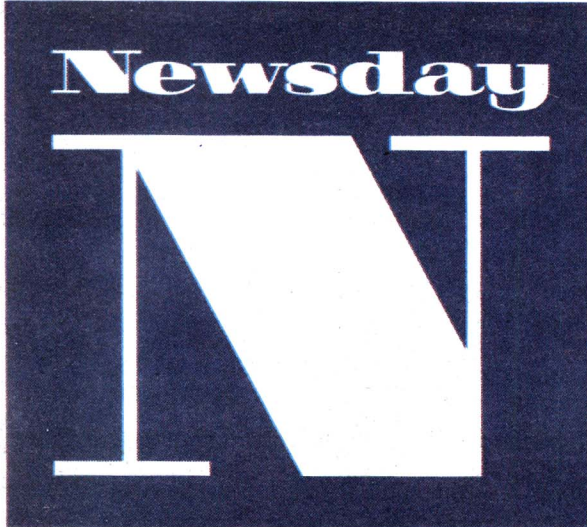


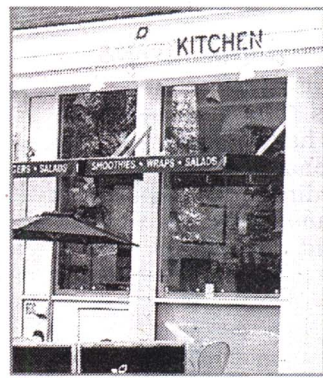
\$1 | FRIDAY, JAN. 7, 2011



**THE SCOOP**



JAMES BERNSTEIN



Energy Kitchen only serves items under 500 calories.

## Low-calorie chain has plans for LI

DINING

**L**ooking for less and less fat? How about a place where no single item on the menu is more than 500 calories? It's coming to Long Island, in the form of Energy Kitchen, a Manhattan-based chain that plans to open half a dozen outlets on the Island in the next few years.

**Anthony Leone**, Energy Kitchen's founder and president, said, "We steam, bake and grill everything. We don't allow you to make a wrong choice. Nothing is over 500 calories."

Offerings include burgers, wraps, and soups and salads.

**Jessie Giordano** of Glen Cove, who will franchise three of the restaurants on Long Island — in the Carle Place-Westbury area, Great Neck-Manhasset area and the Glen Cove-Roslyn area — said he decided to get into the business after he was unable to find the right kind of healthy restaurant here. "What's important is that you get in and understand what you're ordering," Giordano said. "You don't have to be a yoga person to feel comfortable. We invite everybody."