

Veg Out



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Gibbs Smith, Publisher, is proud to introduce Veg Out! Southern California, the first in our groundbreaking new series of restaurant guide books for vegetarian and vegan diners. This first edition focuses exclusively on the myriad restaurants, markets and cafés of southern California. A rating for each restaurant is provided, along with price, cuisine, location, and contact information, plus must-know details about each venue's culinary offerings. Veg Out! virtually eliminates the difficulty of finding vegetarian and vegan offerings in a world of fast food burgers and take-out tacos. And it's not just for vegetarian and vegan diners-anyone seeking healthy, nutritious fare will find it indispensable! From Happy Family III Restaurant to the Buddhist Lai Temple to the casual Veg Table, a variety of cuisines and flavors are covered, to suit the tastes of everyone in your dinner party. Kathy Lynn Siegel is a cookbook author, food writer, and cook. She has scoured the main streets and back alleys of the world in search of unique dishes and ethnic specialties.

作者介绍:

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