

SOUTHERN GRIT

TGHK Is Doing Healthy Eating RIGHT in Downtown Norfolk

By Joshua Fitzwater · On April 6, 2016

All they have for entrées are salads. But the salads are damn good and I'm not even sure I would consider them salads. Just get over it people, the trend is healthy eating and TGHK is doing it right.



4 out of 5 Stars

Review by Mark Kolodziej with photos by Fitz



(Center right- Owner/Operator of the Greenhouse Kitchen Dina Taylor)

The ambiance, the food and the service — these are three main components that make up the complete restaurant experience. With roots, flowers, and other natural decorations, inside, the restaurant definitely stands up to it's name of being a green house kitchen.

I began with their chickpea zesty basil soup topped with a fried bay leaf and homemade horchata. I'm still talking about how good the soup was. The flavors and fresh ingredients were well balanced. The horchata wasn't like what I was used to tasting in Southern California, but I could tell it was made with

real ingredients. Soon after, we received crisp and fluffy oven baked flatbread with cauliflower and tomatoes. Drizzled with a balsamic glaze and served with paddles to use as extra plates, the presentation followed in the natural footsteps of the establishments wooden dinnerware theme.



(Downstairs dining area of the Greenhouse Kitchen)

For the main I had The Masterpiece salad which was laid out in a chic manner with a little ball of goat cheese in the middle. I was able to muster up a little piece of it with every bite. The big wooden bowl it came in allowed me to scurry my food around and enjoy different blends of the components of the salad. The bacon was crisp for a salad and the artichoke heart was fitting with the dish. The greens were all fresh and the mixture of seeds and cheeses helped make for a dynamic salad.

(Below Dina preparing salads during service and “The Masterpiece” salad)



The Thai Me Up salad was also memorable. It contained big hunks of sliced flank steak laid out over soba noodles with ginger dressing “thai-ing” everything together. All in all I had a great experience. TGHK is not too formal and well worth a visit.