

10
YEARS
Plant Strong!

G-ZEN
restaurant




SHADLE FARM
Test kitchen

G
G-glo™

2021 PRESS KIT



MASTER CHEFS • ENTREPRENEURS • INNOVATORS



MARK SHADLE

Executive Chef and Co-Founder

Chef Mark Shadle is one of the most celebrated vegan chefs of our time and a pioneer of organic, environmentally conscious cuisine both locally and internationally. He is considered a “true first” in the vegetarian & vegan movement.

Over the years, Mark has received numerous awards from many culinary and environmentally-conscious organizations. For the last 25+ years, Mark has made a tremendous impact on the local, sustainable and natural foods movement. As a member of the American Natural Foods Team, his team received two Gold metals, a Silver and a Bronze in the Culinary Olympics in Germany. As a vegetarian team battling against 60 countries in all genres of food, bringing home the Gold metal for the USA, was a defining moment in Mark’s culinary career.

In June 2010, Mark had the high honor of being invited to the White House by First Lady Michelle Obama and is currently involved in the “Chefs Move To School” initiative that works directly with schools across the country to help bring the awareness of healthier food choices to children. His vision is to give kids and adults an interactive and thought-provoking way to educate them about the importance of nutritious foods and organic, sustainable farming.

In 2013 he was named and awarded the “Chef Hero Award” for his achievements as a chef and restauranteur. He is carrying that title forward by continuing to work with public schools and charitable organizations to spread the mission of sustainability and the importance of a plant-based lifestyle. In addition, Chef Mark has had the honor of serving his conscious cuisine to many celebrities over the years including Neil Young & Crazy Horse, Billy Joel, Chrissie Hynde, Danny DeVito, Moby, Kevin Costner and LA’s Chef, Tal Ronnen, to name a few.

When Chef Mark is not cooking at [G-Zen](#) or [GMonkey](#), he can be found working on his sustainable farm, Shadle Farm, in Durham, CT; harvesting tropical plantings in Culebra, Puerto Rico; spending time with his family; developing and testing recipes with his wife and co-founder, [Ami Beach Shadle](#); lecturing about a sustainable lifestyle; or teaching cooking classes.



AMI BEACH SHADLE

Executive Raw Food Chef and Co-Founder

Chef Ami has been immersed in the world of nutrition and holistic medicine for more than two decades. Ami is an accomplished author, licensed CHT, certified Holistic Nutritionist, a raw foods educator, detox specialist, holistic health coach and colon hydro therapist. She has been featured on NBC, CBS, ABC news, Woman's First Magazine & Self Magazine.

She has been recognized for her work both nationally and internationally and continues to inspire people by being a health motivator and sharing her extensive knowledge of natural healing.

Ami tirelessly advocates her commitment to nutritionally wholesome food and a sustainable, health-focused lifestyle based on the premise that you are what you eat, drink, and breathe. She feels that it is important to take responsibility for one's own health. Her holistic approach includes incorporating the principles of "food as medicine" and the importance of detoxification of the body, mind & spirit.

On top of her work supporting the organic food movement, Ami champions for a cleaner environment so future generations can also enjoy life on earth.

Ami is proud to be the head mixologist of the custom health elixirs, infused cocktails and the creator of the raw food-inspired menu at [G-Zen](#). Ami is also the founder/CEO of [GMonkey Mobile](#), [G-Glo Organic Juice Feast](#) and creator of the [G-Glo Total Reboot Program](#).

When not in CT, Ami enjoys spending time in Culebra, Puerto Rico; she also volunteers and contributes to help save rescue animals; develops and tests recipes with husband and co-founder, [Mark Shadle](#); and continues to create plant-based health and beauty products under her personal brand label, [Nectar by Ami](#).





ORGANIC, SUSTAINABLE, PLANT-BASED

G-Zen restaurant represents the vision of Chef Mark Shadle and Chef Ami Beach Shadle. Together they take the concept of “Farm To Table” to another level, by growing the organic ingredients, serving them fresh at the restaurant and then composting everything at their sustainable farm. Both Mark & Ami are deeply passionate about the power of a plant-based diet and have both adopted this vegetarian, an ultimately, vegan lifestyle for more than 25+ years.

Founded in 2011, G-Zen was named “[Top Ten Upscale Vegan Restaurants in America](#)” by *SHAPE* magazine. In 2020 G-Zen was featured in *Travel + Leisure* magazine’s “[Best Vegetarian Restaurants in USA](#).” Also, *Food Network* named G-Zen “[One of The Best Vegan Restaurants in The Nation](#).”

The extensive menu and daily specials feature the team’s most inspired creations. The wine list includes a selection of wines from small family-owned vineyards (local, when possible), many of them using organically-grown grapes and sustainable practices.

G-Zen is considered a zero-waste restaurant, composting 100 % of the food waste material & biodegradable take-out containers at the owners’ farm in Durham, CT. All glass, batteries & other materials are completely recycled.

In 2020 G-Zen received the impressive “Natures Plate Award” from the Natures Conservancy and was named “Connecticut’s Most Sustainable Restaurant” in honor of its sustainable business ethics, a commitment to serving organic ingredients and its support of local farmers and composting practices.

[Read the news release](#) for more information.







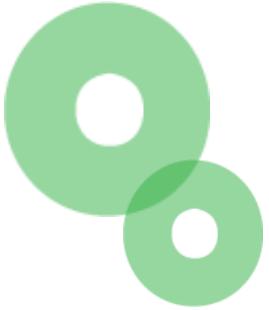
GMonkey creates a sensation wherever it goes with farm-fresh, vegan, eco-street food! The award-winning truck has been featured in the news locally and nationally on NBC, CBS, FOX & CNN. Its fans are devoted enthusiasts and have coined themselves “Gmonks” (short for monkeys).

The distinguishable black truck runs on bio-diesel and solar power, and GMonkey only uses compostable packaging to serve up its award-winning dishes to anxiously awaiting diners. Some of GMonkey's ever-changing menu offerings include: feisty monkey peanut soba noodles, gluten-free sweet potato fries with house-made smoked hickory ketchup, a cinnamon chocolate shake and raw pineapple doughnut holes.

The truck was named by P.E.T.A. among the Top 5 Vegan Food Trucks in America and listed in *The Huffington Post* as one of the Healthiest Food Trucks in the country.

In 2020, *Lonely Planet* named it the [#1 Vegan Food Truck On The Planet](#) in their Vegan Travel Handbook.





PRAISED & CELEBRATED BY LEADING WELLNESS EXPERTS & ACTIVIST

As if running an award-winning restaurant and food truck, catering, working tirelessly to advocate for the rights of animals and growing some of their own organic foods wasn't enough, in 2020 Mark & Ami published their first-ever cookbook.

Packed with over 100 recipes including some best-selling dishes from the restaurant, the book also includes a foreword from #1 *New York Times* best-selling author, Anthony William (Medical Medium series of books: Cleanse to Heal, Celery Juice, Liver Rescue and Thyroid Healing) and recipes from Dr. Anne Louise Gittleman, a naturopathic holistic doctor, world-renowned lecturer, respected nutritionist and author of more than two dozen books.





AMI BEACH visiting with Lenny Kravitz, Grammy-Award winning American singer, song writer, actor, record producer, and multi-instrumentalist in Miami and talking with him about raw foods, organic farming and plant medicine.



AWARDS • HONORS • RECOGNITION

The New York Times



CONNECTICUT
MAGAZINE

New Haven Register

SHAPE



VegNews

CLICK HERE
TO READ
MORE

Hartford
Courant

TRAVEL +
LEISURE



HappyCow

YANKEE
MAGAZINE

edible
NUTMEG

FOXCT



CBS
NEWS



connect

facebook.com/gzenrestaurant/

facebook.com/gmonkeymobile/



connect

instagram.com/gzenrestaurant/

instagram.com/gmonkeymobile/

