



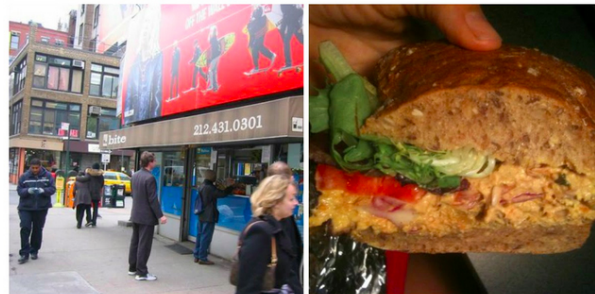
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Healthy Fast Food: 3 Guilt-Free Manhattan Spots

by Jerry Del Priore



Enjoy tasty yet healthy food in a flash.



Bite's tuna is mmm — good! [\(credit\)](#)

Darrow's Farm Fresh Takeout – 115 E 18th St, between Park Ave South and Irving Place

Darrow's opened in early January, but it's already packing in the patrons. That's because everything is fresh, delicious, and nutritious. Plus, the eats are reasonably priced, by Manhattan standards, anyway.

Ninety percent plant-based, Darrow's also offers organic chicken and wild salmon. What's more, you won't find any fake ingredients here. Darrow's uses only high-quality olive oil and coconut oil in preparing its dishes. The team tries to source as much from the local farmer's market in Union Square as possible.

It's easy to understand owner Peter Darrow's enthusiasm and his reason for creating an eatery catering to healthy New Yorkers. "Darrow's was inspired by my passion for helping people, and in honor of my late father, Peter V. Darrow," he said.

Darrow's menu, a collaboration by in-house nutritionist Julie Starr and co-chefs David Kupperberg (Pure Food & Wine) and Taylor Thorne (Eleven Madison Park, Jean Georges), features a variety of functional plates. The innovative dishes include the Energy Plate (Buckwheat and Soba, Pickled Cucumber Salad and Charred Broccoli and Red Pepper Skewers) and Immunity Plate (Black Rice Risotto, Roasted Carrots and Broccolini) (\$13.75 each), among others. Satisfy your appetite and remain guilt-free.

According to Darrow, "We're focused on providing New Yorkers with better alternatives."



Food can taste great and still be nutritious.