

Eat Healthy Penang Food

The first urge that made us agree for such a healthy Penang food at Idealite Wellness Kitchen was dining out with a little one. We wanted him to experiment more outside meals since he demonstrated much interest to dine with us, at the same time giving his porridge pot a rest day. Yet his 'ideal' diet required no white sugar, white salt, MSG, synthetic coloring, preservatives, thus Idealite sounds like a perfect match for him. Keen to hear more good news that we found about Idealite? They also adopt low-temperature cooking method, no microwave, no deep-oily fried stuff, water used is sterilized and filtered, generous use of organic brown sugar, Himalaya rock salt, brown rice, olive oil and grape seed oil.



A 5-minute drive from Botanical Garden or Youth Park on a smooth traffic day, it is open from Tuesday to Sunday from 11 am through 8 pm. Located adjacent to Double Dragon Inn Restaurant at Jalan Gottlieb (diagonally opposite side of Penang Chinese Girls' High School), it is tucked away in the same commercial zone where Waterfall Hotel, Hope Children

Clinic and Eden Bakery are located.



Idealite Wellness Kitchen: Penang Food Menu

The earliest dish to arrive was a bowl of porridge (RM4.70) with sweet potato, carrot, Romaine lettuce, tofu and red dates. We truly appreciated their speed in the food delivery. Prompt and accommodating. Too bad that the strong aroma of thinly chopped garlic was somehow not appealing to our little one, thus less than a handful spoons were more than enough to 'terminate' his appetite. And the worst of our experience - the porridge was prepared with seeded red dates! Oh My!!! Adding salt to the wound, it only came to my attention after my tot was done, and this really made me freaked out.



For mains, we opted for Bak Kut Teh (RM9.70) and Organic Ramen Tomyum (RM11.70). Despite it

stated Organic Tomyum, only the noodles at which diners may pick from spinach, pumpkin or buckwheat are produced organically. Vegetables and other accompaniments in the soup are non-organic produce. If you're going through a strict dietary regimen such as 100% organic, make sure you probe the waitstaff before making an order.

Bak Kut Teh turned out to be a delightful surprise. Flavorful and rated as good for someone who rarely fancy vegetable soup and brown rice. It is a creative dish when Idealite's chef introduced buckwheat noodles in this Tomyum soup. Yes, I picked buckwheat and this is more commonly known as 'Soba' on Japanese menu. Despite its name, buckwheat is unlike wheat, it is gluten free!



Not enough with mains? Not really. We were

starving when we arrived thus we also asked for Chee Cheong Fun (RM3.70) and Popiah (RM4.70), making them perfect for both appetizer and desserts. Thank goodness that their serving size is just an 'S', at which doesn't mean 'Super' but 'Small'. What I recalled the best was the 'sambal' (grounded chili paste) and sauce. True, any Chee Cheong Fun can be amazing with a delectable sauce. Plain Jane is perhaps the best description for their Popiah. Nothing much to boast. After all these, we did not even have rooms for beverages and drinks!



At present, the restaurant operates on the first floor of lot. Apparently, Idealite Wellness Kitchen is a popular place for healthy Penang food. Huge turnout on weekends. Ground floor had been renovated, ready to take in more diners as they swamp over this Penang restaurant.

Address:

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Direction on Google Map:

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