

# fit-FOODIE | Restaurant Review

Lemon Grass Fusion Bistro

<http://www.lemongrassfusion.com/>

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**How the “fit-Foodie” Got Started.** Have you ever been working diligently on your fitness goals when you’re asked to lunch or dinner by a colleague, family member or friend? Let the feelings of angst begin? Oh no! You are almost at your weight goal and worry that your outing may set you back. Maybe you are just worried that the restaurant choices will leave you feeling lethargic and bloated which may railroad your next work out! Well worry no more! The “fit-Foodie” **Restaurant Review** is here to help.

The fit-Foodie Restaurant Review was developed for Fitness Enthusiast/Foodie types who wish to maintain our workout goals, but who also love to eat out. fit-Foodie will help identify restaurants in Columbus we can enjoy guilt-free. The fit-Foodie “weighs in” with the following “scale” for our four categories: Overall, Main Courses, Extra Laps (appetizers and side dishes), and Finish Line (desserts):

1 medal: no healthy options

2 medals: few healthy options

3 medals: some healthy options if you look hard enough

4 medals: healthy options albeit somewhat lacking in flavor/pizazz

5 medals: many healthy options with fanfare

But there’s more! As a full review, we don’t just give you a food/drink review, we review it all. The following **Swag** categories are rated: **Expo** = ambience; **Timing chip** = service; **Water stop** = drink menu options; **Relief Station** = all about the bathroom; and **Value** = menu prices:

1 medal: beyond hope

2 medals: needs training

3 medals: Got ‘er done

4 medals: Finished Strong

5 medals: Personal Record (PR)

On your mark, get ready, GO!

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## OVERALL REVIEW

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Our first review is from this Short North favorite for Asian flavor. Pad Thai comes to mind right away however a “fit-Foodie” has instant anxiety over this higher carb choice. No worries here! There are several wonderful healthful options at Lemon Grass.

Several members of the German Village Walking Club ventured here recently to jumpstart our quest to find healthful fare in local restaurants.

**Overall fit-Foodie Rating: 4.5 medals**

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**DIG DEEP**

**Main Course 5 medals**



Our first fit find was the fresh and chili paste spiced just right Lemongrass soup. There is the option to add shrimp which makes this a protein perfect option for those watching their waistlines. The soup provides a nice warm-up for these chilly winter temps . Diced veggies and just a touch of baby shell pasta in a spicy broth hits the spot. It is served with a corn type fritter that is tough to resist so tell the waiter to skip it or plan to walk a few extra laps to enjoy the indulgence. It's worth it.

Another fit-favorite for me is the tuna tar tar served rare. This is not only an amazing, flavorful, healthy choice but a piece of art on a plate as many of the dishes were.

The tuna is diced and stacked along with identical sized diced mango and avocado. It is served with a delicious ginger, soy, wasabi sauce that is tangy with a hint of sweet and heat. I can't get enough of this one.



Another nice protein filled, low carb choice was the chicken sate which is tender grilled chicken skewered after being sautéed in coconut milk and Thai curry. This delicacy is served with a decadent peanut sauce that adds a wonderful flavor surprise.

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**Extra Laps 5 medals**

Additional amazing choices on the menu include seafood basil which is a seafood medley in a spicy Thai Chili sauce. This would be a slightly 'off the course' choice as it is served with linguine. Maybe a perfect carb loading option pre-race however.





The Lemon Grass menu is extensive and there is something here for the “fit-Foodie” and for the not so fit types as well. The sushi and sashimi are artfully presented however a bit lacking in flavor. I would stick to the choices with sauces or broths as they are packed with flavor of Asia that is difficult to duplicate at home in the kitchen at home.

**Finish Line 1 medal**



There was no healthy option here. I had hoped for a fresh fruit palate cleanser or even mango sticky rice which could arguably be shared as a healthy option. I did try the green tea cheesecake with lime sauce. It was mostly just green. I would recommend using your calorie budget for the other choices available.

The next time someone suggests Asian food for a meal, rest assured Lemon Grass Fusion Bistro will make you feel like you indulged without the guilt.

**SWAG REVIEW**

**Expo** = ambience **4 medals.** There is definite Feng Shui happening and a collection of art displayed for purchase.

**Timing chip** = service **3 medals.** Full disclosure, I have stopped in a couple of times to check things out. Lunch hour can be a problem if you are short on time. For dinner, or causal GVWC hanging out, the service is fine.

**Water stop** = drink menu options Not reviewed this trip. Who wants to go back?

**Relief Station** = all about the bathroom **3 medals** (this is in dispute among GVWC members). Nothing fancy, but all you need.

**Value** = menu prices: **5 medals.** This is pretty unique, artfully displayed Asian flare served at very reasonable prices.

**FINAL fit-FOODIE THOUGHTS**

Keep in mind the “fit-Foodie” review is designed to give high ratings to restaurants with healthy options. You may see a high medal rating but find the restaurant does not have a swanky 5 star menu. This review is to help you identify those places that won’t take you off course. There is nothing worse than showing up for dinner at a restaurant after having worked out so diligently all week only to find high calorie, high-fat food choices. No more dining out with fear. The “fit-Foodie” Restaurant Review is here!