

LYFE Kitchen now cooking in Cupertino



LYFE Kitchen's margherita flatbread has just 511 calories (yeah, for the whole thing).

LYFE Kitchen, the restaurant concept first inspired by celebrity chef Art Smith, launched in Palo Alto in 2011 with much fanfare -- and ever since has been spreading the message of healthy eating in Southern California, Nevada, Colorado, Illinois, Tennessee and Texas.

Now, finally, there's a second Bay Area location.

In the Main Street Cupertino center, the just-opened LYFE Kitchen features BBQ chicken flatbread, roasted salmon with vegetables, Thai red curry bowls, mahi mahi tacos, whole-grain penne with chicken and mushrooms, Art's unfried chicken, plus soups, salads and desserts -- and absolutely everything on the menu clocks in at under 600 calories.

Credit Smith and executive chef Faye Greenberg with coming up with baking and sauteing methods that keep the calorie and sodium counts low and the nutrient factors high. Organic produce and products are used wherever possible, a LYFE spokesman says, and the menu is full of gluten-free and vegan dishes.

New since we checked in on LYFE are breakfast entrees including blueberry buttermilk pancakes and spinach-avocado frittata. They're 522 and 405 calories, respectively.

No sugary sodas or high-fructose drinks are sold at LYFE. Patrons may drink (for free) filtered tap water, chilled filtered water or chilled sparkling water or purchase fruit juices or infused LYFE waters.

But Cupertino has some beverage offerings that Palo Alto doesn't, including freshly mixed cocktails and ginger beer on tap for Moscow Mules.

Details: Open from 7 a.m.-9 p.m. Monday-Thursday, 7 a.m.-9 p.m. Friday, 8 a.m.-10 p.m. Saturday and 8 a.m.-9 p.m. Sunday at 819399 Stevens Creek Blvd., Cupertino. www.lyfekitchen.com

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