Mint Asian Salad Bar

Manly, Opposite NAB or next to Bacino1 The Corso Manly, NSW [2095](http://www.urbanspoon.com/zip/70/2095/Sydney-restaurants.html)

**Nice food and value but more veg please**

This place has nice cheap meals for lunch including chicken curry, laksa and some salads etc. They use all free range chicken and eggs which is fantastic because not many places do and this is a reason I go there. The only qualm I have is that they need to include more vegetables in there laksas and soups. The Laksa is tasty but the bean sprouts are barely there. Its mainly soup and noodles. It wouldn't hurt to include a few bits of carrot and broccoli etc and some more fresh bean sprouts on top. At least have the option of more veg for customers to pay extra if they want it. I like to to eat a healthy balanced meal so veg is very important. Other than that I recommend this place as its great value.

Brasil by the Kilo

North Sydney, 90 Mount St North Sydney, NSW [2060](http://www.urbanspoon.com/zip/70/2060/Sydney-restaurants.html)

**Great authentic brazilian food and nice people**

When I moved to the area I was missing the brazilian traditional cooking of my close friends. Then Brasil by the Kilo opened and it's good healthy brazilian food just how I like it. A wide selection of salads, meats and fish, beans, rice dishes and everything traditional to Brazil. The Caiprinihas are also wonderful. The atmosphere is really friendly and all the staff are great to chat to - lovely people! And the way the head chef Luiza and Guy make my favourite Brigadeiro for dessert is wonderful! I go there a few times a week for lunch and dinner - thoroughly recommended!

Bodhi in the Park

CBD, 4 College St Cook & Phillip Park Leisure Complex

**Absolutely fantastic!**

My family and I went for dinner a couple of night ago because one of my cousins was a vegetarian. Having initially been not so thrilled about the idea of having to eat vegetables all night, it was pleasantly surprised!!!

They serve asian cuisine with a western twist, and the food was absolutely scrumptious!

They made alternatives for meat with vegetables, soy and gluten. Very healthy, reasonable pricing and fantastic service! The sweet and sour chicken was particularly good, having eaten ones at Chinese restaurants I felt this was even better!

What a gem! Will definitely become a regular!

Pure Juice & Soup Bar

Sydney, Hunter Connection 109 Pitt St NSW 2000

**Review**

The pure Juice and Soup bar is bringing a whole new healthy meaning to the term 'Liquid Lunch.' I only stumbled upon this place thanks to some clever on-street advertisement that seemed to answer my stomach's rumblings which were unusually calling out for something healthy.    This place really is just a bar, so you'll have to find somewhere else to sit and eat it. That's all well and good for the non-layabout clientele this place is trying to attract! I found the soup menu quite uninspiring considering it makes up a whole half of this bar's title. They were all very homely mixtures such as tomato and sweetcorn and country vegetable, but sadly nothing very exciting.   Luckily the juice menu makes up for that as I counted as many as 20 different types. Every fruit imaginable seemed to be on this board, including those rarer super-foods like acai berries! In relation to this, it seems there's a big prerogative in this place to be healthy, with helpful little stickers under certain types saying 'low fat.' If these don't satisfy you can even invent your own. I plumped for a non-stickered 'power up' juice which has soy milk, spirulina, strawberries, banana, honey and ice. It was, as you might have guessed from such a line-up of ingredients DEEE-LICIOUS. At only $7 its worth it to feel this healthy and happy!

Makanai

Sydney, 239 Pitt St NSW 2000

**Review**

This place is the gigantaur of sushi joints. It is perfectly placed for a healthy snack on the way home,  right near Townhall station. The hand roles are a really decent size - actually they are bigger than average and packed hygenically in plastic wraps. It's fresh too. If you do have time - there is the longest sushi train I have ever seen. It's awesome. I would highly recommend this place, I mean it's going so good now there's two of them in the city. With a new store just opening recently. The staff are helpful but not obtrusive or in your face, no Japanese language required to order or pay for your meals.

Mother Chu’s Vegetarian Kitchen

Sydney, 367 Pitt St NSW 2000

**Review**

I had the Szechuan spicy eggplant, with rice, and I enjoyed the dish! It wasn't super greasy, so I feel that the restaurant is relatively healthy. The dish also wasn't spicy, but I suppose everyone has a different spiciness tolerance.

Wellbeing

Sydney, Cnr Erskine Street & Kent Street NSW2000

**Review**

Wellbeing was once a pretty popular chain of healthy fast food stores. It seems many of them have shut down or changed names, and whether or not this one is still run as part of the franchise remains to be seen (their website is also defunct).  When working in the city, I enjoyed coming here for cheap meals that tasted a whole lot healthier than your typical meal-on-the-go. In winter, their tasty soups had a homemade flavour (the pumpkin was sweet but not creamy, so it at least felt healthy!) while in summer their poached chicken salad served with cold vermicelli noodles and shredded carrot went down well with a freshly pressed juice. They also promise many of their items are gluten-free, like the curries and risottos.

Garden Park Kitchen – GPK

Sydney, 38 Martin Pl NSW 2000

**Review**

What luck to have a place like this open, and only a minute walk from the office. GPK boast a huge range of bagels both suitable for breakfast and lunch. Although the price is steep for what you get, it is healthy, fresh, and most importantly tasty - Besides, if you eat out in the city it's the standard.

Menya Mappen

Sydney, Shop 11 537-551 George St NSW2000

**Review**

Overall tempura was well done, it's not just dipped in batter but fried with additional with tempura crumble to add extra texture and sinful oiliness. Do not expect light and fluffy here, it's more about indulgence here. Just stay away from the sausage, deep frying something so fatty as this cheap sausage is really disgusting. It's very unhealthy and does not taste good. Veggie "biscuit" and prawn were nice and crispy. The karage chicken had a good flavour but not crispy, very tender though, I do not know whether that was intended.