

# THROUGH FOOD BY ALYSSA ACHACOSO



### SHAKE CAFÉ AND JUICE BAR

A small cafe/juice shack offers juices, smoothies, wraps and salads, also focusing on a variety of vegan options. The customers are almost always American, and the employees have little to no accent (in English).

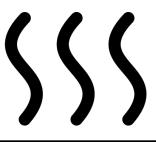




#### ZEB

Come here for classics like pappa al pomodoro, ribollita and—for the adventurous lampredotto.

FICTION: THERE IS NO ALMOND MILK OUTSIDE THE U.S.



FACT: THE ALMOND MILK IN FLORENCE IS VERY SWEET



## **CANTINETTA DEI VERAZZANO**

A local bakery/cafe that is open late on most days. In the morning it has a ton of pastry options (I usually get a croissant with different fillings) and really good coffee. At night they also serve wine and different kinds of focaccia that are pretty good. The service is aight haha.



### IL SANTO BEVITORE

You'll find traditional Florentine dishes and more modern flavors at this Oltrarno spot.



#### 'INO

Chef Alessandro Frassica makes arguably some of the best panini in Florence at this lunch spot.