



# *I am Eric Stein - The Healthy Chef*

and I've made it my mission  
to go around town to find

**HEALTHY PLACES TO EAT.**

**A**s new eateries open and close every week, we learn that the common factor is that only the strong ones survive the first year.

With the everchanging Miami food trends, chefs and restaurateurs find themselves constantly adapting to the tough market, and in many cases, by trying to do so, they lose their original vision.



That is not the case with this fairly new restaurant we've found. Hiding in plain sight on Sunset Dr. a couple minutes' walk from South Miami Metro Station lies EARTH, a healthy fast food restaurant that has caught as much attention as the few jewelry stores nearby.

With a strong conceptual but easy to follow menu and the ability to customize pretty much every dish to cater from the



occasional salad eater to the most hardcore vegan warrior, EARTH has found the perfect balance between your daily go-to lunch cafe and the place where you want to take your future parents-in-law to impress them.

From the moment you step in, the energy levels in the air spike up when you are greeted by the always smiling staff and your gut tells you something good is about to come.

From their custom made-to-order rice, barley and quinoa salad bowls to their fresh and warm wraps, homemade sauces, juices and smoothies, EARTH has carefully designed the perfect eatery concept South Miami was in very much need of and it did it flawlessly.

**I'll personally find more excuses to go to South Miami more often. So see you there!**

*The Healthy Chef  
Eric Stein*



**EARTH**

5831 Sunset Drive  
Miami, FL 33143  
305.397.8678