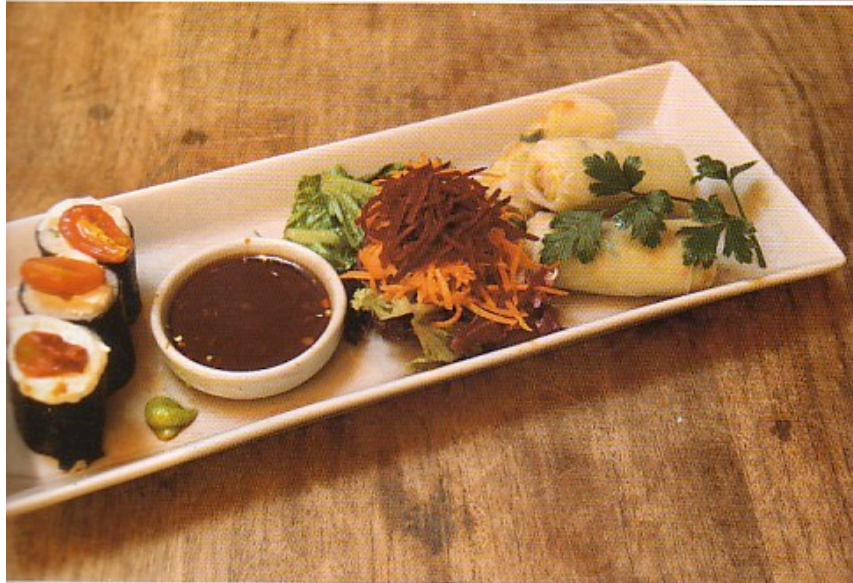


SOCIAL BITES
In Good Company



FROM TOP
Restaurant seating on the second floor; brown-rice sushi and Vietnamese rice-paper rolls; organic seaweed in miso soup



“The biggest way each one of us can contribute to the environment is through our diet,” says Bobsy

Oriental Delights, and a pizza. But as we’re feeling full, he suggests not trying them to avoid wastage. “But I can tell you what they taste like,” assures Tiana. “Oriental Delights has Vietnamese-style rice-paper rolls with some freshly grated carrot, rice vermicelli and coriander flowers, and a lime-and-soy dipping sauce. I’ve had it a hundred times – the rolls are fantastic! The pizza is an organic, homemade whole-wheat flatbread base topped with Lebanese *zaatar* [spices] and fresh tomatoes – and needless to say, it’s gorgeous also. But I have it without the cheese.”

“After becoming a vegan, I found I became calmer and more patient,” reflects Tiana. “I am so much happier with life. I started to love who I am – and that’s the most important thing. You can make money, but at the end of the day, it’s your soul that matters. And my health has completely changed too. I feel my system is clean, and I have a lot more energy. I used to suffer from sneezing all the time. Not anymore.”

PHOTOGRAPHY: JASON TO