

15 BEST VEGAN AND VEGETARIAN RESTAURANTS

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by Sarah L. Stewart, Home Healthy 15 Best Vegan and Vegetarian Restaurants

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G-Zen, Branford, CT

Location: Branford, CT

Situated in the quiet town of Branford, Connecticut—less than 10 miles from New Haven—G-Zen offers an appropriately tranquil dining option on New England’s already-peaceful shoreline. Owned and operated by husband-and-wife team Mark and Ami Beach Shadle, this culinary haven of eco-conscious cuisine has already made a big impact since its founding in 2011, with recent accolades from the New York Times, Travel + Leisure and Shape. The positive press is well-deserved, as G-Zen’s owners do much to back up the healthy lifestyle they promote. They’re in the process of renovating Shadle Farm, a 270-year-old farmhouse and commercial kitchen that supplies a number of the organic ingredients that make up their thoughtful menu.