

## Nite Moon Café

BY JESSICA RIDENOUR

At Nite Moon Café, located in the Golden Bridge Yoga Spiritual Village, it's truly a family affair. On this particular day, babies abound. Mommy and Me class just adjourned and the café is flooded with smiling mothers and their equally joyful tots, each as roly-poly and serene as a Buddha statue.

As mothers and children settle in around the large communal table, a substantial wooden monolith imported from India, the vibe is distinctly cooperative: one mom herds a swarm of babies while the others wait in line for salads, sandwiches and teas. Here, people know each other's names as if they've been acquainted for years.

It's this communal spirit that makes Golden Bridge Yoga, and Nite Moon Café, what it is. Founded by yoga teacher Gurmukh Kaur Khalsa and husband Guru Shabd (who's also a yoga instructor), the Golden Bridge center is indeed a "spiritual village" with a café, art gallery, wellness center, market place and Ron Teeguarden's Dragon Herbs as well as several light and airy yoga classrooms filling its vast expanse. The husband and wife team boasts decades of experience both teaching and practicing yoga, as well as with various business ventures including yoga studios and stores. Gurmukh also managed Golden Temple vegetarian restaurants in New Mexico and LA for seven years, so opening another café was a natural progression. "Looking at the weaving of the whole plan, you can see how it led us here," she affirms, looking every bit the sage yogini in flowing white garb and turban.

Part of that plan is to educate people that vegetarian food not only can be conscious and healthful, but tasty too. Guru Shabd works with daughter Wah, the café's manager, on creating mindful cuisine for Nite Moon's menu, although "everyone contributes in their own way and makes stuff up as they go along," Wah adds.

Favorites include a fresh and crisp avocado sandwich on crusty ciabatta (\$9) and fruity tiki masala veggie burger (\$9) with grilled tempeh, homemade mango chutney and caramelized onions, each served with an organic house salad topped with crunchy pepitas. The goat cheese sandwich (\$9), with Moroccan carrots and olive tapenade, will satisfy a hankering for dairy while the mung beans

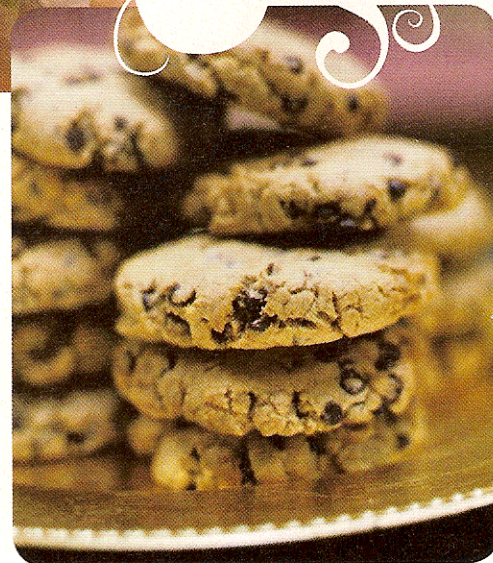


and rice plate (\$4.75) makes for a warming, hearty repast. The salad bar (\$7.99/lb), featuring an array of fresh, organic veggies and homemade dressings, is self-served and can be plated and paid for quickly, perfect for those on a short lunch break. Desserts such as oatmeal raisin almond cookies (\$2.50) satisfy a sweet tooth without being too cloying, while the honey almond banana smoothie (\$5.95) and assorted teas and coffee drinks round out the beverage menu.

Nite Moon gleans its ingredients from local farmers' markets and Albert's Organics, but a secret ingredient ties it all together. "We focus on putting a lot of good energy into the food," says Wah. "We really try to keep the environment fun and playful so our workers are enjoying it and the food comes out better because of it."

The bouncing babies, voracious after their recent yoga session, apparently agree as they dig eagerly into their mothers' plates.

*Although she's not a vegetarian, freelancer Jessica Ridenour always appreciates good food.*



Nite Moon Café, 6322 De Longpre Ave., LA. 323.936.4172. [goldenbridgeyoga.com](http://goldenbridgeyoga.com).

**Full disclosure:** Nite Moon Café is a business affiliate of our parent company, Conscious Enlightenment, LLC, but our reviewer didn't know it when she wrote this.