

THE WASHINGTON Informer

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AROUND THE REGION

High 'Energy'

Health-Oriented Energy Kitchen Signs Agreement for Three Local Restaurants, Offers Fast Food Without the Guilt

Energy Kitchen, a Manhattan-based fast-casual chain whose health-centric menu features no menu item that exceeds 500 calories, announces the signing of an area development agreement for three restaurants in Washington, D.C.

The signed agreement - which will target downtown Washington, D.C., Georgetown and Chevy Chase - is part of an aggressive expansion plan calling for 1,000 of the calorie-conscious eateries nationwide over the next decade.

"It's an exciting time for us as we build momentum and take big steps towards our national expansion goal," said Anthony Leone, Founder and President of Energy Kitchen, adding that other agreements have been signed in South Florida, Boston and New Jersey. "As more consumers begin to realize that fast food doesn't have to be fat food, we look forward to providing

them with a healthy, delicious alternative to their dining options."

With a customer list that reads like a "Who's Who" of Hollywood -including Hugh Jackman, Nicole Kidman, Paula Abdul, Uma Thurman and Adrien Brody, among others - Energy Kitchen is introducing a new era of healthy eating with its nutritious and convenient meal choices. Providing low-calorie, low-fat, tasty eats that are good for you, Energy Kitchen invites its customers to eat healthy without sacrificing taste. Nothing on the menu is over 500 calories, everything grilled, baked or steamed, and full-calorie sodas aren't even an option.

"What we offer is fast food without the guilt," Leone added.

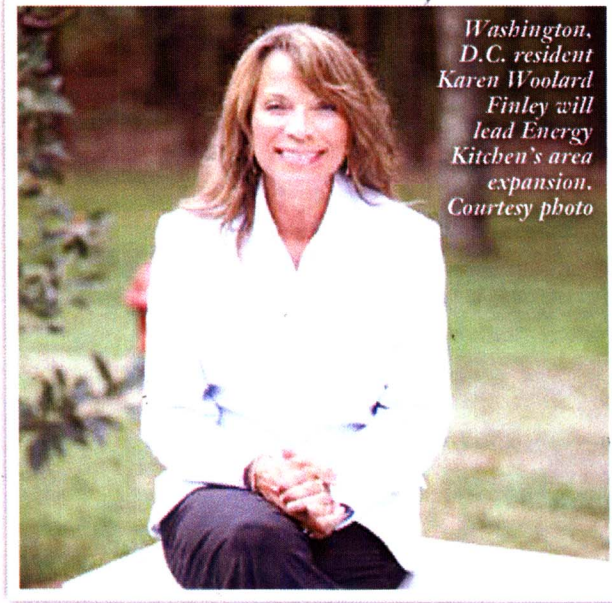
Energy Kitchen caters to the health-conscious consumer, serving such items as burgers, wraps, smoothies and salads, as well as such entrees as grilled salmon and turkey meatloaf.

The brand also offers a varied list of nutritional sides including such tasty items as grilled asparagus salad, baked homestyle potatoes and corn and edamame salad, and also healthy snacks for those on the go.

Washington, D.C. resident Karen Woolard Finley will lead Energy Kitchen's area expansion. Increasingly frustrated with her inability to find a restaurant that served healthy options quickly, Finley finally took matters into her own hands when she signed the local development agreement. "There are numerous restaurants in the area that claim to offer low-calorie meals to customers, but none of those come close to what we offer," she said.

"I couldn't be more excited about bringing Energy Kitchen and the healthy lifestyle it represents to Washington, DC."

Founded by Anthony Leone in 2004, Manhattan-based Energy Kitchen is a healthy, fast-



Washington, D.C. resident Karen Woolard Finley will lead Energy Kitchen's area expansion. Courtesy photo

casual restaurant that provides nutritious and convenient meal choices by offering low-calorie, low-fat, wraps, salads, burgers and smoothies. Everything on the menu is 500 calories or less and is grilled, baked or steamed, never fried, and cooked to order. Behind the strength of a 2008 investment partnership with Mike Repole, the co-founder of Vitamin, water which sold to

Coca-Cola for \$4.1 billion, Energy Kitchen has already grown the concept to 10 restaurants throughout the greater New York metropolitan area and recently launched a national expansion plan calling for 1,000 locations in the next 10 years. For more information visit www.energykitchen.com <<http://www.energykitchen.com/>>. **WI**