



Healthy choices at Wheat



For mindful diners



Fresh juice

# Mind Your Health

HEALTHY EATERY **WHEAT HAS A BRIGHT FUTURE** ON DAGU LU

**J**oining the growing number of restaurants lining Dagū Lu, ironically named Wheat provides gluten-free, vegetarian, paleo and ketogenic options for Shanghai's health-and-fitness-minded diners.

With the original intent of providing meals for personal training clients, owner Carlos Worner expanded his concept to fit a quaint, 45-seat restaurant. The space boasts a clean and simple design; modern lighting hangs over sleek wooden tables, and booths and chairs are comfortable. A sign that says "70% is what you eat" decorates the wall.

We started the meal with a Super Green Juice (¥40) made with spinach, parsley, cucumber, celery, apple, lemon and ginger, and an Antioxidant Detox Smoothie (¥45) with apple, beet, carrot, orange and sweet potato. Both were tasty and reasonably priced

for 500ml, but the smoothie was technically a juice. They come in mason jars that you can take home for ¥15, with the option to return for a refund.

Touted as the "most important meal" on their menu, Wheat serves breakfast all day, and we jumped at the chance to try the Sweet Potato Pancakes (¥35). We were impressed with the side of real maple syrup, but missed the flavor promised in the name.

Next, we tried what we consider to be a staple of healthy eating: the quinoa salad. Wheat's version, the Vegan Body Builder (¥65), was nicely presented and fresh, but would have benefitted from more flavor and creativity. More exciting was the Workout Fuel (¥105), a teriyaki flavored half-chicken served with roasted paprika pumpkin and cauliflower rice. The dish was well-seasoned and por-

tions were generous, but the chicken was slightly pink in the middle.

After all the healthy fare, we ended on a sweet note. The dairy-free carrot muffin (¥20) was moist and slightly sweet, and the Cacao Protein Bar (¥35) was chewy and peanut buttery, albeit not very chocolatey. Both were washed down with smooth Colombian coffee—a steal at ¥20 for a cappuccino and ¥15 for an Americano.

Wheat proves to have a clear concept, despite some inconsistencies. We predict that with time, and with the planned changes (especially the addition of the "create-your-own-meal" option), sneaker-clad diners will be lining up for their post-workout fix.

**\* Jennifer Stevens**

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