

DAILY CANDY



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One to Grow On

Seed Macrobiotic Restaurant Opens



Cleaning up the wreckage caused by an eighteen-pound bird and a bunch of your friends is enough to plant the vegan seed any old time.

Reap what you sow at Seed, a new macrobiotic eatery in Venice. The casual, no-frills spot serves an addictive combo of healthy, organic grub with an Asian soul.

Brown rice bowls (BBQ tempeh, saisai donburi) and flavorful curries (Indian chickpea, Thai coconut) are extremely fulfilling. Beachgoers fuel up with hearty bean burgers (try the Southwest) and a side of sweet potato fries. Chef Eric Lechasseur (former pastry chef at M Chaya) adds a final flourish with seasonal flavors of house-made vegan cupcakes, truffles, and mousses.

Lechasseur also hosts weekly macrobiotic and vegan discussions for those interested in more serious pursuits of the lifestyle.

Who knows? It might grow on you.

Seed, 1604 Pacific Avenue, between Windward Avenue and Venice Way, Venice (310-396-1604 or seedkitchen.com).

INTRODUCING

Oral-B

PULSONIC

SO SLIM, IT MAKES
YOUR BATHROOM
FEEL BIGGER

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