



eve's



At Eve's Garden in Dothan, you'll find a burger without beef and chickless salad on the menu. In Alabama, where we love our fried food and meaty dishes, a vegan café may seem out of place. Check out [Yelp.com](https://www.yelp.com) and you'll find Eve's Garden gets many five-star reviews. A post by Kate H. recommends the nachos and calls the café "a healthy oasis."

Vegan food is plant-based and free of animal products, such as meat, eggs and dairy. Food without meat or dairy is likely to have less saturated fat which may reduce the risk of chronic illnesses. Many vegan dishes have less calories, and studies have shown vegans have a lower body-mass index which means they are in a healthy weight range. Even if you're not ready to go all in, eating more vegetables, fruits, nuts and grains and less animal-based products are good choices when you want a healthier lifestyle.

Kerry Deal, who owns Eve's Garden, encourages people to eat more fresh foods, and she works with customers to find substitutes for favorite foods. If you like French fries, sweet potato fries can be a better choice.

Deal recently expanded the café to include a larger salad bar and more seating.



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Customers can choose to dine in or take away, and daily lunch specials are available. The menu offers an array of dishes, including pizza, paninis, tunaless salad, nachos, tacos, zucchini pasta and ham chao sandwiches.

Eve's Garden is also home to a holistic clinic and health store. Deal provides services for adults and children which may alleviate conditions like asthma, ADHD, high blood pressure and allergies. The clinic even offers foot detox baths.

You'll find organic beauty products, supplements, non-GMO condiments and dry goods, house-made granola and more in the health store.

The desire for a healthier lifestyle inspired Deal to open Eve's Garden in 2013. Originally, the café had only raw food items which was later expanded to vegan dishes.

Deal wants to help others with making healthy choices. Through Eve's Garden, she makes it possible for her customers to find good foods with potential healing capabilities.

You'll find Eve's Garden at 2323 West Main Street in Dothan, and it's open Monday through Friday, 8 a.m. - 5:30 p.m. For more information, look for Dothan Eve's Garden on Facebook.

