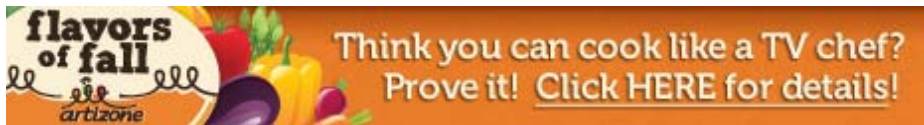


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The Bison Pita Burger at Bountiful Eatery

November 12, 2012 By [Elizabeth-Fitzgerald](#) [Leave a Comment](#)



BY AMANDA SKRIP

You eat your vegetables, hit the gym and pass on dessert. Despite your best efforts, a burger craving strikes every now and then and it's stronger than your will power. Thanks to Bountiful Eatery, you can indulge your meaty desires without derailing your diet.

Located in Lakeview, Bountiful Eatery specializes in healthy, fresh, and [gluten-free](#) food. The answer to your



carnivorous cravings is found in their Bison Pita Burger, made with $\frac{1}{4}$ pound of grass-fed bison, seasoned with fresh spices, slathered with a zesty yogurt spread, and topped with onion, spinach and tomatoes. It comes wrapped inside a gluten-free pita from Rose's Bakery in Evanston. Each sandwich comes with a fresh side salad loaded with vibrant greens and your choice of a quinoa, black bean, or chickpea salad.

If your not familiar with bison, it tastes very similar to a lean, tender beef. It's high in protein and nutrients, and has less fat and calories than chicken; bison is also raised without the use of hormones and antibiotics. The Bison Pita Burger is a great sandwich for meat eaters, but if veggies are more your thing, check out the black bean version.

Beyond burgers, the rest of Bountiful Eatery's menu is packed with flavorful healthy options. Have your pick of salads, kebobs, sandwiches, fresh made soups, and smoothies.

Bountiful Eatery, 3321 North Broadway Street (between Roscoe and Aldine). For more information call 773-687-9811 or visit their [website](#).

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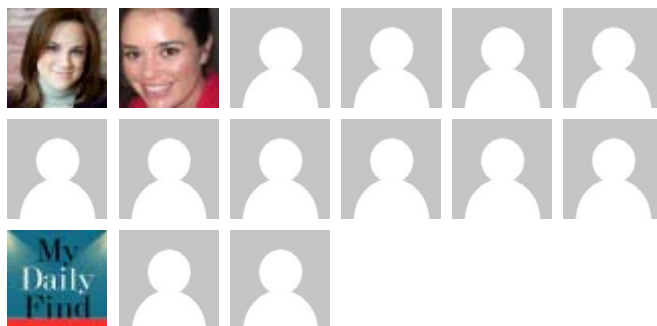
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