



Go Naturale: This Sugar House eatery redefines fast food.

IN Utah this week, by The IN Staff

Fast food that's healthy: It's the rage with every trans-fat frying chain bearing golden arches and crowns. Even Subway, the place we opt for when we want something healthy, has steered us towards sandwiches with sides of raisins and apples rather than cookies and chips. That might be fine for Jared, but Au Naturale knows we crave something better than that.

The Sugar House eatery, which was once a Christian bookstore and before that a bank, enthusiastically greeted the IN staff during their first week of business. As we walked in we were warned that it might take 20 minutes for our food to arrive, which was better than the hour wait the previous day. We learned that their during the lunch hour on opening day they served more than 400 people eager for the fast food that wasn't served fast due to the overwhelming turnout.

The colors and decor of Au Naturale are as fresh and colorful as the flavors of food they serve. A drive-thru that was once used for bank transactions is now a place for customers to quickly pick up food that tastes good and isn't loaded with trans-fat and calories.

With the fare was so light, we were only partially prepared for having hungry bellies on the drive back to the office. Now we know and have an excuse for picking up a healthy dessert while we are there. Here are some of the flavorful dishes we found at Au Naturale:

Normandy Pizza, \$8.99

Caramelized onions and sautéed mushrooms are the perfect topping on the square, cracker-like crust. Chunks of steamed asparagus and a drizzle of goat cheese are a nice addition, but the best flavor comes in the sprinkled fresh thyme.

A whole pizza at 440 calories sounds perfect, and that is probably the portion of food the dieticians talk about that we're supposed to be eating, but I needed at least another 200 calories to feel full. I love that the Au Naturale Web site has nutritional information.

— Amy Spencer

Grilled Ahi Tuna Sandwich, \$11.99

This is not your mother's tuna fish sandwich. Picture a dense, meaty, flavorful slab of tuna, topped with very fresh slices of tomato, cucumber and sweet onions, as well as mixed baby greens. I ordered mine on ciabatta, and the porous bread was an excellent complement to the lime-caper aioli (garlic and olive oil sauce). The fresh taste of lime was the last detail needed to turn this sandwich into a masterpiece.

— Kelly Ashkettle

Grilled Veggie & Goat Cheese Sandwich, \$7.99



Portabella mushrooms, zucchini, yellow squash, sweet peppers, onions, tomatoes, fresh basil, mixed greens and sun dried tomato aioli wrapped in a wheat lavash? Yes, please!

The fresh basil was a wonderful touch but it was the tomato aioli that really gave this vegetable-laden sandwich its unique, sweet flavoring. Weighing in at 450 calories, I found the sandwich, along with a few sweet potato fries, to be the perfect size for lunch.

— Ryan Michael Painter

Oven Roasted Sweet Potato Fries, \$2.99

I can't turn down something that says "yam-packed nutrition!" A delicious pun and a less-junky junk food had me salivating for these sweet potato fries. And their oven-fried sweetness did not disappoint. They taste better than their fat-packed counterpart and the Au Naturele site reminds me that sweet potatoes are "a rich source of antioxidants, high in fiber and are rated the most nutritious of all vegetables." It's the perfect excuse for snacking on a bowl of these.

— Amy Spencer

Roasted Yam & Black Bean Burrito, \$6.99

The place was packed and the employees were still learning the menu, so I can't fault them for missing the black beans, brown rice, grilled peppers, onions and jicama on my burrito. When I asked the boy who brought out the basket with a wheat flatbread lavash wrap holding lettuce and yam if that was my burrito, he was certain it was. I expected something hot that would require a fork and knife for cutting, but I was able to hold each of the sandwich halves in my hands. Despite the mix-up on my order, my palate was content with the chewy bread and fresh pieces of lettuce and chunks of roasted yam. I browsed the menu online to see what has ingredients matching what I ate, because it would be good enough to order again, but it's not there.

— Amy Spencer