

# Keeping It Real Food

Real food for real life

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## Rouge Tomate

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After the [graduation ceremony](#) the other night, all the interns—I mean, grads—mingled for a while at the reception before slowly breaking off to have dinner with our families. With a group of folks who focus on food every day, of course there was a lot of discussion about where everyone was going.

When my parents first asked me if there was somewhere in particular I wanted to go (I'm having a hard time remembering the last time I went out

for a “fancy” dinner), I drew a total blank. Then I remembered a conversation I'd had with a classmate about [Rouge Tomate](#), which actually works with an RD in their menu development, using an approach they call “[SPE](#),” which stands for Sanitas Per Escam (Health Through Food) and revolves around three elements: sourcing, preparation, and enhancement.

In short, they feature beautiful food prepared with an eye toward healthy living—the kind of thing I was not really sure my dad would like. Luckily, he was game to give it a try. I started with a festive glass of sparkling rose. I felt like it took me forever to decide what to try off the menu—it's not that there are a ton of options, but they all sounded so interesting! There was also some googling involved for certain ingredients. Unfortunately, a lot of the dishes had tree nuts, but I really appreciated how accommodating the restaurant was—our server even brought me out a little cup of their



carrot soup as an amuse bouche when my family was slurping on some grapefruit-and-pine-nut thing.

For my appetizer, I ordered a wild mushroom panzanella salad, which came topped with an egg. I shared with my sister, who traded me a delicious octopus tentacle. Yeah, that doesn't sound weird at all...



I went with the arctic char for my entree. The brussels sprouts went so well, and the spaetzel was surprising yet delicious. I appreciated that the portion size was perfectly satisfying without being overkill.



I even had room to have a few bites dessert—we ordered a piece of Nettle Meadow Kunik, this fantastic cheese. I'm sorry I don't have a picture because they presentation was simple and lovely. It came with the most amazing rosemary toasts. I'm really loving rosemary anything lately.