

## Livity Vegetarian Restaurant - Really Great Food

Want to try some exciting vegetarian food on your next trip to Jamaica? Calaloo wrap, yattie, Emperor Stew, curried channa with all natural juice are just some of the palate pleasing delights you will find at Livity Vegetarian Restaurant in New Kingston.

Livity an acronym for Life Is Very Important To You, located at 30 Haining Road, Kingston 5, is an oasis amidst the hustle and bustle of the New Kingston business district. It offers a serene respite from the pressure and demands of the corporate world, guaranteeing wholesome, nourishing, all-natural food, great music, and lots of positive vibes.

Their motto &hellip; good food, great service, eat the healthiest. Livity's three directors Keteis Brissett, Wendy-Anne Chinn and Tsehai Scott started the restaurant on August 17, 2002 with exactly that in mind. Their mission is "to be the most efficient vegetarian restaurant in providing excellent vegan and palatable meals complimented with great service in a comfortable ambience.

" Drive, cycle or walk to Livity and once inside the traffic noises fade; the hot, harried feeling evaporates, and serenity takes over. A huge mango tree in the front yard, provides shade for two wooden seats and the red, yellow and green of the main edifice immediately grabs your attention. Step inside and the walls are decorated with a unique mix of inspirational messages, pictures, and posters signed by top reggae artistes. So are the counters, where cards, teasers, and mini-posters are strewn under a glass plating.

"Livity offers more than just food and a place to dine, it offers an experience," says Keteis Brissett. "These people (artistes, business people) come here, and they leave something (cards, posters) with us as a mark, as a way to say that they were here." It is lunch time at Livity. People are placing orders, some are deciding what to get, others are already digging into their meals. Pick up the menu, and you see a variety of all-natural foods and juices to choose from.

Try a &lsquo;sip&rsquo;, instead of a soup. Have a &lsquo;yattie&rsquo;, the vegan twist on patties. You can try the Emperor Stew, or curried channa, or pasta in veggie mince sauce. You can have boiled food, like sweet potato, banana, dasheen, cocoa, yam or dumpling. Or maybe you just want a wrap or fajita with callaloo, chili, channa or ackee; or perhaps a veggie burger with soy cheese.

Livity offers all of this along with natural fruit juices made from cherry, orange, pine, apple or melon; and desserts ranging from soy cream (ice-cream the vegan way) to brownies, cupcakes, or protein-packed granola bars. Explaining the concept behind the restaurant, Brissett says, "We (the directors) wanted somewhere to eat where we could just relax and have good, positive vibes. It was hard to find anywhere like that, so we started a business we could associate with."

All of Livity's directors are vegans. "Livity is an oasis in the heart of Kingston," adds Brissett. "Most of our customers are working people who just need somewhere to relax and meditate." Patrons readily agreed. &ldquo;I love this place,&rdquo; said Richard, a loyal supporter &ldquo;They have good customer service, and the ambience...&rdquo; He takes another bite of his ackee yattie, and gestures with his hand as if the setting alone is self-explanatory. His favourite Livity meal of all time? "Their brown stew tofu, and their yatties, especially the chili yattie. The meals are hardy and protein-rich." Another couple, visiting the restaurant for the first time, also sang its praises. &ldquo;Yeah man, I love it.&rdquo; One female patron, pointed to her companion and said with a smile, "I was just telling him that I love the setting, and the food.&rdquo;

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