



# CHF

CHARLOTTE HEALTH & FITNESS

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## The Skinny on Charlotte's Best Restaurants "Crisp" a Fresh Addition to Trendy Elizabeth

By Kelly Gray

Typically when your body calls for a salad, you're in for a chore. To make one requires hitting the grocer for innumerable ingredients, washing, chopping, dicing... and if you're like me, you hate bottled salad dressing, which means making a batch of healthy dressing. A homemade salad is a great thing when you sit down to enjoy it. But who has the time every day to go through the process, and what do you do with all the leftovers which don't always keep well for next day meals? All too often, people refrain from eating enough salads because it's just too time consuming and not economical.

New York City was famed for its many soup stands, cranking out the best soup on the planet. Soup, like salad, is another food that when prepared properly is amazing for your body, and soup carries an added benefit of soothing the soul on a cold blustery day. But just try finding the time to make homemade soup. It's an even taller order than fresh salad.

We know both are great for you when prepared healthfully, and both can contain crucial antioxidants we need to live well. But it can be a challenge to find a restaurant (not a deli) in Charlotte where you can quickly (the operative word being quickly) get a freshly made

custom salad and delicious soup at a reasonable price, without spending more than a minimum of an hour in a restaurant. Enter "Crisp" Foods in trendy Elizabeth.

For those of us who love the freshness and healthfulness of a homemade salad

and Chef David McLuckie have figured out a way to serve the aforementioned salads, soups, and sandwiches with panache just the way you like them – the custom salad bar and fresh daily made soups are made right before your eyes and hurray, are an actual meal. If you leave Crisp hungry you need a check-up, not lunch.



Work out mavens will love the grilled chicken atop fresh spinach with nuts, dried fruits, and roasted lemon vinaigrette dressing. Kids will get a kick out of putting what they want on their salad. If a fresh sandwich is what you crave, you can customize that as well. Fellow soup lovers? Make a beeline and get there early. Crisp soup offerings are every bit as addictive as the soup I enjoyed from Manhattan's infamous Soup Nutsy (yes, the place parodied on Seinfeld.)

or hot bowl of soup, Crisp is the place to beat. Crisp has found its home at 1971 East 7th Street along the darling earthy corridor near VisArt Video, Philosopher's Stone and Heroes Aren't Hard to Find comics store.

The streamlined, urban feel of Crisp is a stone cold example of what is hot in big cities across America – freshness, clean preparation, sleek, desirable surroundings. Owner Jerry McCarthy

The next time your stomach is growling, put away your craving for a fat laden lunch. Try Crisp and enjoy the benefits of eating a freshly prepared lunch that's as satisfying as any of their less healthy counterparts but with the added charm of being great for you!

**Crisp**  
1971 East 7th Street  
704-333-9515  
Next to Heroes Aren't Hard to Find and Starbucks at the corner of Pecan and 7th