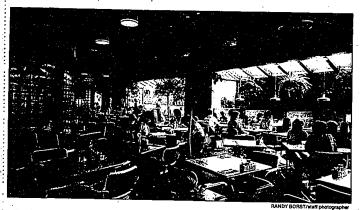
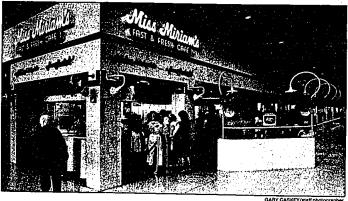
Thursday, August 11, 1983 O&E



The Good Earth at 31005 Orchard Lake Road, Farmington Hills, is an airy, California-style restaurant. It's the first in the Midwest, partnered by

Roger Alexander of Bloomfield Hills and Joe Toc co of the Farmington Fruit Market.



Miss Miriam's Fast & Fresh Cafe at Oakland Mail in Troy is a fast-food, fresh-food restaurant, where everything is prepared from scratch, The

Restaurants have a fresh new outlook

RESH FOODS — and all that phrase conjures up — is what many of today's restaurants are after.

With the advent of fast food and the ease of using frozen or prepackaged food for everything from snacks to gournet-style entrees, the emphasis has shifted to meats, fish, fruits and vegetables that are totally fresh. Everything's fresh from the market and freshly prepared — but not until you order.

Another important spects of the

order.

Another important aspect of the fresh-foods concept, in many instances, is to accent foods that are free from preservatives and other possibly harmful additives, even sail or sugar.

Restaurants that go for the fresh-food idea don't like to call themselves health-food cretaurants, which seems to have a negative image in most peo-

--- COUPON "

ple's minds. Often eating places will reflect the concept of simplicity in foods but still have the alternatives — traditional red meat and rich dishes for those who want them, desserts both low-cal and high, beverages with and without caffeine.

TYPIFYING THIS approach are several suburban-Detroit restaurants. The Good Earth, adjoining Taily Hall in Farmington Hills, is an airy, attractive spot that attracts a luvely crowd, mostly women, at lunch and hopes to build up its dinner clientele more. Breakfast also is served at the California-style restaurant, which opened last year. Miss Miriam's at Oakinad Mall in Troy is a fast-food operation with a build before the control of the control

SUMMER SEASON SPECIAL

table talk

isn't new but its menu is. Once having food prepared and brought in from its main-restaurant headquarters in Marshall, the suburban locale has put its kitchen to the test. The dishes all start on the premises and, to prove it, a cart is wheeled to the diner's table by the waltress, who points out what selected entrees start from, including a live lobster.

The state of the s

HE SAID they start fresh every day with produce and goods for the bakery, Daily, they go to the Eastern Market and the Produce Terminal in Detroit to

select fresh foods.

This is the only Good Earth in the
Midwest, he said, but another will be
opened by him and his partner in Ann
Arbor next year. He developed a desire

DAILY

to start the first restaurant after eating at a Good Earth in California. For breakfast, the Farmington Hills location offers such healthy stuff as 10-grain sourdough butternilk hoteaks and also French toast from 10-grain breakf

and also French toast from 10-grain bread.

Every day two soups are made from a recipe bain of 22 different ones. That day, the cholces were 12-summer-vege-table soup (served daily now) and Ar-menian eggplant.

There are buge salads, available with Tahini poppy seed or other dress-ings. The Garden Patch Vegetable Salad includes Jicama, a tuberous plant from South America and Mexico that is popular in California.

SANDWIGHES RANGE from meat-filled to meatless for vegetarian diners.
Our most popular mena item is the Cashew Chicken Sandwich, Alexander said. "It's served on 10-grain, molasses-type bread. Of the hot sandwichs, Charlie's Baked Tuna is my favorite. The Big Sur – turkey or roast beef— Is the most popular hot sandwich. Entrees served at dinner include the most popular Garden Fresh Vegetable

DOLLARS

Saute, featuring crispy fresh vegetables. "We flash cook almost all the vegetables in a wok and use peanut oil," he said. Chicken Marco Polo, the most-ordered casserole dish, combines vegetables cooked in a wok, topped with cheese and baked.

The Good Earth also is proud of its Mexican specialties, fresh juice by the carafe or glass, fruit and frozen-yogurt shakes with HPP (high-protein powder), and house-blend coffees including Swiss Water Process Decaf.

Desserts are plentiful and include ones from the bakery. For yogurt-lovers, there are Yogurt Cream Pie and Yogie Pie Parfait with fresh fruit and yogur-t-pie filling.

The Good Earth, which recently acquired a liquor ilucense, serves beer and wine, specialting in Imported beers of the world. Restaurant scaling is for 200 persons, and more than 1,000 diners are fed on the busiest days.

MIRIAM KOTTLER of West Bloom-

MIRIAM KOTTLER of West Bloom-field, who has attended Nathan Priti-kin's Longevity Research Institute in California, wanted to start a fast-food restaurant based on the health princi-ples she believes in.
"I don't like additives and preserva-tives," she said. She opened Miss Miri-am's — "all fresh food, made here"— because she wanted to make a state-ment and stick by it. "It wasn't as easy as my husband thought it would be," she said.
The colorful sidewalk-cafe decor was

The colorful sidewalk-cafe decor was designed by Ron Rea of Birmingham,

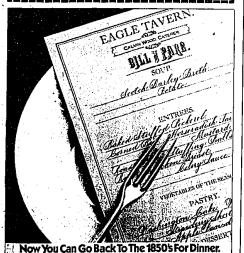


Miriam Kottler owns and operates Miss Miriam's.

was has done some of the Chuck Muer restaurants. "There's no point in just having a pretty restaurant." Kottler said. But she's happy about the way the whole operation turned out. "I did it the way it pleased me." To belp plan the menu she called upon friend Steven Romanik of Bir-

Continued on Next Page





The Eagle Tavern at Greenfield Village



Dining & Dancing

Dining & Dancing
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