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The Denver "Good Food" Dining Guide

Eating Locally, Seasonally and Sustainably in Downtown Denver

By Kelly D. Horton MS, RD, CD, Connect Nutrition

When visiting Denver, support the local food system by savoring the delicious fare at these locally-owned restaurants. This guide is a sample of some of HEN DPG Colorado members' favorite establishments in the downtown loop that celebrate fresh, seasonal foods by making a commitment to sustainable food production, local farmers, and vibrant communities. Check each restaurant's website for sample menus, hours, events and reservations. Bon Appétit!



Black Pearl

1529 South Pearl St, Denver, 303.777.0500; contemporary American cuisine menu uses seasonal fresh, locally produced ingredients, \$\$
www.blackpearldenver.com

Café Options

1650 Curtis St, Denver, 303.573.0733; fast casual eco-friendly breakfast and lunch (M-F) features made-to-order salads, house-roasted meats, soups made from scratch, \$
www.cafeoptions.com

Chipotle

With various locations around Denver, Chipotle is a nationally known fast food restaurant but its home is in Denver. Is a leader in sustainable and local fast foods offering humane, ecologically sustainably raised pork and chicken and more than 50% of their beef is naturally raised (no antibiotics or CAFOS), \$
www.chipotle.com

City 'O City

206 E 13th Ave, Denver, 303.831.6443, \$
Coffeehouse with vegetarian and vegan fare, offers gluten-free baked goods and whole-grain pizzas, \$
www.citycitydenver.com

Duo Restaurant

2413 W. 32nd Ave. (at Zuni), Denver, 303.477.4141
Duo Restaurant offers a seasonal changing menu and partners with the best Colorado farmers: Red Wagon Farm, Abbondanza, Cure Organic Farm, Verde Farm, Soule Farm, and many more, \$\$
www.duodenver.com

Encore on Colfax

2550 E Colfax Ave, Denver, 303-355-1112, contemporary American cuisine menu uses seasonal fresh, locally produced ingredients, \$\$
www.encoreoncolfax.com

Fuel Café

3455 Ringsby Ct # 105, Denver, 303.996.6988, a hip, funky, industrial venue, off the beaten path, perfect for a quick snack and cocktail, \$-\$
www.fuelcafedenver.com

Gaia Bistro

1551 South Pearl St, Denver, 303.777.5699, an earth friendly breakfast & lunch restaurant in a garden setting featuring crepes, soups, salads, sandwiches, artisan bread & pastry, closed Mondays \$
www.gaiabistro.com

***JAX Fish House**

1539 17th St, Denver, 303.292.5767, commitment to fresh, local produce is portrayed in the chefs daily specials and seasonal menu changes, open for happy hour and dinner, \$\$\$
www.jaxfishhousedenver.com

***Lola Coastal Mexican**

1575 Boulder St, Denver, 720.570.8686, serving cuisine inspired by Mexico's coastal regions the chef use season and local fare whenever possible. Lola is also dedicated to local community giving donating to such organizations as Share Our Strength and Project Angel Heart, \$\$
www.loladenver.com

Lovely Confections Bakery

1489 Steele Street, Unit C, Denver, 720.524.7770, produces artisan cupcakes from scratch using the finest ingredients available, many organic, and grown or produced in Colorado, closed Mondays, \$
www.lovelyconfectionsbakery.com

Lucille's Creole Café

275 S Logan St, Denver, 303.282.6258, the café sources locally grown, organic produce from its own Rich Organics Farm, open for breakfast and brunch until 2pm, \$\$
www.luciles.com

Mad greens

1600 Stout Street, Suite 100, Denver, 720.468.4173, features fresh gourmet salads, soups, and paninis. A fast food restaurant that has its origins in Colorado, \$
www.madgreens.com

Mercury Café

2197 California St, Denver, 303.294.9258, features organic foods and the establishment is powered by wind and sun energy, \$\$
www.mercurycafe.com

Organixx

1520 Blake St, Denver, 303.825.1550, sustainable, eco-friendly, reusable, recyclable, fair trade, natural, energy efficient, organic, local, green, low-impact, fresh. Offers and array of sandwiches, soups and salads, open until 3pm daily, \$
www.organixxrestaurant.com

*Dining reservations can be made at www.opentable.com

Parsley

303 W 11th Ave, Denver, 303.893.7914, organic sandwiches, salads, vegetable juice, and smoothies, \$
www.avenuepassword.com

Potager Restaurant and Wine Bar

1109 Ogden St, Denver, 303.832.5788, features seasonal, locally produced, sustainably grown organic food, \$\$\$
www.potagerrestaurant.com

Rioja

1431 Larimer St, Denver, 303.820.2282, featuring a menu inspired by Mediterranean ingredients and influenced by local and seasonal products. \$\$-\$\$\$
www.riojadenver.com

Root Down

1600 W 33rd Ave, Denver, 303.993.4200, a new restaurant in serving sustainable and local foods, located in the Highlands area of Denver overlooking downtown, \$\$
www.rootdowndenver.com

SAME Café

2023 E Colfax Ave, Denver, 720.530.6853, making healthy, organic food available to all—this restaurant is about feeding people who do not have money, the menu is without prices. People who can pay are requested to leave a donation others eat for free. The restaurant uses culinary students, vista volunteers and people who work to pay for their lunches.
www.soallmayeat.org

Satchel's Market

5021 E 28th Ave, Denver, 303.355.2137, closed Mondays, organic, locally grown, and sustainable fare, \$
www.satchelsmarket.com

Shazz Café

4262 Lowell Blvd, Denver, 303.477.1407, seasonal and locally sourced ingredients, simply prepared, \$\$\$
www.shazzdenver.com

Snooze

2262 Larimer St, Denver, 303.297.0700, seasonal and locally source ingredients from Denver Urban Gardens project, serves breakfast and lunch, \$
www.snoozedenver.com

Spinelli's Market

4621 E 23rd Ave, Denver, 303.329.8143, 15 years ago Jerry and Mary Ellen Spinelli opened their market and deli featuring gourmet foods and Italian specialties using organic and local food, member of the Slow Foods Movement, \$
www.spinellismarket.com

Sweet Action Ice Cream

52 Broadway, Denver, 303.282.4645, an independent ice cream shop using natural, local, and seasonal ingredients, closed Monday, \$
www.sweetactionicecream.com

The Fort

19192 Highway 8, Morrison, 303.697.4771, inventive cuisine ranges from unfamiliar ostrich and elk to popular southwestern comfort food, named a sustainable partner by the city of Denver, \$\$\$
www.thefort.com

The Rebellion

2231 S Broadway St, Denver, 303.733.4511, pizzas, burgers, and salads made with healthy premium organic ingredients, sustainability awareness (read their manifesto!), carryout and delivery Thursday-Sunday, \$
www.rebellionpizza.com

The Squeaky Bean

3301 Tejon St, Denver, 303.284.0053, food and cocktails crafted with seasonally fresh and local ingredients feature fresh, locally roasted coffee beans, source from their own 1200 sq ft urban garden, closed Sunday, \$\$
www.thesqueakybean.net

Vert Kitchen

704 S Pearl St, Denver, 303.997.5941, an upscale deli supporting the principles of organic food, nutrition, mom and pop farms and agricultural sustainability, cooking from scratch using the highest quality seasonal and local produce, serves lunch, closed Monday, \$
www.vertkitchen.com

Watercourse

837 E 17th Ave, Denver, 303.832.7313, this is the vegetarian restaurant in Denver, vegetarian fare, ecologically conscious recycling, including fryer oil that is converted into bio-diesel, use biodegradable to-go containers, and serve water only upon request, organic ingredients and house made seitan, \$
www.watercoursefoods.com

Z Cuisine Bistrot

2239 W 30th Ave, Denver, 303.477.1111, charming French Bistrot and Parisian Wine Bar serving organic and local fare, open Wednesday-Saturday, \$\$-\$\$\$
www.zcuisineonline.com

For those wanting to venture out a bit:

The Kitchen Café in Boulder
www.thekitchencafe.com

Colterra in Niwot
www.colterra.com

Sugarbeet in Longmont
sugarbeetrestaurant.com

Terror in Longmont (co-owned by an an RD)
www.terroir-restaurant.com

Rating Key

\$ = up to \$15 per entree
\$\$ = \$15 to \$25
\$\$\$ = \$25 to \$35
\$\$\$\$ >\$35



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This sustainable dining guide concept was created by Angie Tagtow, MS, RD, LD of Environmental Nutrition Solutions, www.environmentalnutritionsolutions.com. All Rights Reserved © Connect Nutrition 2009.