



Baba Rolls—baba ganoush, spinach, carrots, olives, sprouts, and feta rolled in a wheat tortilla, cut into bite-sized pieces, and drizzled with red pepper vinaigrette—are a pretty and popular dish at Cafe Samana in Tulsa.

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SO FRESH AND SO CLEAN

At Cafe Samana, Tracy Caton and Tony Gray are cleaning up the Tulsa dining scene.

BY SUSAN DRAGOO



If eating clean means choosing whole, unaltered foods, dining out clean might be a challenge. Enter **Cafe Samana**, a restaurant with a mission in Tulsa. Four years ago, Tracy Caton and Tony Gray started serving what they call “conscientious and delicious” food based on fresh, local, and organic ingredients. Vegetarians and vegans can enjoy sandwiches, soups, salads, desserts—even burgers—and virtually every dish can be made gluten-free. Even carnivores have choices, with chicken salad and a BLT rounding out the menu.

“If we don’t have organic, we’re out,” says Caton. “People ask, ‘Can I get a completely organic meal?’ The answer is yes.”

The Suzy Greenburger—a patty of chickpeas, carrots, onions, mushrooms, and flax seeds topped with spinach, tomato, mozzarella, sprouts, and roasted garlic aioli and served on a sprouted wheat bun—is Cafe Samana’s most popular dish. In taste, texture, and appearance, it lacks nothing.

“Our burger items are not a substitute for a burger; they are their own creation,” says Caton. “We don’t try to fake things.”

Full of regulars on a weekday lunch hour, Cafe Samana feels comfortable and homey. Paintings and photographs decorate the softly lit space, and apron art hangs from the ceiling.

“Tracy does a great job,” says Vicki Frederick of Bixby. “The effort she and her team put forth attracts new people who are learning how to get healthy by changing the way they eat.”

Offerings like the Cherise are among those healthy choices. The sandwich is made with tempeh—a soy product with a textured, nutty flavor—sauerkraut, vegan Thousand Island, and Swiss cheese on rye. Side dishes like Samana Slaw (bean sprouts in a sesame peanut sauce) round out the menu with zest and originality.

When & Where: Monday through Thursday, 11 a.m. to 3 p.m., Friday, 11 a.m. to 9 p.m., and Saturday, 11 a.m. to 3 p.m. 3807-F South Peoria Avenue, (918) 742-3559 or cafesamanatulsa.com.

Travel Stop: River Parks along Riverside Drive, (918) 596-2001 or riverparks.org.

Q: Hidden menu treasure? **A:** “Honestly, I feel our entire menu is a hidden treasure,” says Caton.