Kupfert & Kim - Yonge & Eglinton

Listing URL: https://glutenfreeto.com/map/100-gluten-free/kupfert-kim-yonge-eglinton

"Wheatless & Meatless"

Kupfert & Kim is a plant-based, wheat-free, quick-service restaurant that serves delicious, minimally-processed food that is great for humans, animals, and the planet. They make almost everything in-house from scratch, including their sauces, pickles, curries, and patties. Any item not made in-house comes from suppliers they have thoroughly vetted and trust.

They care tremendously about the food they serve and that enters their bodies, and all their meals are designed to provide a balance of protein, carbs, and fat, and the full array of vitamins and minerals. The proteins are complete, the carbs are complex, and the fats are "good" because they come from plants!

They aim to select organic for produce that is otherwise known to have a significant negative environmental impact or lots of pesticide residue, such as greens, berries, and soy products. They also source local as seasonally available to limit the environmental costs of transportation.

Contact

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