

#497 5.19.11

WEEKLY 10th ANNIVERSARY VOLCANO



JACK SPARROW SINGS THE BLUES P7

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dish

PERSON, PLACE or THING

WITH STEPH DEROSA

THING: Raw food at Caffe Dei

Every once in a while this ol' liver of mine screams for a good detox, so I put down my beer and fulfill my body's requests. My favorite detox is an easy fruit/veggie cleanse, which leaves me full of energy and able to float back and forth on the great swing of life. I can easily add grains and beans after a good week-long cleanse without causing too much intestinal distress.

About every six months, for one solid week, I have no meat, no oils, no dairy and ... wait for it ... *no alcohol.*

Stop laughing! I swear I'm not making this up.

What I've found is I can still dine out with friends at Caffe Dei during this profound "week of loose bowels" without coming off to the general public like a pretentious tree-hugger. By the way, my BBQ-loving Texan dad would have pulled out a shotgun had he ever heard me admit to any of this nonsense. (May he rest in peace.)

Leave it to Caffe Dei co-owners Shuanna Holt and Shane Siegfried to construct a delicious, multi-dimensional, nutritional and completely raw menu for all of Tacoma and myself to have a healthy nosh-mosh.

(Dang, I just made up the phrase "nosh-mosh." It's like a seriously fun mosh pit of food-noshing, get it? You may hate it now, but you'll be dreaming of a good nosh-mosh later.)

Holt has even designed a raw "un-cooking"



STEPH DE ROSA

CAFFE DEI: Get your raw food on.

class held in the kitchen of Caffe Dei. In order to abide by the laws of raw eating, food is not cooked, but instead dehydrated. Raw vegetables are manipulated via spiralizers and dehydrators to resemble many of this nation's favorite foods, like pasta, tortillas, burgers, chips and cheese spreads. The deliciousness is absolutely amazing, leaving most veggie naysayers stunned that something so yummy can be so good for you.

For \$35 per person, per hour (plus the cost of food), you and your friends can take one of Holt's un-cooking classes right there in Caffe Dei's back kitchen.

Tell Shuanna I sent you. You won't get anything free out of it, but you should go ahead and say it anyway. Makes me look cool.

Raw Food: Place: Caffe Dei, 2607 Sixth Ave., Tacoma, 253.572.2550
Includes: Veggies
Not: Animals
Nor: Sushi (darn)
Mainly: Vegan
Must try: Kale chips
Tasty: Yes
Healthy: Yes
Friendly: Yes
I am: One of those three things
Which one: You guess

Finding the G-spot in Olympia

The Gyro Spot ditches the cart, but keeps the tastiness >>>

A new restaurant is opening Thursday, May 19, in downtown Olympia. Located at 317 E. Fourth Ave., the Greek deli-style establishment boasts fresh blue paint and stainless steel kitchen equipment. The business may look new, but the sticker on the front door tells curious passersby this place is the new home of longtime restaurant owner, Kenny Trobman.

Trobman's signature image — a big-eyed chef with tons of frizzy hair, riding in a hotrod covered wagon — gained recognition after it decorated the front window of downtown favorite grinder and sandwich house, the Clubside Cafe, for seven years before the business closed its doors in 2009. Trobman wanted to shift his focus to family life and, eventually, the very popular street cart operation, The Gyro Spot (lovingly referred to as The G-spot, for, um, satisfying cravings).

Trobman's The Gyro Spot has come to be somewhere Westside lunch-goers and downtown partyers rely on for cheap, tasty eats.

The Gyro Spot's move to a physical location, while not as kitschy, should serve Olympia well. Trobman explains the move is a result of county ordinances and codes being interpreted in ways that make it difficult to run a "temporary" business.

While he had a successful run with the cart, and Trobman admits he's sad about leaving it behind, he's also excited about his latest endeavor.

"Food is my passion," Trobman says. The new physical location of The Gyro Spot shares the same concept as street vending: Fast, yummy and easy on the wallet. Although it won't have quite the same atmosphere as hanging on the pavement, Trobman intends to interact with the clientele just as much, offering late-night grub through a sliding window to the sidewalk. Late night hours are Thursday, Friday and Saturday nights, 5 p.m. to 2:30 a.m.

— Nikki Talotta

[The Gyro Spot, opens Thursday, May 19, 317 E. Fourth Ave., Olympia]

FOOD MATTERS

■ **NEW SPICE BLENDS:** Chef William Mueller of Babblin' Babs Bistro (2724 N. Proctor, Tacoma) has released his own Culinary Spice blends. His blends of New Orleans, Thai, West Indies, Lonestar, Everyday and Greek add exotic flavors to your home-cooked meals and barbecue. The all-natural herb blends are available at his Proctor District restaurant, Smooth and Juicy (1121 Court B, Tacoma) and Harbor Green (5225 Olympic Dr., Gig Harbor). See Chef Mueller and his spices in action at 5 p.m. Friday, May 20 at Harbor Greens.

■ **NEW LOUNGE:** The BullsEye Bar has opened inside the Black Angus Steakhouse in Lakewood (9905 Bridgeport Way SW). From May 19-23, the lounge celebrates its grand opening with \$3 16-ounce drafts and \$5 off the bar menu.

■ **NO DOZE DINER:** Gruv Lounge and Nightclub (3829 Sixth Ave., Tacoma) received the thumbs up from the Liquor board to bring back their 2-4 a.m. breakfast. It's only \$5 with the club stamp or for industry folks.

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