

Review: Lettuce Love Café

399 John Street Burlington Ontario Canada

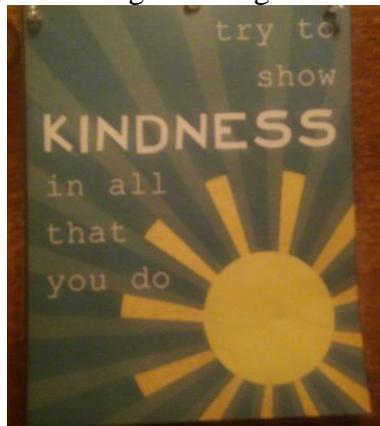
By DairyFreeGina
Reviewed September, 2016

Note: I was not paid for this review. I purchased all meals. Nothing gratis was given.



Lettuce Love, in Burlington, Canada, is voted Burlington's number one restaurant and healthiest to. My kind of place!

Lettuce Love Cafe is a 100% vegan restaurant that is also completely gluten-free too. Not only is everything on the menu delectable, but the restaurant is filled with uplifting quotes and inspirational sayings that make you feel so good being there.



My husband and I decided to get a sampler of many different items for our dinner and shared everything. We started with Avocado Fries- yes fries made from avocado! How much healthier can you get than that? The fries are baked not fried, in fact everything at the restaurant is baked; nothing is fried. The avocado fries are tossed with a blend of seasonings and spices, lightly baked and served with a vegan Chipotle mayo. They were incredibly delicious and smooth tasting.



We also shared the appetizer special of the day: Cauliflower Wings baked in a spicy siracha sauce and served with a sweet agave sauce on the side. You cannot believe how delicious these were! You will never miss chicken wings eating these.



We also ordered the Tempeh Chili And the Reuben Sandwich. The Tempeh Chili was filled with stewed tomatoes, kidney beans ,peppers, onions, corn, chipotle, tempeh and topped with a Brazil nut parmesan and cilantro and served with homemade Chia toast. It was extremely hardy and filling. This really could be a meal in and of itself.



The Reuben sandwich is made with tempeh, melted Daiya cheese, house-made Russian dressing and topped with organic sauerkraut and served on the house-made Chia bread. It comes with a side of homemade slaw as do all the sandwiches. It was really tasty and we enjoyed it a lot—obviously since we ate it too fast to get a picture! It's not quite the Reuben sandwich that we know from Strong Hearts Cafe in Syracuse which uses seitan and rye bread, but we had nothing to complain about with Lettuce Love's sandwich. It was delicious and filling and we will definitely order it again.

The Special Burger of the day was a Sweet Potato Burger which I brought home and ate for dinner the next day. I warmed it up in the oven and it was scrumptious.



Lettuce Love is open Tuesday through Friday 11 to 9 p.m. Saturday 10 to 9 p.m. and Sunday 10 to 9 p.m. There's also a brunch on Sunday morning. The cafe serves alcoholic beverages as well as non-alcoholic beverages and smoothies too. You do not need a reservation for this restaurant. During good weather there is seating outside.