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New eateries, event space, pickleball taproom open

BY JANET PATTON
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New Lexington food and drink options are popping up all over town, from Leestown Road to Harrodsburg Road, from Greyline Station to Hartland Parkway.

Here are three new restaurants, a taproom and an event

space open now, with more coming soon to look for.

NEW LEXINGTON RESTAURANTS OPEN NOW

- **First Watch**, 124 Towne Center Drive, opened in July. It's the fifth Lexington location and the 18th in Kentucky operated by One Holland. The breakfast, brunch and lunch restaurant opened just off Lees-

town Road in the former A&W location in Townley Center, near Bourbon 'n' Toulouse, Drake's and El Mariachi Mexican Restaurant & Cantina. Open 7 a.m. to 2:30 p.m. daily.

- **Son of a Burger**, 101 W. Loudon Ave. in Greyline Station, opened in July, serving smashburgers, fries and more

SEE RESTAURANTS, 4D



New restaurants opened recently in Lexington, including a return of Jasmine Rice Thai & Vietnamese, left, and First Watch in Townley off Leestown Road.



Food vendors and local restaurants normally have a wide variety of options for sale starting at \$3 at the CRAVE Food + Music Festival in August, but there will be no festival this year. Smiley Pete plans to bring it back in 2026.

No CRAVE this year: Festival plans '26 return in new venue

BY JANET PATTON
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For fans of Lexington's annual food and music festival, there's bad news: no Crave this year.

Smiley Pete Publishing said the late summer event, which moved to Moondance Amphitheatre in Beaumont last year

from Masterson Station, will not take place this year.

But there are plans to bring it back in fall 2026, when Crave will move to the soon-to-open Gatton Park on the Town Branch. No specific dates were provided.

"Fall feels like a return to the roots of Crave," Amy Eddie, Smiley Pete's events director, said in a statement. "It's a time



In 2023, CRAVE Food + Music Festival celebrated 10 years by bringing back some of the bands and artists who have made the event a success over the years.

to gather and celebrate what we've created together, and now we'll do that in one of Lexington's most meaningful and com-

munity-centered public spaces."

The annual weekend event

SEE VENUE, 4D

Great Bagel opens first location in Louisville

BY JAKE MCMAHON
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A Lexington-based bagel bakery and restaurant is expanding to Louisville.

Great Bagel, which has locations in Lexington on Woodland Avenue and Boston Road, is

opening a third location in the Middletown area, at 12905 Shelbyville Road.

It had an official grand opening scheduled for Aug. 4.

"This is the right time and the right place," Great Bagel co-owner Robert Swan said in a news release. "Louisville values authenticity, and we're excited

to be part of a neighborhood that appreciates real food, made well. That's what sets us apart."

WHAT'S ON GREAT BAGEL'S MENU?

Great Bagel, which opened in 2011, specializes in a "farm-to-bagel" concept, according to the release, using organic and fresh-

milled flour. The restaurant sources its grain from farms in Minnesota and Illinois, according to the release.

Great Bagel mills its flour in-house daily then makes them into bagels, made fresh several times a day. That process can be difficult, co-owner Lara Swan said in an interview with the Herald-Leader, but it makes for a "transparent, delicious end-product."

"As bakers and chefs, we like to have ownership over the end product," she said. "You get the

SEE GREAT BAGEL, 2D

Greens powders are booming, but don't ditch your veggies yet

BY AVERY NEWMARK
Atlanta Journal-Constitution

If you've spent any time scrolling social media or shopping grocery aisles, you've likely spotted greens powders or gummies promising to boost everything from brain health to your immune system.

But can these trendy supplements really replace the benefits of eating real vegetables?

To find out, we talked to Luisa Hammett, the Atlanta-based dietitian behind Peaches to Pearls, a lifestyle blog filled with dreamy farm scenes and homemade meals. Beyond the charming aesthetics, Hammett is also a pediatric registered dietitian with a master's in clinical nutrition.

"I think that calling them supplements is the important part because they should never replace a healthy diet," Hammett explained. "We want to still eat our fruits and veggies, and I think that's something that powdered greens sometimes can be a misconception - like, 'Oh, this will, you know, I'm not eating vegetables so I'll just do the greens,' whereas it should never take the place of them."

According to the U.S. Dietary Guidelines of Americans, adults should aim to consume around 2½ cups of vegetables each day as part of a healthy diet. This includes fresh, frozen, canned and dried options. But a recent report shows almost 90% of the U.S. population do not meet the recommendation for vegetable intake.

Powdered greens typically combine leafy greens, fruits, algae and herbs, providing a concentrated dose of micronutrients and antioxidants, Healthline reported. They're convenient, easy to add to smoothies and appealing for busy lifestyles.

But, according to Hammett, there's one big drawback.

"At the end of the day, you're going to get the best nutrients - most importantly, fiber - from eating your veggies, and also it's so much cheaper," she explained.

Regarding the safety and selection of greens powders, Hammett emphasized the importance of third-party testing when choosing supplements.

"Supplements are not regulated by the FDA. Literally, I could put whatever I want into a jar and say, 'This green

SEE GREENS POWDERS, 4D