

My Favorite Meatless Meals in Downtown New Bedford



by
Michael
Silvia

As a seasoned New Bedford restaurant visitor, I've eaten at every place that serves a meal in downtown New Bedford. I'm careful to ensure that vegetables make up the vast majority of my meals and almost always choose the meatless options. In no particular order, here are my favorite meatless meals in Downtown New Bedford.

Miss America Quesadilla at No Problemo (813 Purchase Street)

No Problemo is by far the busiest restaurant in downtown New Bedford and for good reason. The restaurant is great for vegetarians. My favorite meatless dish is the Miss America Quesadilla that includes spinach, black beans, feta cheese in a grilled flour tortilla served with salsa, sour cream and jalapenos on the side. The portion sizes at No Problemo are HUGE, so regardless of what you order, prepare to take home some left over!

Papaya Salad and Fresh Rolls at the Spicy Lime (522 Pleasant Street)



The fresh rolls at Spicy Lime come with a creamy peanut sauce.

Thai food is one of my favorite cuisines and can be one of the healthiest foods on the planet. While there are three Thai Restaurants in the area (Sivalai in Fairhaven and Thai Taste Too in North Dartmouth), Spicy Lime is the only one that I know of that makes Papaya Salad on a daily basis. The papaya salad includes papaya, tomatoes, bean sprouts, basil, other vegetables and sauces that are spicy, citrus flavored, and sweet. The fresh rolls combine vegetables and noodle wrapped around a soft rice wrap. The fresh rolls at Spicy Lime include shrimp, so if that's not in your diet let the waiter know!

Blueberry Scone at Cafe Arpeggio (800 Purchase Street)

In my world, the muffin has outlived its usefulness and scones rein supreme. The scones at Cafe Arpeggio are fresh baked, moist and make a perfect addition to your morning coffee. Show up just after they open at 7 a.m. and they will be warm right out of the oven!

Margherita Pizza with Roasted Garlic at Brick Oven Pizzeria (163 Union Street)



A standard margherita pizza
a Brick. Heart shape
optional!

In my view, brick oven pizzas simply taste better than the traditional pizzas. My favorite meal at Brick Oven Pizzeria is the Margherita Pizza that includes basil, mozzarella, olive oil and parmigiano. I always choose to add whole chunks of garlic that Brick slow roasts in olive oil. The garlic becomes as soft as butter and really adds to the flavor of the pizza!

Creamy Tomato basil Soup at Destinations Soup (149 Union Street)

Destinations Soup makes the best soups in the city. My favorite meal there is a bowl of creamy tomato basil and if I'm weak, I'll add the grilled cheese sandwich that is PERFECT for dipping. Destinations Soup recently moved to 149 Union street where 'On a Roll' used to be near Wings Court. This was a great move that allows for having your soup outside!

What are your favorite meatless meals downtown? Overall in the Greater New Bedford area? Leave us a comment!