

Foodies hit a raw nerve



Californians' obsession with raw food – and not just sushi – is starting to catch on over here, and cafés, restaurants and food shops are cashing in.

Trends

Scotland's first raw-food café, **Red Sugar** (www.red-sugar.co.uk), opened in Edinburgh in February, serving a range of uncooked produce and smoothies, while in London Britain's first gourmet raw-food restaurant, **Saf** (www.safrestaurant.co.uk), opened last month, serving up cauliflower risottos and veggie lasagnes.

The American store **Whole Foods** in London's Kensington, (www.wholefoodsmarket.com) is leading the high-street charge, while Andrew Davis, co-founder of **The Raw Food School** (www.therawfoodschooll.com), which is based in Soho, London, plans to release a raw-food range in Waitrose later this year.

Thanks to thefuturelaboratory.com

