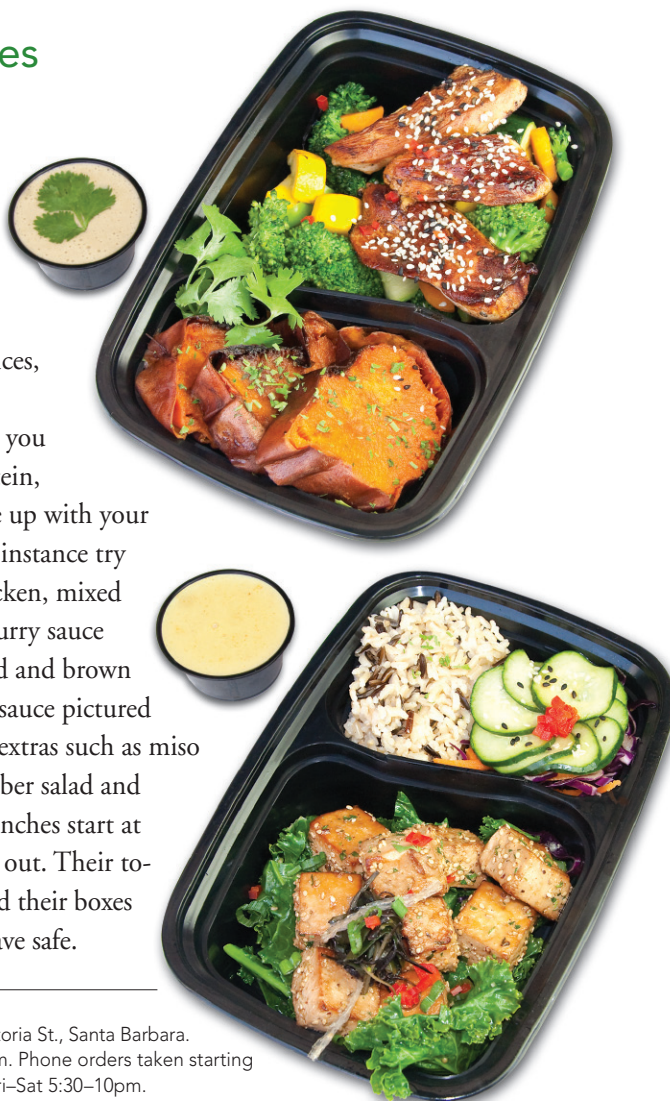


edible Notables

Bento Box Lunches

Spiritland Bistro

Spiritland Bistro, known for their delicious, organic cuisine and their popular BYOB Wine & Dine events, has now entered the lunch scene. Knowing that people love choices, they came up with a modular bento-box-styled lunch where you mix and match a starch, a protein, vegetables and a sauce to come up with your own perfect combination. For instance try roasted yams with organic chicken, mixed seasonal vegetables and Thai curry sauce pictured at the top. Or try wild and brown rice with tofu, kale and tahini sauce pictured on the bottom. There are also extras such as miso soup, red cabbage slaw, cucumber salad and many other side dishes. Box lunches start at \$8.95. You can dine in or take out. Their to-go utensils are compostable and their boxes are biodegradable and microwave safe.



Spiritland Bistro is located at 230 E. Victoria St., Santa Barbara. Open for lunch Mon-Sun 11:30am-2pm. Phone orders taken starting at 11am. Dinner Sun-Thu 5:30-9pm, Fri-Sat 5:30-10pm. 805 966-7759; spiritlandbistro.com