

SAFFRAN

the healthy choice for delicious

www.saffran.us

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Hours of Operation:
Open everyday:
11am – 10pm

Phone: 407-856-8881

by: Katie Johnston

I thought I had tried most every type of food – but Icelandic? Almost forgotten it even existed... but after my first Saffran Kebab Burger, I will never forget the rich culture of Iceland ever again. A combination of beef and lamb with fresh frisee, tomatoes and parmesan, with a twinge of yogurt sauce and chili sambal, on a light bread made with NO white flour ... I was happy to have shared this amazing unusual burger with my friend Sami but it was right then and there that I could have almost killed her for her half. Quite frankly, the robust flavor, reminiscent of Middle Eastern food and Mediterranean – it felt like the entire cast of penguins in Happy Feet were dancing on my palette.

Saffran's tagline is "the healthy choice for delicious" – reminding me of the Yoplait yogurt commercials when the husband frantically searches for the Key Lime Pie flavor his wife is dishing to her friends about – how can something so good be so good for you? No white flour, no white sugar, no frying, all made fresh right before your very eyes, AND all dishes guaranteed to be under 600 calories? Oh Saffran – I wish you were right outside my front stoop!



The first location opened in early 2009 in Glaesibaer, Iceland. Within months, the second location was underway as the lines out the door could not be contained. "The Best Newcomer Restaurant of the Year" in 2009 and in 2010 was dubbed "The Best Restaurant of the Year" in Iceland; I'm hoping Saffran's Orlando location will find some of the same success. It's their first location here in the states – and maybe feels like a small drive from my current downtown residence - but I will never shop again at Florida Mall without making a stop there. Situated nicely in a shopping center that houses an Ulta Cosmetics and many other shops and restaurants, I don't exactly have to MAKE UP an excuse to get over there.