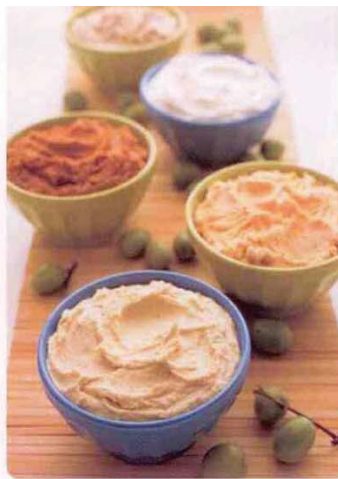
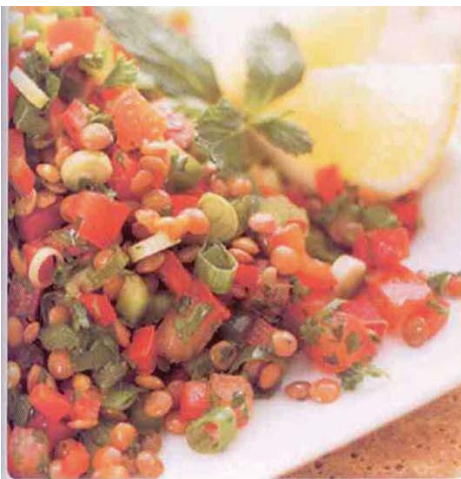


MIAMI LIVING



Pasha's

Find out what everyone else already knows. . . .

Words by Marta A. Oppenheimer

Lincoln Road has long been famous for the scintillating scents of Chinese, Italian, Mexican, Japanese, and oh, so many more foods. With such an overwhelming selection, and all the senses assaulted by aggressive restaurant menu hawkers, how is it possible to pick the right place to eat? Here is the moment when *Miami Living* comes to the rescue!

There is a restaurant on Lincoln Road that it is not only affordable, but also offers dee-licious food. **Pasha's** is a place where the service is prompt and friendly, and the menu is unassuming and actually affordable. Best of all, Pasha's is a healthy dining option. The restaurant's food is prepared from scratch, every day. Only the best of ingredients—fresh tomatoes, avocados, chickpeas, lemons—are used. At Pasha's, what you see is what you get. And then some. . . .

Miami is a healthy city and Pasha's "fresh Mediterranean cuisine" has become part of its culture. In 2006, **Wire Magazine** declared the restaurant, "The hippest place with a healthy taste," and in 2007, "The healthiest fast food in SoBe." Pasha's welcoming food and rapid service is referred to as "Fast Casual."

The eatery beckons with its distinctive white and blue tables, chairs, and oversized umbrellas, all contributing to the trendy atmosphere that locals are used to on South Beach. A Pasha's evening should begin with the Pasha's Spread Sampler, \$9.90, a dark blue dish loaded with hummus, labneh, muhammara (a tangy walnut mixture that tastes out of this world), and more delightful surprises. An all-natural fresh-squeeze juice, with many selections to pick from, is a lovely complement to this South Beach middle-eastern meal.

Enjoy the soft and flaky Salmon Shish Kebab Platter, \$11.95, served with basmati rice, pita bread, and three delicious sauces. Or perhaps the tastefully prepared Lamb Chops, \$14.95, served with grilled vegetables and tsatsiki sauce, is more your speed.

Vegetarian options abound at Pasha's: The Falafel Wrap, \$4, enhanced with tahini sauce, is a must; and likewise, the Bulgur Pilaf, \$2.95, is an especially flavorful treat. And for those watching their weight, **Arthur Agatston, MD**, has featured Pasha's recipes such as Artichokes in Olive Oil, in *The South Beach Diet Cookbook*. Indeed, this place is the "best place to eat if on the South Beach Diet," according to a 2004 article in the *Sun Post*.

Even though this quaint place is down to earth, on any given day customers might be lucky to glimpse a celebrity in their midst.

Gloria Estefan and **Ricardo Arjona** have been known to sample the fine fare at Pasha's, and **Paulina Rubio** even took advantage of Pasha's catering service at her latest celebration.

All of Pasha's desserts are homemade. For the nut lovers, perhaps a slice of Nutelino, \$4.50, a flaky layered pastry with walnuts. The combination of textures in this dessert gives the taste buds a pleasant surprise. And the decadent Chocomousse, \$3.50, brings the entire meal to a satisfying end. And when dinner is finally over, there is only one thing to do . . . plan on heading back to Pasha's the next day to try the breakfast menu!

The Miami experience is definitely not complete without visiting one of Pasha's many locations. Discover yourself why AOL City Guide 2005 and 2006 named it "City's best."

Pasha's is located at 900 Lincoln Road, in Miami Beach. Call (305) 673-3919, and be sure to check out pashas.com. ML