



Glegans Eats Downtown, a Very Vegan New Year's Eve and \$20 Veggie Bags

VIVA LAS VEGANS

Thursday, December 1 2:29pm By **Diana Edelman**

What's a *glegan*, you ask? Well, at **Triple George Grill** (201 N. 3rd Street, triplegeorgegrill.com), it's the name of those who might enjoy the Downtown spot's new gluten-free vegan menu offerings. The restaurant recently debuted 15 new dishes, six of which are plant-based, including a Southwest burger (a soy patty topped with chipotle mayo, grilled onions, jalapeños and a generous scoop of guacamole); penne primavera with zucchini, red pepper, spinach and squash covered in tomato sauce; and cauliflower rice with shaved cauliflower, carrots, celery, onions and edamame tossed in sesame oil.

On the Strip, Andrea's (in Encore, wynnlasvegas.com/andreas) has added two new vegan plates to its already massive vegan menu. While such staple items as Gardein Chick'n lettuce cups, ginger kabocha squash gyoza and Gardein Chick'n with lentils remain, you'll now also find *kalbi* portobello mushroom with sizzling kimchee fried rice, edamame, pineapple, kimchee and bok choy with *gochujang* aioli and sweet soy; and vegetable chow fun with a healthy mix of veggie goodness. And if that doesn't float your boat, remember Wynn and Encore restaurants all have vegan options on each and every one of its menus.

Speaking of some new options on the menu. **El Dorado** (3025 Sammy Davis Jr. Dr., eldoradovegas.com), has two new offerings as well. Start your GMO-free, locally sourced (whenever possible), organic meal with some mango guacamole. From there, check out the cactus tacos with salsa cascabel, pico de gallo and fresh guacamole. Let's not forget, they've also got churros to finish off the meal.

Since it's never too early to start planning your New Year's Eve celebrations, **Panevino** (246 Via Antonio Ave., panevinolasvegas.com) has released its plant-based plans to usher in 2017. On December 31 at 9:30 p.m., the Italian restaurant will serve a five-course oil- and gluten-free vegan menu. Enjoy lentil and shiitake mushroom soup with quinoa pasta; roasted eggplant and carved tomato duo with almond-based "cheese" and fresh pomegranate; purple Napa cabbage and asparagus brown rice risotto; grilled portobello steak filled with ground herbed "sausage"; and a chocolate raspberry parfait with quinoa puffs and toasted coconut. Tickets are \$165 per person and reservations are required.

Finally, come January, having farm-fresh veggies in your home will become a reality. **Vegas Roots Community Garden** (715 N. Tonopah Dr., vegasroots.org) is about to launch an innovative new program called #freshvegiebag. Just preorder your \$20 bag weekly and head to the garden between 8 a.m. and 4 p.m. on Wednesday or Saturday. The pilot program will roll out to Zappos employees first and then open to the public in the New Year. Participants can access a private Facebook group to view videos that explain the health benefits of what's in the bag, as well as to share recipes, ideas and ask questions.

<http://vegasseven.com/2016/12/01/glegans-eats-downtown-vegan-new-years-eve-20-vegie-bags/>

