

# LET'S GO! DINING

## Restaurant offers good food, that's good for you

BY BRIAN LYBAGITT  
STAFF WRITER



**Good Food Connection**  
42015 Ford Road, Canton  
(313) 961-8100  
Meats/vegetarian emphasis, with some macrobiotic and vegan items, some dishes prepared with organic ingredients. Turkey and chicken dishes also.  
Capacity: 40 seats with adjoining juice bar and deli.  
Priced: Sandwiches \$2.95-\$7.50, entrees \$5.50-\$7.50.  
Hours: 11 a.m. to 6 p.m. Tues.-Sat., 11 a.m. to 5 p.m. Sun.-Mon.  
Credit Cards: Major accepted



Good Food: Sandra John (left to right), Aaron Perry and Betz King present some of the dishes featured at the Good Food Connection in Canton.

Good Food Connection in Canton lives up to its name by offering well-prepared, healthy dishes, and the fare may not be for everyone — the crowd at the Outback Steak House, a few doors away, for example.

But perhaps the fact that the two restaurants settled in the Canton Corners shopping center means that vegetarians and meat eaters can live happily side by side.

"What we try to do is make it possible for people to eat good food that is good for you," said Sandra John, general manager of the restaurant and Good Food Company, the self-described alternative supermarket that houses the restaurant.

Good Food Connection opened in January, and the store opened in 1993. There is a deli counter for carry-outs and a popular juice bar serving carrot, celery, cucumber, beet, apple juices and juicy combinations. There's also wheat grass juice, teas and organic coffees. The deli items can be eaten at the counter, too.

The restaurant is separated by a wall from the large grocery store. The menu is substantial. Though mostly vegetarian, the offerings include tuna salad, and chicken and turkey dishes — made with free-range and antibiotic-free birds. Vegetarians of any stripe should be happy here. There are dairy-free dishes for vegans, at least one entree for macrobiotic

eaters and an entree prepared with organic ingredients.

For starters, there's a salad bar and a \$5.50, all-you-can-eat soup and salad special. There are four other salads, including organic rainbow salad (\$4.95) and cashew-chicken (\$5.95), and fat-free chili.

The eight sandwiches are available on a variety of breads and range in price from \$3.50 to \$7.50 with side dishes. There's tuna and chicken salad, a tabbouleh-hummus-falafel combo, and a veggie sandwich. There's also a beef- and fat-free boba burger.

Among the entrees are a veggie stir-fry (\$4.50/\$6.50) with a choice of peanut, marinara or tahini-onion sauces.

The macrobiotic plate includes organic brown rice, steamed vegetables, adzuki beans and arame.

Other main dishes include a vegetable lasagna with crumbled tofu and a basil-marinara sauce and topped with either dairy or soy cheese. There's also Pad Thai, the popular Asian noodle dish, and grilled chicken fillet.

The chicken comes from Frankensmuth Poultry Company, a small Michigan company that raises lean range birds.

John said the turkey (there's a turkey burger) and chicken dishes are not as popular as veggie dishes like the macrobiotic stir-fry, enchiladas or lasagna.

There's a kids' menu (Foney Baloney sandwich and a Not Dog on a bun) and several desserts made from natural sweeteners, such as honey and maple syrup. The baked goods are made from whole-grain flour.

There's also gise, an ice cream or frozen yogurt substitute, and vegan and cinnamon apple pies.

The restaurant is decorated with a rainbow theme, including a blue-sky and clouds ceiling and rain forest posters on the multi-colored walls. The Good Food Connection, hasn't been drawing big crowds, but the restaurant serves up to 60 customers a day and John said they're planning to build a clientele. They're also putting out a message.

Toward that end, the restaurant and store are sponsoring

Monday night discussions on health-related topics, and John said she hopes to have monthly cooking lessons, as well.

"We feel part of our mission is to educate people about a meatless diet and how it's good for you and good for the ecology and the land."

What's your favorite restaurant? Send recommendations for restaurants to feature in Let's Go to: Keely Wygonik, Let's Go! editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150. To fax recommendations, call (313) 691-7279.

## Second City Detroit introduces touring company

There will be an extra night of laughter as The Second City Detroit introduces the Second City Touring Company. The touring

company will perform "The Best of Second City," 8 p.m. Tuesdays.

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