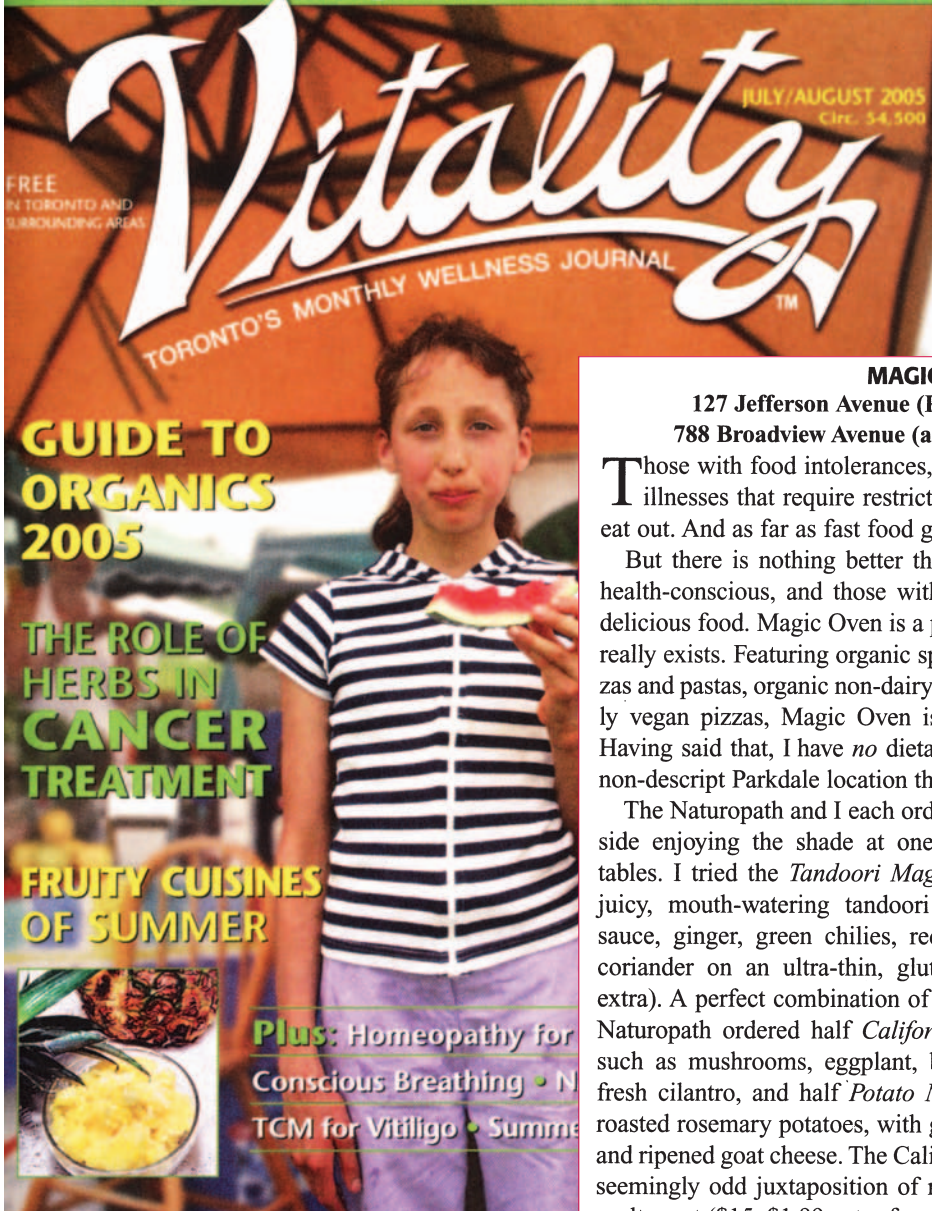


GO ORGANIC — Saving the Planet One Meal at a Time



#### MAGIC OVEN

127 Jefferson Avenue (Parkdale) (416) 539-0555  
788 Broadview Avenue (at Danforth) (416)466-0111

Those with food intolerances, allergies, celiac disease, or other illnesses that require restrictive diets know how tough it is to eat out. And as far as fast food goes, forget it.

But there is nothing better than a restaurant that caters to the health-conscious, and those with food restrictions while making delicious food. Magic Oven is a pizza joint that is tough to believe really exists. Featuring organic spelt and gluten-free rice flour pizzas and pastas, organic non-dairy and rennet-free cheese, and totally vegan pizzas, Magic Oven is a haven for the diet-restricted. Having said that, I have *no* dietary restrictions and found in their non-descript Parkdale location the best takeout pizza I've tried.

The Naturopath and I each ordered a medium pizza and sat outside enjoying the shade at one of their artfully-painted picnic tables. I tried the *Tandoori Magic* (medium \$16) complete with juicy, mouth-watering tandoori chicken, subtly-herbed tomato sauce, ginger, green chilies, red onions, mozzarella, and fresh coriander on an ultra-thin, gluten-free, rice flour crust (\$3.59 extra). A perfect combination of flavours on a crunchy crust. The Naturopath ordered half *California Magic*, with grilled veggies such as mushrooms, eggplant, broccoli, sundried tomatoes and fresh cilantro, and half *Potato Magic*, which is tantalizing, thin roasted rosemary potatoes, with garlic, olive oil, herbs, parmesan, and ripened goat cheese. The Cali was nice, but we both adored the seemingly odd juxtaposition of rosemary potatoes on an organic spelt crust (\$15, \$1.99 extra for spelt crust).

We were both really impressed with Magic Oven and plan to go back to try a warm grilled ciabatta sandwich, or one of their spelt or brown rice pasta dishes. We each had an organic carbonated drink (sadly, Magic Oven has no liquor license), and for dessert we split a piece of thick and rich vegan chocolate cake (\$5). Not necessarily a cheap spot but a great takeout treat.

Visit [www.magicoven.com](http://www.magicoven.com) for the full scoop, and you can even download their menu to pre-order before stopping by.

Review by Paul Henderson

Café Next Door  
feel good food



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catering.com