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• Díníng Díníng • The Rising Loafer Has More Than Great Bread! **By Susie Iventosch**



Rising Loafer Ahmed Shibli and Maria Gastelumendi Photo Susie Iventosch

hen I think of a chopped salad, I envision all sorts of delicious, calorie-laden goodies like garbanzo beans, salami, marinated artichoke hearts and cheese in addition to lettuce and all the veggies. So, when I saw this chopped veggie salad with raspberry vinaigrette at the Rising Loafer Café and Bakery in Lafayette, I was reluctant to order it. It seemed a little too healthy and it came with raspberry dressing, which is normally too sweet for me. But, waiter Pedro Renteros, suggested, "it's not that sweet ... I think you'll really like it."

Curiosity got the better of me and gladly, too. He was so right! This salad is delicious, healthy and visually very pretty with a variety of different colored vegetables and walnuts, all covered with 'real' raspberry dressing. Made with red wine vinegar and fresh or frozen raspberries, the vinaigrette is plenty tart ... not too sweet like so many fruity dressings. And, it's perfect timing to pick up fresh berries, lettuce, tomatoes and cucumbers at the farmers' market.

Maria Gastelumendi and Ahmed Shibli have owned and operated the Rising Loafer in Lafayette for five years. Three years ago they opened a second location in the Frank H. Ogawa Plaza in downtown Oakland.

"We bake all our own breads," Ahmed said. "We offer nine-grain wheat, country oat, garden herb, garlic basil, sour dough, New York rye and cinnamon raisin breads."

Ahmed and Maria also worked with a local health club owner to create a 'living lean' high fiber bread, made with quinoa, wheat, white and rye flour, nine grain cereal, oat bran and flax seed. This bread is also high protein due to the quinoa.

I purchased a loaf of the 'living lean' bread, and my family loved it. It's wonderful for breakfast, sandwiches, or snitching on the way home in the car.

"We make most everything here and we try to be as 'green' as possible," Ahmed pointed out. "We recycle to reduce refuse, practice water conservation, use biodegradable cleaning products, and pesticide and hormone-free foods, whenever possible. And, when available we buy local.

Maria noted, "Our Oakland restaurant recently earned the Alameda County 'Green Restaurant' certification."

This particular certification requires restaurants to commit to

"earth-friendly" environmental and conservation measures by bringing their operations into compliance with all environmental regulations in their city loca-Each establishment tion. undergoes a series of inspections to ensure they've met those requirements prior to earning the "green" designation.

Robin Bedell-Waite, coordinator of the Contra Costa Green Business Program, said they are continually adding restaurants and other businesses to the list of certified Green Businesses. "Anyone interested in the Green Busienss certification program, may contact our office at (925) 646-2286."

Ahmed indicated the Lafayette restaurant is in the process of the 'Green Biz" certification for Contra Costa County.

"We already abide by the same environmental and conservation standards," he said.

For more information on Green Restaurant or Business Program, please visit the following Web site:

http://www.greenmycuisine.com/ about.php http://www.greenbiz.ca.gov/Abo

utUsCCC.html http://www.greenbiz.ca.gov/Shop

GreenAC.html#restaurants

The Rising Loafer

3643 "B" Mt. Diablo Blvd. Lafayette, CA. 94549 (925) 284-8816 Open Monday (closed Tuesday) through Friday 7 a.m. to 3 p.m. Saturday and Sunday 8 a.m. to 3 p.m. The Rising Loafer -Oakland 130 Frank H. Ogawa Plaza Oakland, CA. 94612 (510) 836-8712 Hours: Monday through Friday 7 a.m. to 2:30 p.m.

Fresh chopped veggie salad with walnuts and real raspberry vinaigrette

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1 head leaf lettuce, chopped

1 cup carrots, julienne-cut

1/2 cup red cabbage, finely sliced

1/2 cucumber, cut into thin slices and quartered

1/3 cup fresh mushrooms, sliced thin and halved

2 medium tomatoes, cut into bite-sized pieces, or ³/₄ cup cherry tomatoes, halved

¹/₂ cup dried cranberries

1/2 cup walnuts, broken into pieces

Mix all ingredients in large salad bowl and toss with fresh raspberry vinaigrette.



Fresh raspberry vinaigrette

- 1 teaspoon red onion, finely diced
- 1¹/₂ cups soybean or canola oil

¹/₄ cup fresh or frozen raspberries (can freeze now for use during the winter months)

³⁄₄ cup red wine vinegar

- ¹/₄ cup honey
- 1/2 to 1 teaspoon Dijon mustard
- 1¹/₂ teaspoons dried tarragon
- 1/2 teaspoon granulated garlic, or one small clove garlic, crushed
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper

Place all ingredients in a blender and puree until thick and smooth.

Refrigerate until ready to use.

This recipe is available on our web site. Go to: http://www.lamorindaweekly.com

> Susie can be reached at suziven@hughes.net



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Petar's Restaurant is located in the heart

of Lafayette at 32 Lafayette Circle.

Regular menu only, not valid with daily board specials, early dinner menu or with any other specials or promotic (soup & salad sides are not considered entrees) - Exp. Aug 31, 2008

I AMORI	NDA's Resta	aurants	Continental			Baja Fresh Mexican Grill	3596 Mt. Diable Blvd, Laf	283-8740
	NL TO NOSLA	auranto	Petar's Restaurant	32 Lafayette Cir, Laf	284-7117	Celia's Restaurant	3666 Mt. Diablo Blvd, Laf	283-8288
•••• updated July 23, 2008 •••			Vino Restaurant	3531 Plaza Way, Laf	284-1330	El Balazo	3518D Mt. Diablo Blvd, Laf	284-8700
American	upuuteu suly 23, 2000		Duck Club Restaurant	3287 Mt. Diablo Blvd, Laf	283-7108	Maya Mexican Grill	74 Moraga Way, Ori	258-9049
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108	French			Numero Uno Tagueria	3616 Mt. Diablo Blvd, Laf	299-1333
Chow Restaurant	53 Lafayette Cir, Laf	962-2469	Chevalier Restaurant	960 Moraga Road, Laf	385-0793	Pizza		
Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938	Hawaiian Grill	5		Mountain Mike's Pizza	3614 Mt. Diablo Blvd, Laf	283-6363
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200	Lava Pit	2 Theatre Square, St. 142, Ori	253-1338	Mountain Mike's Pizza	504 Center St, Mor	377-6453
Ranch House	1012 School St, Mor	376-5127	Indian			Pennini's	1375 Moraga Rd, Mor	376-1515
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832	India Palace	3740 Mt. Diablo Blvd, Laf	284-5700	Round Table Pizza	361 Rheem Blvd, Mor	376-1411
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234	Swad Indian Cuisine	3602 Mt. Diablo Blvd, Laf	962-9575	Round Table Pizza	3637 Mt. Diablo Blvd, Laf	283-0404
BBQ	5 155 Mil Diablo Diva, Lai	205 1251	Italian			Village Pizza	19 Orinda Way # Ab, Ori	254-1200
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133	Giardino	3406 Mt. Diablo Blvd, Laf	283-3869	Zamboni's Pizza	1 Camino Sobrante # 4, Ori	254-2800
Burger Joint	5 122 1111 514515 5114) 241	200 / 100	La Finestra Ristorante	100 Lafayette Cir, St. 101, Laf	284-5282	Sandwiches/Deli		
Flippers	960 Moraga Rd, Laf	284-1567	La Piazza	15 Moraga Way, Ori	253-9191	Bianca's Deli	1480 Moraga Rd # A, Mor	376-4400
Nation's Giant Hamburgers	400 Park, Mor	376-8888	Mangia Ristorante Pizzeria	975 Moraga Rd, Laf	284-3081	Europa Hofbrau Deli & Pub	64 Moraga Way , Ori	254-7202
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888	Michael's	1375 Moraga Way, Mor	376-4300	Gourmet Bistro Café	484 Center St, Mor	376-1551
Café			Mondello's	337 Rheem Blvd, Mor	376-2533	Kasper's Hot Dogs	103 Moraga Way, Ori	253-0766
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170	Pizza Antica	3600 Mt. Diablo Blvd, Laf	299-0500	Noah's Bagels	3518 Mt. Diablo Blvd, Laf	299-0716
Ferrari- Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040	Postino	3565 Mt. Diablo Blvd, Laf	299-8700	Orinda Deli	19 F Orinda Way, Ori	254-1990
Geppetto's caffe	87 Orinda Way, Ori	253-9894	Ristorante Amoroma	360 Park St, Mor	377-7662	Subway	396 Park St., Mor	376-2959
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816	Japanese			Subway	3322 Mt. Diablo Blvd #B, Laf	284-2627
California Cuisine	· · · · · · · · · · · · · · · · · · ·		Asia Palace Sushi Bar	1460 B Moraga Rd, Mor	376-0809	Subway	Theatre Square, Ori	258-0470
Gigi's	1005 Brown St., Laf	962-0882	Blue Ginko	3518-A Mt. Diablo Blvd, Laf	962-9020	Seafood		
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422	Kane Sushi	3474 Mt. Diablo Blvd, Laf	284-9709	Yankee Pier	3593 Mt. Diablo Blvd, Laf	283-4100
Shelby's	2 Theatre Sq, Ori	254-9687	Niwa Restaurant	1 Camino Sobrante # 6, Ori	254-1606	Singaporean/Malaysian		
Chinese	P		Serika Restaurant	2 Theatre Sq # 118, Ori	254-7088	Kopitiam	3647 Mt. Diablo Blvd, Laf	299-1653
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809	Tamami's Japanese Restaurant	356 Park St, Mor	376-2872	Steak		
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740	Yu Sushi	19 Moraga Way, Ori	253-8399	Casa Orinda	20 Bryant Way, Ori	254-2981
China Moon Restaurant	380 Park St, Mor	376-1828	Jazz Dinner Club			Tea		
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500	Joe's of Lafayette	3707 Mt. Diablo Blvd., Laf	299-8807	Patesserie Lafayette	71 Lafayette Cir, Laf	283-2226
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852	The Orinda House	65 Moraga Way, Ori	258-4445	Tea Party by Appointment	107 Orinda Way, Ori	254-2206
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569	Mediterranean			Thai		
Mandarin Flower	581 Moraga Rd, Mor	376-7839	Alex's	2 Theatre Sq # 105, Ori	254-5290	Amarin Thai Cuisine	3555 Mt. Diablo Blvd # B, Laf	283-8883
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288	Oasis Café	3594 Mt. Diablo Blvd, Laf	299-8822	Baan Thai	99 Orinda Way, Ori	253-0989
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020	Per Tutti Ristorante	3576 Mt. Diablo Blvd, Laf	284-5225	Royal Siam	512 Center St, Mor	377-0420
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688	Mexican			Siam Orchid	23 Orinda Way # F, Ori	253-1975
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228	360 Gourmet Burrito	3655 Mt. Diablo Blvd, Laf	299-1270	Vietnamese		
Coffee Shop			El Charro Mexican Dining	3339 Mt. Diablo Blvd, Laf	283-2345	Little Hearty Noodle	578 Center Street, Mor	276-7600
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397	El Jaro Mexican Cafe	3563 Mt. Diablo Blvd, Laf	283-6639			
Squirrel's Coffee Shop	998 Moraga Rd, Laf	284-7830	La Cocina Mexicana	23 Orinda Way, Ori	258-9987			
Village Inn Café	290 Village Square, Ori	254-6080	Mucho wraps	1375-B Moraga Way, Mor	377-1203			

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