

# Salt Lake City Scene

SkyWest Airlines understands Salt Lake City. Our Delta Connection service offers more than 200 daily departures from Salt Lake City International Airport—more than any other airline. Salt Lake City Scene shares our extra insight into things to see and do in Utah's gateway to Western adventure. Enjoy!

## EATING FOR SOCIETY'S BETTERMENT



BY SABRENA SUITE

Reflecting on the dawn of a new year and the actualization of my “2005 goals” is a bit like gauging my progress after beginning a new diet. Sure, I start with great intentions—convinced there’s a newer, thinner, more fabulous me just beneath the surface of my winter skin. But inevitably, the fervor is replaced with foodstuffs. (Typically by noon of day one.)

So maybe I didn’t exactly achieve everything I set out to do last year. There were certainly some notable, albeit “qualified” accomplishments during 2005.

1) Lose 30 pounds. Check! Although more than 31 were regained.

2) Acquire inner poise. Check! Reading that Kate Spade *Manners* book has got to count for something.

3) Have exclusive (yet mutually beneficial and non-dependent) relationship with member of the opposite sex. Erm, still working on that one.

But this year, instead of beating myself up about my love life (the cinnamon sugar Pop Tarts that never last very long in my office drawer), I’m turning outward. Certainly, involvement in progressive extracurricular activities are key to a better me in 2006. And thus, One World Café is the spot to get my chakras aligned, help cure world hunger and eat for the betterment of society and my waistline.

The brainchild of owner Denise Cerreta offers fresh seasonal American cuisine, with no menu and no prices. Seriously, no prices! So is Cerreta offering the world’s first free lunch? Not exactly. There is a system that seems to

simultaneously slap capitalism in the face and restore some faith in humanity. Payment is on the honor system. There’s no hidden agenda, here. People pay what they can even though fresh seasonal victuals are obviously more expensive than their pesticide and hormone-filled food counterparts. Cerreta is the first to admit it takes some education regarding the average cost of their seasonal fare. The well-intentioned diner should feel comfortable offering between \$8 and \$13 for a full meal.

“It’s humanity at its best and its worst,” Cerreta explained. “But 98% of people do the right thing.”

Those unable to pay anything at all can exchange one hour of kitchen service for a full-meal token—good for now or later. What a way to curb hunger!

*continued on page 42*



above: One World Cafe owner, Denise Cerreta

DENISE CERRETA: JOHN PAUL JENSEN

*continued from page 40*

To prevent food waste, patrons are encouraged to take what they think they can eat. As opposed to enormous serving sizes that lead to over consumption (spawned by the traditional “clean your plate” mentality), tapas-size portions are not only allowed but recommended. The food is back-to-basics good—fruits and vegetables broiled or roasted with olive oil, salt and pepper. The organic meat offerings range from roasted chicken to pork loin with mushrooms, garlic and thyme. Tofu’s popular (of course), and most likely there’s something with curry (Thai or Indian, depending on the day). For winter, expect a variety of sweet potatoes, winter squash, polenta, eggplant and soups that warm inside and out.

With an atmosphere as eclectic as the meals and patrons, people watching is as entertaining as the latest Warner Bros. release. One gathering space in the cafe has me thinking I’ve landed in the sitting room of someone’s hip grandmother who skips off to India for mini-vacations; another corner beckons me to curl up with a book. Throughout the café, I’m reminded that variety is the spice of life, but that could just be the stir-fry’s seasoning.

Either way, the fact that none of the plates or silverware match also adds to One World’s kitschy-urban appeal, kind

of like the bleach-blonde girl standing at the entrance. She is wearing a flowing white skirt that seems crafted from the sleeves of a wedding dress. Her body art peeks from beneath the fabric. We both listen as the chef names the menu of the day while explaining the goal of One World: to end hunger across the globe.

My eyes wander to the wall where the words “One World Wish List” are scrawled across a paper plate in blue marker. Apparently, they need forks, organic teas and “Denise needs SkyMiles.” Cerreta explains she’s embarking on a world-tour of sorts to promote the One World model which links “public policy and community building, sociology and altruism, labor and the living wage, the pay-as-you-go pricing model and others.”

I place a roasted beet inside my mouth and think that altruism never tasted so good. ■

See you on the scene!

*Sabrina*

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801-867-1516, [www.oneworlddeverybodyeats.com](http://www.oneworlddeverybodyeats.com)

## MAKE THE MOST OF A LAYOVER



above: Temple Square in winter

**IT ONLY TAKES 15 MINUTES** to get from the airport to downtown Salt Lake City where there is so much to experience. Making the trip is extra easy with free airport shuttle service to Temple Square, the historic, spiritual center of the Church of Jesus Christ of Latter-day Saints.

Air passengers with at least a two-hour layover can enjoy a highly informative, 40-minute Temple Square tour and more, according to Dale Sansom who directs the program. During the airport’s renovation, regularly departing shuttles wait at two locations — door number 13 in the Delta Terminal or door number one in Terminal One. The shuttles also return passengers to the air terminal.

The service is sponsored by the Visitor Activities Section of the Church, in cooperation with the Salt Lake Convention and Visitors Bureau, the Utah Travel Council, the Salt Lake Downtown Alliance and the airlines. ■

## HELPFUL PHONE NUMBERS

**Time and Weather** 801-467-8463  
**Utah Travel Council** 801-538-1030

**Airport Information** 801-575-2400  
**Highway Conditions** Dial 511 in Utah