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Rebar: Modern Food Cookbook

Audrey Alsterburg, Wanda Urbanowicz

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Since 1988, Rebar Modern Food has been Victoria's favorite restaurant and juice bar, featuring fresh, healthy, predominantly vegetarian fare. The upbeat atmosphere and vibrant, tasty food have led critics to describe Rebar as inventive, hip, and visionary. The Rebar Modern Food Cookbook can be used by everyone -- strict vegans, vegetarians (full and part-time!), and anyone looking for delicious ideas with a funky twist. Recipes range from salads to pastas, entrees, lunch and brunch ideas, soups, sandwiches, side dishes, sweets, and juices. The book also offers handy tips, menu ideas, seasonal substitutions, and suggestions for transforming dishes into low-fat or vegan alternatives. Everyone who loves to cook and eat delicious, healthy, fun food will welcome this much-anticipated book!

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