



Enlightened Eating

It is still, unfortunately, not easy to find restaurants in which vegetarians are treated as more than an afterthought. The Yogitree in The Gardens at Midvalley is one of those treasured exceptions, with as many delicious vegetarian options as non-vegetarian on their extensive menu.

The restaurant came about as companion to a shop that sold yoga accessories, and the menu was planned accordingly; the meals are light but delicious, the ingredients are – whenever possible – organic, and there is a selection of health drinks, including fruit juices and wheatgrass.

My companions and I sampled some of the Yogitree's most popular dishes; their duck and pear salad with organic sesame dressing, al funghi with mushrooms in a light cream sauce and their ayam percik nasi ulam on organic jasmine brown rice. Other dishes, such as their best-selling steak sandwich and their organic hummus and moutabbel with fresh olives and freshly-baked bread, were not so much sampled as devoured, plates licked clean and handed sheepishly back to the servers.

Most popular at our table, however, was an item on their long list of daily specials: charcoal noodles with tomato-basil sauce served with Mediterranean vegetables. Yes, it is as good as it sounds and so many customers order it that it is soon to become a part of the permanent menu.

And then there was dessert. The tiramisu tri.e was gorgeous and the carrot and orange cake with cream cheese frosting was hands down the best I've ever tasted even though I grew up next door to someone whose mother had won awards for her carrot cake recipe. But once again there was a clear winner: the pure chocolate truffle torte – made without sugar or flour – feels heavy on the spoon but melts in the mouth like nirvana-..avoured mousse.

All this, breakfast, set dinners, wine (with organic options in both red and white) in a family-friendly environment and with reasonable prices. Unsurprisingly, the Yogitree fills up during meals but the food is worth any wait. Have the torte. **By Amy de Kanter**

Fact File :

The Yogitree

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10am to 10pm daily

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