

SATURDAY NIGHT

MAGAZINE

MAY 2009
NEWS & ENTERTAINMENT
A TWENTYSOMETHING PERSPECTIVE

THE WELLNESS ISSUE

- » ORGANIC RESTAURANTS
- » ECO-FRIENDLY CLOTHING
- » ATHLETIC WORKOUTS
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THEMES
FOR YOUR
NEXT PARTY

10
MUST HAVE
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BEST SPOTS

IN CALIFORNIA & ARIZONA

By Amber D. Wilson & Alexandra Rudd



CALIFORNIA

LOS ANGELES

Thoughts of Beverly Hills may conjure up images of A-list celebrities lounging at cutesy cafés and exploring expensive boutiques with a trail of paparazzi behind them. Rodeo Drive and Canon Drive have become synonymous with living the good life, as hordes of handsome socialites flock to see and be seen.

Yet a block east from Beverly Drive lays the unpretentious and painstakingly gorgeous **Boé Restaurant** in the Crescent Hotel. Somewhat removed from the frenzied action, it's the perfect destination for those looking to dine in semi-seclusion, sans paparazzi trails and large crowds crammed onto tiny restaurant patios.

In fact, Boé's palm-lined patio is the best place to sit to watch pedestrians stroll by – even during crisp, chill nights, as an outdoor fireplace and heat lamps provide plenty of heat.

Chef Chanda Clark adds her distinctive touch to American classics and, in the process, creates new classics that are sure to be remembered in the future. The buffalo chicken skewers and the tuna tartare wontons are examples of her culinary ingenuity and must be ordered.

Next time you need to recuperate after a day of shopping, consider Boé Restaurant for a peaceful retreat amongst the chaos.



There's nothing like a cool, refreshing smoothie to perk up any day, especially if it's a Thirst Quencher from **Simply Wholesome**. This lively Caribbean café's Thirst Quenchers are like little pieces of heaven on a warm afternoon. Bursting with sweet goodness, they're packed with fresh fruits, exotic juices, a healthy dose of protein powder and frothy ice creams and sherbets.

Aside from smoothies, Simply Wholesome specializes in tempting customers with mouth-

watering Caribbean (and Jamaican) inspired dishes. The Jamaican patties are a wonderful, light snack on their own, but add a side of black beans and plantains to them, and you've got a downright satisfying meal.

Wander into the health store that's connected to the restaurant for a real treat – the store is packed with books, soaps, laundry detergents and other products to keep your mind, body and spirit as healthy as possible.

THE SCENE



Just when you thought classes were winding down and you'd no longer have to sit in lecture halls or classrooms, we're suggesting you make one last stop to **The Lab**. Fortunately, we're not referring to another four-hour Chemistry 101 lab; we're talking about one of

the newest USC Hospitality restaurants adjacent to the Galen Center.

Like any science lab, The Lab has beakers, textbooks and slate-topped tables, but the similarities end there. If anything, this gastropub resembles a pimped out science lab. In a sparkingly sterile environment, oversized leather chairs, communal tables and flat screen televisions are dispersed throughout the large dining area. There's also an impressive outdoor space with lots of tables and modern couches to enjoy fresh Los Angeles air.

And while the décor's science-theme is certainly cute, The Lab's assortment of reasonably priced appetizers, entrées and beers are truly what makes visiting The Lab worthwhile. Appetizers are about \$6 and entrées are around \$10. The Lab Sampler (\$7) is a great option for sampling four of more than 40 brews available.



Splurge. You deserve it. One sunny afternoon, saunter into the W Hotel in Westwood, veer to the right and walk up the small flight of stairs to push the heavy, oversized doors that open onto a magical, enchanted world, better known as **The Backyard**.

This outdoor oasis is the Westside's best-kept secret where celebs, businessmen and ordinary Johns and Jane Does come to relax within an exotic garden setting. Bright green cushions are scattered throughout a landscape of palm trees, waterfalls and tropical flowers, creating a serenely tranquil setting for lunch or evening cocktails.

Servers donning casual polo shirts, plaid and khaki shorts display impeccable service as they whisk out fresh Californian fare. Be sure to request the signature spicy ahi tuna tartare, a vibrantly colorful collage of edamame, avocado, fresh tuna and a habanero vinaigrette. The swordfish tacos are also a great recommendation, accompanied by a pleasantly unusual salad with a slightly piquant vinaigrette.

But without question, you *must* save room for the Black and Tan dessert. With its heaping layers of thick butterscotch pudding and rich chocolate fudge, two bites into this decadent treat will send you spiraling upwards to the clouds in pure bliss. Stick around as the sun dips lower in the sky for a more romantic scene.



1
Boé Restaurant
The Crescent Hotel
403 North Crescent Dr.
Beverly Hills, CA 90210
310.247.0505
crescentbh.com



2
Simply Wholesome
4508 W. Stauson Ave.
Los Angeles, CA 90043
323.294.2144
simplywholesome.com



3
The Lab
3500 South Figueroa
Los Angeles, CA 90089
213.743.1843



4
The Backyard
W Hotel Los Angeles
930 Hilgard Ave.
Los Angeles, CA 90024
310.443.8218
starwoodhotels.com

CALIFORNIA SAN FRANCISCO

What do you get when you take a cozy Mission space, add ridiculously cool art pieces hanging on exposed brick walls and then throw in a rotating mix of live music and DJs? Well, you get **Levende Lounge**.



With its nonchalantly sophisticated décor, filled with candles and exposed ceiling beams, Levende is a good choice for your first – or your 50th – night out with that special someone. Plenty of comfy couches are scattered throughout Levende to cozy up with your date and sip on \$2 Pilsner Drafts during the weekday happy hour. The soft glow of candles, low lighting, and the live entertainment create a romantic atmosphere to share hearty appetizers with your significant other. But surely don't miss the Sunday's Boogie brunch. There's nothing like bonding with your boo while building your own Bloody Marys and egg benedicts to nurse your hangover from Saturday.



Treating your body well can be burdensome – and downright grueling. Who wants to wake up on chilly mornings to run five miles or shell out money for a rarely used gym membership? Fortunately for the average schmuck who doesn't want to go through self-inflicted torture but still wants to remain somewhat healthy, there's **The Plant Café Organic**. Its delicious specialties and one-of-a-kind juices have vitamins, enzymes and other nutritious treats to keep your body healthy and in top-notch condition.

Stop in for a basil tofu scramble during a leisurely weekend brunch or treat yourself to the California burger – a veggie patty with avocado and white cheddar cheese (yum!) for lunch. If you're ever pressed for time, The Plant Café has a variety of grab-and-go meals, including salads, spring rolls and sandwiches. And of course, it's never too early or late to order a smoothie, especially if it happens to be the delicious strawberry mojito smoothie.

presents

DAVIES AFTER HOURS

A new live-performance/post-concert party in the Second Tier Lobby after select San Francisco Symphony concerts. It's free for all ticketholders to concerts held on April 24 and May 22.



Friday, April 24, 8 pm
SFS Concert: Vaughan Williams Symphony No. 4
Davies After Hours: NTL



Friday, May 22, 8 pm
SFS Concert: Michael Tilson Thomas and Yuja Wang
Davies After Hours: Mercury Lounge: Mercury Soul comes to Davies

(415) 864-6000

sfsymphony.org/daviesafterhours

Tickets start at \$30
 Use code 28922



Sandwiches. You've been eating them probably for as long as you could remember. Slap some peanut butter and jelly between two slices of white bread, and you've made yourself an instant lunch-on-the-go. You've had hundreds, if not thousands of them – some good, most forgettable. After all, a sandwich is just a sandwich – right?

Wrong! Tom Colicchio's **'wichcraft** is consistently proving day in and day out that a sandwich can – and should be – so much more than a *mere* afterthought; it should be *the* thought. This renowned sandwich shop's chefs hand-pull the mozzarella that's eventually added to the chicken breast sandwich; they slow-roast pork for hours

so that it tastes just right when it's combined with red cabbage and jalapenos to make the scrumptious slow roasted pork sandwich.

And while they've certainly mastered assembling traditional sandwiches like the chicken salad sandwich, they've created a couple of unique masterpieces of their own. The grilled cheddar with smoked ham, pears and mustard on cranberry bread is heavenly, as is the warm meatloaf sandwich with cheddar bacon and tomato relish.

Take orders to go, or sit within the airy, modern two-floor space, conveniently located next to the Westfield Shopping Center.



As of late, one must clarify exactly what she's referring to when using the phrase, "Tippy Pig." Is she referring to the obnoxiously drunk bug-a-boo at her friend's frat party, or is she referring to the trendy Marina bar, **Tippy Pig** that opened several months ago? While we advise staying as far away as possible from stumbling, obnoxious types, we do recommend scurrying over to the bar with the same namesake on Chestnut Street.

Quite lovely and extremely jolly, the Tippy Pig is the lovechild of English charm and American indulgence. Within a visually stimulating space that is reminiscent of English country homes and London pubs, customers can feast upon American comfort foods like onion fritters and pork chops.

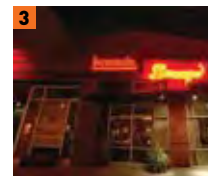
The Tippy Pig has a space for every person's pub experience preference. Underneath the glow of the tin ceiling, the rambunctious bar area gets packed with stylish customers sipping cocktails or one of Tippy Pig's 50 brews. For those looking for a quieter dining option, head towards "The Library" room in the back. It has a hobbit stove (yes, it works) and bookcases overflowing with antique books (no, you can't borrow one). The patio offers plenty of shade amongst the communal picnic tables dispersed throughout.



'wichcraft
 868 Mission St.
 San Francisco, CA
 94203
 415.593.3895
wichcraftsf.com



The Tippy Pig
 2231 Chestnut St.
 San Francisco, CA
 94123
 415.292.2300
thetippypigsf.com



Levende Lounge
 1710 Mission St.
 San Francisco, CA
 94103
 415.864.5585
levendesf.com



The Plant Café Organic
 3352 Steiner St.
 San Francisco, CA
 94123
 415.931.2777
theplantcafe.com

CALIFORNIA SAN DIEGO

Proudly stationed in The Sofia Hotel, **Currant American Brasserie** has a charmingly romantic décor that would put any Parisian bistro to shame. Majestic columns, marble-topped tables, fanciful artwork...no nook, cranny or corner has escaped the attentiveness of Currant's interior designers. Notice the exquisite detail dispersed throughout the dining area, from as high as the hanging candle chandeliers to as low as the black-and-white checkered tile floor.

Currant puts just as much grandeur into its dishes as it does into its décor. You'll be pleased to know that the presentation of entrées, appetizers and desserts reflects the notion that we eat as much with our eyes as with our mouth; everything is ushered to your table on one-of-a-kind plates, arranged so eloquently that you'd almost rather



snap a photo of it than eat it (almost). Plus there's no better place west of the Atlantic Ocean for a bowl of onion soup. Sans a cheese crust floating on top, the Caramelized Five onion soup is bursting with short ribs and truffles.

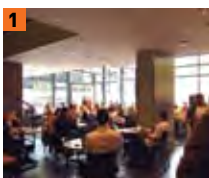
Fortunately, even though both the décor and cuisine are first-class and elegant, Currant has managed to avoid a pompous, snooty attitude. Servers are helpful and friendly, and the atmosphere is lively and relaxed.



Between juggling finals, work-study positions and packing up dorm rooms, who has time to think about – let alone eat – breakfast? Well since it is deemed to be one of the most important meals of the day, we recommend taking at least one weekend (it only has to be one) to forget about all of your responsibilities and head to Solana Beach for a hearty (and healthy) breakfast at **The Naked Café**.

The café's breakfast is so tasty that it's a little hard to believe that it's also good for your health. But lo and behold, those freshly baked herb breads and coconut breads are packed with nutritious ingredients. The artichoke scramble, a colorful medley of eggs, artichokes, cheese, tomatoes and green onions, is accompanied by toast and potatoes and is also highly recommended.

After starting your day with the proper nourishment, cruise down the coast by foot or bike. Proper nourishment *and* exercise – now that's killing two birds with one stone. The Naked Café can also be found at two other locations: Carlsbad and Point Loma.



1 **Currant American Brasserie**
The Sofia Hotel
140 West Broadway
San Diego, CA 92101
619.702.6309
currantrestaurant.com



2 **The Naked Café**
106 S. Sierra Ave.
Solana Beach, CA
92075
858.259.7866
thenakedcafe.com

ARIZONA TEMPE



The drinks are cheap, the food is tasty, and the crowd is ready to party. Put on your best boat shoes and come aboard.

It's about that time of the year. Finals are looming around the corner, and students are about to break free from the semester. Want to rid yourself of the relentless school stress? Head to **Barney's Boathouse!** Located right across the street from ASU's Tempe campus, you can come in for some food and drinks in between classes. With the array of bright colors splashed about on the patio and the sweet AZ breeze, it is sure to be as peaceful as any adventure on a boat.

Known as "Tempe's Hottest Patio," the boathouse keeps the cruise going into the night hours. There's \$3 U-Call-Its on Hump Day Wednesday, \$2 Coronas open until close on Thirsty Thursday, and many more specials. Don't forget about the Wheel of Misfortune. Spin the wheel if you pay the fare for some crazy shots or some funny dares.

DON'T MISS THESE RESTAURANTS

SAN FRANCISCO



1608 Polk St
415. 345-1690

614 Pine St
415. 399-0882

Sun-Thru: 11:00 am – 11:00 pm
Fri-Sat: 11:00 am to 12:30 am
Happy Hours: 3:30 pm – 6:30 pm
Late Night Specials: 10:00 pm – 12:30 am
(Friday & Sat @ Polk only)

www.sushirocksf.com

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THE SCENE

St. Patrick's Day may be over, but there is no need dim the lights on the Irish spirit. **Casey Moore's Oyster House** sits right in the heart of Old Town Tempe and embodies all the fame and glory of any Irish pub house. You could walk past it and mistake it for any little house in a quiet neighborhood, but look closer and you will see the charm of this 1910 historic home. Decorated to every crack and corner with eclectic art pieces, photographs and vintage knick knacks, Casey Moore's showcases the history of Tempe and takes you back to the time when this town began to flourish.

The menu offers a variety of fresh oyster and seafood dishes and a large selection of fine beef cuts. With moderate prices and high quality food, order the Oysters Rockefeller and wash it down with the never-ending Guinness and some whiskey. Indulge in the hearty reuben sandwich or the classic fish n' chips, and you will leave with a happy Irish belly and no guilt needed. Just as eclectic as the décor and menu is the crowd that pours in. From students to Tempe old-timers, the atmosphere is fun but chill throughout the restaurant and garden patio. As they say, "home is where the heart is," and Casey Moore's is one



door that always gives a good welcome.



As the weather warms and the heat turns up, nothing says summer like your favorite sports jersey and that local sports grill. **Sneakers** is the ultimate grill experience for any diehard, sports-crazed fan. Walk through the doors and follow the cobblestone road to enter an atmosphere of chaos, entertainment and heartfelt comfort. A massive tower of nine or so huge TVs are placed in the center of the grill playing any sports game imaginable. Want a break from the enthusiastic sports fan? There's a patio outside for those who

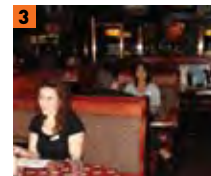
want to chill, a semi-private area for families, or an assortment of games, including pool and beer pong tables, for those who want to take part in the sports themselves. A large menu is offered full of munchies and drinks to wash them down, with specials available everyday that are way too long to list. Tackle, slam dunk, homerun, hole-in-one. You name it, Sneakers has it. Located on Southern Ave. in Tempe.



1 **Barney's Boathouse**
216 E. University Dr.
Tempe, AZ 85281
480.967.7744
barneysboathouse.net



2 **Casey Moore's Oyster House**
850 S. Ash Ave.
Tempe, AZ 85281
480.968.9935
caseymoore.com



3 **Sneakers Sports Grill**
1470 E. Southern Ave.
Tempe, AZ 85282
480.SNEAKER
sneakersoftempe.com

ARIZONA SCOTTSDALE

Quietly nestled in Old Town Scottsdale's flashy nightlife scene, **The Lodge** is one of the new secrets in this city that's about to explode. Take a break from the mainstream clubs, and come experience a Midwestern bar that comforts you with hospitality the moment you step through the doors. With a rustic fire pit and a moose head hanging on the wall, it has all the Midwest décor

to take you straight out of the desert to any forest lodge.

No worries, though. This lodge will definitely not put you to sleep. It attracts a lively crowd that appreciates good music and good conversation with friends. The menu could fill the stomach of any lumberjack from the fried potato skins to the tender beef dip. Happy hour is offered Monday-Friday, 3-7 p.m., on a whole slew of drinks and half-price appetizers. Of course, any midwestern gentleman would never forget about the ladies. Ladies Night is on Thursdays with \$4 flavored vodka drinks. Whoever said we couldn't bring the



Midwest to the desert?



What do you get when you mix rock n' roll, the Wild West and a mechanical bull? That would be **Saddle Ranch Chop House** my dear cowboys and cowgirls. The perfect home for any desert rat, Saddle Ranch is one of those hip joints that is full of trouble, fun and a naughty good time. A favorite in Old Town from the time it opened, the ranch-style hotspot provides an oval shape bar that takes over the room, a large outdoor patio complete with fire pits and all the western memorabilia that one can think of. Don't

forget about that infamous mechanical bull that has thrown off the many who dare ride it.

Cobining old west charm and desert fun, this place would do any saloon proud. The menu is full of western treats and many specialty drinks. Try the Gold Rush, Saddle Ranch's twist on the margarita, or the Bull Fighter, one darn strong drink. Get off your horses, polish those cowboy boots, dust off the hat, and walk through the rowdy saloon doors...if you think you can handle it.



1 **The Lodge**
4422 N. 75th St.
Scottsdale, AZ 85251
480.945.0828
scottsdalelodge.com



2 **Saddle Ranch**
4321 N. Scottsdale Rd.
Scottsdale, AZ 85251
480.874.1093
srrestaurants.com