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Tossed: It's not "just a salad"

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Salads have become a go-to meal for many [health conscious](#) individuals, including myself. Salads can be refreshing and light, hearty and filling, and just about anything you want them to be because you can put pretty much anything into them...well, maybe not doughnuts, even if there are funny little pictures of doughnut salads floating around Facebook. Salads have become the main course for lots of folks who are watching their waistlines, but a lot of people have complained about how much work it takes to preparing complex salads that aren't "just" lettuce and tomato. That's probably why salad restaurants have popped up all over NYC in recent years, but I believe that the original, strictly salad shop is Tossed.



Located at 295 Park Avenue South, Tossed takes the work and planning out of healthy eating. All, or nearly all, of their food choices are freshly prepared in house, including the roasted corn, cut greens and fruits, fat-free whole wheat crepes (used for wraps, more about those below), and all salad dressings. Esteban Villar, the young and energetic general manager of the store, has a passion for good food, makes sure that the store is pristinely clean and well kept, and believes whole-heartedly in the products they sell. They offer plenty of vegetarian choices, as well as lean chicken, turkey, ham, tuna and shrimp in various salad offerings.

My favorite was their Southwest Blackened Chicken Salad. Esteban recommends the Summer Salad, with its sweet strawberries, raisins and plantain chips if, that is, you don't want to design your own with a huge selection of fresh veggies, fruit, nuts, cheeses, proteins and other gourmet selections and dressings.



I've already mentioned the Southwest Chicken Salad, which was great, as are the newly offered panini, but what was really special to me was the wraps. I had the Chicken and Goat Cheese Crepe Wrap with smoked bacon, baby arugula and kalamata olive vinaigrette. The fillings were a great combo and the crepe itself is so fresh, tender and delicious, I have to wonder why I haven't seen sandwiches made with crepes before.

Go to Tossed, check it out, and check out their website, too, at <http://www.tossed.com>. They do offer some student discounts and discounts to some local gym members. Also, delivery and catering is available and new locations are opening soon all over New York City.



Thanks, Esteban, you're doing a great job!