition undergoes a change in the consistency of the reviews.

This may have been at one time a good guide, filling a great niche. Unfortunately at this time it is three years old. I found too many errors- specifically reviews and listings for restaurants that have closed, changed names/owners- for it to be trustworthy or even that useful. Granted, I live in the Boulder area and know most of the vegetarian restaurants here and in Denver, so I bought it to find those that I don't know of. Those listed in the guide may or may not even exist anymore.

Finally a guide book for Denver & Boulder that helps me locate healthy & tasty vegetarian food! I found this book easy to access, well organized, and at times, quite funny. Ms. Mather clearly did her research on this and it shows... I wish I had her job!

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