

No-Meat Eats



PULLED PORK SLIDERS ▲

at Mòrels Cafe

This vegan restaurant has proven it can make tasty food without the extra frills. For their summer menu, Trevor DeCuir, kitchen manager, says they try to prepare comfort foods that have a lot of flavor but not tons of fat. Soy curls, derived from non-GMO soybeans, are the main ingredient of these deceptively delicious and filling sandwiches. If you aren't vegan, this dish might convert you or at least broaden your food horizons. The sliders are topped with red onions and a tangy mustard coleslaw served with a side order of cider braised bacon kale. For a gluten-free alternative, the barbeque can be served on a corn tortilla. Side note: You must try the Philly cheese steak fries topped with steak bits (aka soy curls), peppers, onions, mushrooms, and house-made cheese sauce (psst ... the cheese sauce is made from carrots and potatoes).

📍 619 Baxter Ave., 502.409.5916

VEGAN CHEESE

at V-Grits

Kristina Addington opened V-Grits food truck after she won The Food Network's *Cutthroat Kitchen* cooking competition show. V-Grits cuisine is vegan southern comfort food. The most popular food is their vegan cheese, made from scratch using cashews. "Cashews are fatty and creamy, and they make the perfect cheese substitute," Addington says. Raw cashews are soaked overnight then pureed into a thick cream. Then they are seasoned to get the cheddar flavor. The Classic Loaded Mac comes with barbecue jackfruit, which is similar to pulled pork but made with fruit. (Learn more about Kristina on page 30.)

📍 VGrits.com

POWER BOWL ▶

at InWave Restaurant and Juice Bar

You can create your own power bowl using fresh vegetables, legumes, grains, beans, soy chicken, or soy beef. With over 1.5 million food combinations, your meal options are endless. The power bowl shown here is a mixture of brown rice, garbanzo beans, cabbage, kale, carrots, Brussels sprouts, cauliflower sprinkled with turmeric, and soy chicken. The sweetness of the mango lemongrass sauce topped with coconut bacon and pepita parm adds a nice, balanced taste to the dish. The plant-based restaurant also offers gluten-free buns for sandwiches or burgers and gluten-free flatbread crust for its pizzas.

📍 10310 Shelbyville Rd, 502.916.2177

