

I am Eric Stein - The Healthy Chef

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

HEALTHY PLACES TO EAT.



office workers looking for some good eats on their lunch breaks, but tourist groups just trying to refuel from their long walks around the area. And this restaurant welcomes them with inviting aromas of four fresh-made signature kinds of soup that you can try. All day, every day.

With a modern aesthetic to match Miami's, and a conceptual menu that will not make you spend too much time reading it, NUTREAT has become one of my favorite spots to grab a bite (or a sip) when I'm around the area.

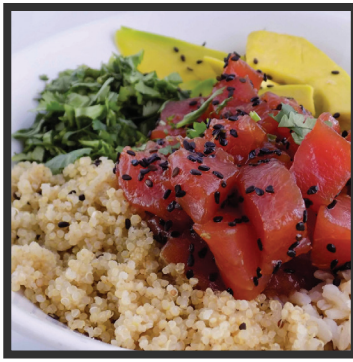
After talking to the owners, I learned that they have a very clear idea of what they want from their restaurant: To keep true to their vision, keep using locally grown and farm raised ingredients and always to listen to their clients.

As I expected, most of the menu can be fully customized to your preference to match your likings, hunger level or sometimes just the time you have to grab a quick bite. From original wraps to custom sandwiches and from crisp salads to their hearty soups, the menu is designed to take you on a quick retreat of fresh flavors and textures with each bite.

And just when I thought I had finished a great experience, the owner tells me he is, in fact, a tea master and presents me with a hand-picked blend of amazing herbal teas that made my day. So don't forget to mention it when you stop by because you don't have to be a tea lover to enjoy a good refreshing drink.

I am personally going to spend quite a few afternoons there when I'm in the area so make sure you say hello if you see me there...

*The Healthy Chef
Eric Stein*



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One of the biggest challenges we chefs and restaurateurs face on a regular basis is trying to figure out how to stay relevant in a time and place so ruled by fashion and trends. In this new, hyper-fast reality we're living in, everything that we used to believe was right has been flipped on its head. So how do you stay atop what people want from your restaurant?

This time around, I went to downtown Miami looking for some answers and landed on a charming casual eatery called **NUTREAT** which seems to have everything figured out. How did they do it? Free soup tasting!

Located in the very core of downtown Miami, the place is not just surrounded by the fast-paced