

Beach Bites

Rescue Me With Your Leafy Greens

by Teri Roughen

I've often heard that most successful business ideas were born out of necessity. Many times while sitting around with friends we've talked about certain businesses we wish would come into our neighborhood. Things like a cozy bookstore that serves coffee, a great vintage clothing shop or a convenient place to get a quick healthy lunch that doesn't cost a fortune. It turns out Rich Weber and his wife, Laura, were thinking that very same thing. They wanted a place they could go for a quick, convenient, healthy lunch or dinner, but found they were coming up short finding just the right place in the neighborhood where they lived and worked. A lightbulb went off between the two of them and the idea to start Leafy Greens in Manhattan Beach was illuminated.

Although the opening of its doors was more than two years later, the Webers stayed true to their original idea, which was to create a place that made it convenient to eat healthy on a day-to-day basis.

Leafy Greens is all about salads. You can make your own salad, call ahead to order and pick it up, have it delivered right to your door, and they can even cater your next event or office meeting.

My experience with salad bars is usually there are only one or two items that I like, and the other things are either not fresh or just don't look very appealing. Leafy Greens has taken the salad bar concept to a whole new level. They offer at least three types of lettuce, a huge assortment of veg-

gies, plenty of meats, gluten-free items, an array of dressings and crunchy toppings (my favorite) and different things like edamame, sun-dried tomatoes and summer fruits. Oh, and three soups daily if you need something to warm you up or soothe that pesky cold that's going around! There are a few tables to dine-in, but Leafy Greens is really a grab-and-go kind of a place. It's perfectly setup for our busy weekday lunches and fast-paced lives. They stay open until 9 p.m. during the week, which makes grabbing a healthy dinner on the way home from work before plopping on the sofa a much easier feat.

Needless to say, I'm very impressed with the place. Most times when I find myself in a pinch to get something quickly, I'm destined to eat a bad coffee shop pastry or a high-calorie drink just to fill me up and later kick myself for doing so. Leafy Greens is the much better alternative to that and will leave you satisfied and happy you passed on that quick burger or pastry.

We're still in the first month of the year so technically we can still make resolutions for 2013. Putting Leafy Greens on your list of places to grab a bite will keep you on track if eating healthier is your resolution. Lets face it, most of us could use some help in that department. Leafy Greens to the rescue!

Leafy Greens is located at 308 Manhattan Beach Blvd.

For more information, call (310) 721-2731, or visit www.leafy-greens.com.



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