

Honest Greens, feel-good food that tastes good too

For me, eating is always an emotional experience. I want to eat food that makes me feel good, both physically and mentally. Depending on my mood, that can mean very different things. Sometimes all I want is a creamy *croqueta* or my mom's mac and cheese... but other times, my body begs for **whole grains, greens, and lean protein.**

To be completely honest (pun intended), I didn't realize how much I missed **healthy, home-cooked meals** until I found Honest Greens. This brand new spot in Nuevos Ministerios may at first glance look like just another hipster cafe, but I swear it's something special.



The space itself is impeccably decorated and practically begging to be Instagrammed. The **open kitchen** means you can watch all the magic happen. But even more exciting is the fact that most of the menu items are on display right in front of you, so you can browse the options before making your (very difficult) choice.



This is one of those places where I would happily devour anything on the menu, so ordering is a considerable challenge. Luckily, they break it down into a nice and simple process: choose between a market plate or a garden bowl, then pick your sides or protein. Easier said than done.

The **market plates** come with either chipotle marinated chicken, rare beef, tuna tataki, homemade falafel, or black pepper tofu. Each is accompanied by a fresh green salad with pesto dressing and organic sourdough bread with herbed butter.



Chipotle chicken and seasonal vegetables

Is your mouth watering yet? I've barely gotten started. After you choose your base, you get to add extra sides from an overwhelming list. Cold options include coleslaw, beet salad, creamed eggplant, lentils, hummus, and roasted watermelon (yeah, you read that right). Hot sides include mashed pumpkin, baked cauliflower, roasted beets, herbed potatoes, seasonal vegetables, and organic sweet potato, each with creative garnishes ranging from spirulina to spiced yogurt.

I highly recommend the chicken, and although the beef was a bit raw for my liking, it's received rave reviews from plenty of my friends. You can't go wrong with the seasonal vegetables or the sweet potatoes, which add some color and carbs to the plate. And speaking of carbs, the bread might actually be the best part of the dish. Freshly grilled and soaked in butter... how can you argue with that?



A market plate with ternera madrileña and roasted sweet potatoes



Salad fixin's

If you want to put vegetables front and center, opt for a **garden bowl** instead. Spicy kale, ginger honey goat cheese, peanut chili lentils, sesame greens, wild coconut quinoa... with names like that, you can hardly imagine the possibilities. Each bowl is filled to the brim with various veggies, fruits, nuts, seeds, and dressings. You can also add any protein for an extra boost.

Oh, and did I mention there's a soup of the day?

Once all that has sunk in, turn your attention to the drinks. They've got cold pressed juices, homemade fruit-infused waters, wine, beer, and *vermut*—plus **organic fair trade coffee**. In fact, one of the highlights of the place is the adorable coffee truck parked outside, advertising their specialty beans.



Self-serve aguas frescas

The portions here are generous and filling, proving once and for all that it's possible to feel fully satisfied after a healthy meal. But if you manage to save room, try one of the **sugarless and gluten-free desserts**. Their takes on classics like carrot cake and apple crumble might not be exactly what you're expecting, but they have their own charm. If you've got a real sweet tooth you might be disappointed, but it's totally worth it to at least give them a chance.

The best thing about Honest Greens is that it combines the trend of vegetarian and vegan cafes with a selection that caters to meat-eaters as well. While I love a good veggie burger and am slightly addicted to kale, I won't deny that every meal can be improved by a grilled chicken breast or a juicy steak. For me, this place is **the best of both worlds**.



The business cards say it all

Whatever dietary camp you belong to, you'll find something here that fits your tastes. And the next time you're craving some good, honest greens... well, you know where to go.

Info

- [Website](#)
 - [Facebook](#) & [Instagram](#)
 - **Address:** Paseo de la Castellana, 89
 - **Metro:** Santiago Bernabéu & Nuevos Ministerios
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El Patio del Fisgón in Plaza de Chamberí

The post about the original [El Patio del Fisgón](#) was subtitled “*Feel like you’ve discovered Narnia.*” If the Barrio de Salamanca location seemed to be a turn-off for those who prefer galavanting around Malasaña and Chueca, my very own neighborhood, Chamberí (which is becoming more and more *de moda* by the minute) has its very own Patio del Fisgón to enjoy. If the location was a caveat in the original location, the Chamberí locale has an unbeatable one: on the very Plaza de Chamberí. This *castiza* plaza is not as big as nearby Olavide, but its strategic location equidistant from Bilbao, Alonso Martínez, Ponzano, and Rubén Darío makes it a great place to be when the weather gets warmer.

Daphne and I made our way there one early Sunday afternoon in the dead of winter, and we imagined how satisfying it will be to sit outside on the outdoor furniture they have set up right on the plaza once it’s finally *terraza* weather. We found ourselves very lucky to be able to get a table without a reservation (this was at about 1:30 PM) as the crowds started to pour in about 20 minutes after we sat down.



Much like in the original, the interior transports you to days with better weather, like the back wall with its lush greenery

that makes you feel like you're in a garden rather than in one of the city's residential hubs.

Each place-setting is unique with whimsical furniture, from the chairs, the tiles on top of some of the tables, and the choice of placemats.



So now that the wonderful ambience is covered, let's get to the [menu](#). There's a great variety, so if you watch very

carefully what you eat (like me), this is a perfect place to go where it won't be painstakingly difficult to find something you'll love and be satisfied afterwards. During the week, there's a special *menu depurativo* with a choice of salad or gazpacho and then a *tortilla francesa* or grilled chicken. This will definitely come in handy once Operación Bikini preparations come into high gear.

The first thing that made me fall in love with this place was the fact that gazpacho was on the menu all year round.



I must have been andaluza in a past life because my love for gazpacho knows no bounds

It was a perfectly-sized cazuela that was a great way to kick off the meal. The texture was just the way I liked it; I probably could have slurped it in a glass had I been given the option. As my next option, I went with the *huevos rotos sobre*

alcachofas y butifarra negra. I have to admit that I'm a sucker for eggs on Sundays and I'm also really into artichokes. These were some of the best artichokes I've ever had.



They were grilled instead of fried, preserving the softness from a cooked artichoke and not too heavy. The addition of the

butifarra added for an extra flavor element, but there was definitely more egg and artichoke (just the way I wanted it). I savored every single bite and I'm dreaming of the next time I'm going to be able to order it.

As for Daphne, her *milhojas de berenjena y queso de cabra* were amazing.



Just on presentation alone they look out of this world...

The tomato sauce was perfect and the eggplant and goat cheese was perfectly balanced. This dish is on the *Para Compartir* section of the menu, but the portion size was definitely satisfying for one. When you come here, you MUST get the *milhojas*. You will not regret it. The rest of the menu has a lot of variety, giving you options for any mood. From Wednesday to Saturday, the kitchen always stays open during the day, which makes it ideal if you're in the neighborhood,

hungry, and everywhere else isn't able to make you something.

If you're coming for dinner, definitely make a reservation, and follow Cat's advice from the last post and try to make the reservation later so you have more time to savor your time on the Patio del Fisgón.

Info

El Patio del Fisgón Chamberí

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Phone: +34 914 10 94 45

[Website](#) & [Facebook](#)

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Metro: Iglesia (Line 1), Bilbao (Lines 1 and 4), Rubén Darío (Line 5), Alonso Martínez (Lines 4, 5, and 10)

Also check out our post on the [original Patio del Fisgón in Barrio Salamanca!](#)