

SAVOR COCKTAIL

EXQUISITE
ELIXIR

SUNSET HARBOR'S POPULAR VEGETARIAN GASTROPUB IS SERVING HERBAL CHINESE TEAS THAT HEAL THE BODY FROM THE INSIDE OUT.

BY BECKY RANDEL

Just like nature, humans are made up of five main elements—earth, fire, water, wood and metal, and, according to Dr. Jason Gordon, owner of herbal and vegetarian hot spot Soul Tavern in Sunset Harbour, “understanding those external elements leads to understanding our own

body, mind and spirit—our health.”

The sprawling restaurant and garden, with its modern warehouse-meets-yoga-retreat vibe, is delivering a new level of healthy food and mystical elixirs.

According to Gordon, who has a doctorate in Chinese medical >

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Right, from top: Owner Jason Gordon uses his degree in Chinese medicine to blend medicinal plants and herbs to ward off ailments; the Kyoto Cool cocktail is a refreshing mixture of the infused Kaval One, lychee puree and lime.



gigong, most people are generally governed by one of the five elements and its various characteristics, and can "treat" themselves accordingly. Do you carry tension in your stomach? Are you easily angered? "People can identify which element they feel is dominant, and order an elixir that speaks to that element. This is working from the inside out."

The 37 elixirs, or "magic potions," are based on 1,000-year-old Chinese recipes, but "modified in a way that's applicable to the masses." Diners select an element from the menu and decide whether they want to "nourish" or "detox" the corresponding traits.

Too much thinking involved? Soul Tavern also serves "the name says it all" formulations such as Sea of ZZZZ, Energy Upper and Hangover Helper. "I've had people drink 'lower back massage,' and a couple

days later they'll come in for dinner and say their back pain is gone," Gordon proclaims.

While the elixirs are a major differentiator in the marketplace, they were always secondary to opening a standout restaurant. "You've got to have good food, good hospitality and good atmosphere; then little by little you can expose people to other things."

Luckily, locals have given a clear thumbs-up to the creative and nourishing food, which includes dishes like hemp-crusted edamame cakes, "naughty gnocchi" with mac-nut cream, and wood-fired pizzas designed around the elements. They've also embraced the Chinese herbs head-on, says Gordon. "To my surprise, people are really interested in and loving the elixirs." 1801 West Ave., Miami Beach, 305.925.0799, soultaVERN.com

