

# THE VEGETARIAN'S GUIDE TO DINING IN BOSTON

THURSDAY, SEPTEMBER 17, 2009

## Gulu Gulu Cafe



With October just around the corner, Salem MA, is one of the most popular places to visit for some good Halloween fun. Gulu Gulu cafe is located on Essex St in Salem MA and is a cute cafe that has a lot of good vegetarian friendly options. In addition to great food and drinks, the restaurant, depending on the night, features live music that makes for a fun night out.

I found myself at Gulu Gulu Cafe and I had their Lyon Vegetarian panini (\$8), also available as a wrap. This is a delicious grilled Panini made with provolone cheese, roasted red peppers, tomatoes and artichokes. The panini is also served with chips and a side salad. It was perfect for the fall weather, the cheese melted in my mouth. In addition to the Lyon Vegetarian panini, I had a cup of the Hungry Mushroom soup, \$(3), a lightly creamed soup filled with fresh mushrooms. I liked the fact the soup was not too heavy like most mushroom soups that are available.

Overall I thoroughly enjoyed my meal and what I consider to be the perfect vegetarian comfort food ( hot soup, and a warm Panini) for the fall weather. The staff is friendly and the ambiance is reminiscent of a European style cafe with couches, paintings and wooden tables. Other vegetarian items include a variety of, crepes, wraps, salads and grape leaves. The free wireless internet and the outdoor patio are nice touches.

Parking is on the street and the prices are same for lunch or dinner. I wish they had a half soup and sandwich option as the I could not finish my panini. However if you find yourself in the Salem MA area, Gulu Gulu Cafe is nice place to relax and unwind with some good food.



POSTED BY SANGITA AT 9/17/2009  
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