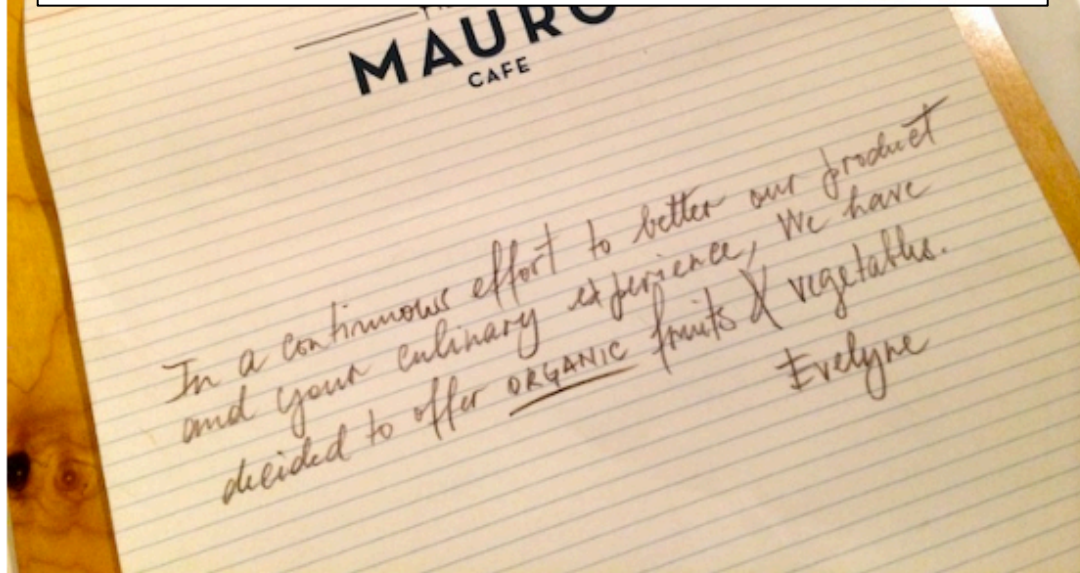


To Live & Diet in L.A.

A Hollywood reporter's quest for breaking news and brown rice sushi



This is definitely an oldie but a goodie.

The adorable little French cafe connected to Melrose's uber-hip Fred Segal is always bustling at lunch hour with Hollywood somebodies. Now the restaurant has opened up their menu to include a weekly jazz night featuring all of the restaurant's favorite dishes, and an impressive wine selection.

We each ordered the mixed vegetable medley cooked in tomato sauce, mine with added shrimp.

It was fantastic. The Sparkling Rosé we had to wash it down though was legendary. Seriously, the best I've had.

Their prices are really reasonable too. The medley was only \$12, pretty much unheard of for an entree in L.A.

If you want to get the 5-star treatment though, they're doing a special 3-course tasting menu from May 27th to the 31st with Chef Einat Admony of the popular NYC spot, Balaboosta. Tickets are \$90 [here](#).