

Lucie Tomášková



Company	C 111 s.r.o. - Restaurace Zahrada
Sector	Restaurant, health food (vegetarian, vegan, gluten-free and macrobiotic meals), training centre of healthy meal cooking
Region	Teplice, Ústí Region the Czech Republic
Nomination as an ambassador	<p>Lucie's way to start-up own business was a quite long and tortuous. She started her carrier as a sale representative and afterwards successful manager in international companies. Because of healthy problems she had to change her life in 2007. Lucie had to decline the stress from work and turned to her body instincts. She tried a china medicine, macrobiotic meal and gluten-free diet to improve her health. Lucie experienced a disappointment when she had found a big gap in offer of this food and meal in market and restaurant offers. She started to cook her own meal and during few months her health was turned to better way and she was almost healthy. She trained herself in healthy way of cooking in special courses and obtained new information and ideas during many workshops. Afterward she decided to open Restaurant Zahrada (Garden). The restaurant has offered new types of meal in Teplice region and its menu is aimed at vegetarian, vegan, gluten-free and macrobiotic meals. Lucie offers also other services as training how to cook the special healthy meal and also offers the restaurant concept as a franchise to other regions. So the restaurant is not only the restaurant but it is also training centre and place for wellbeing and where people can change their life. Because of her way of business she got an award - Personality of the Ústí Region 2012.</p>
About the company	<p>It is not just about extraordinary food in several combinations, basically Restaurant Zahrada (Garden) is trying to give the customers feeling of being a part of nature and society of people, who cares about their health. The restaurant is the place where people can try tempeh, tofu, bulgur, quinoa, and plenty of food so typical for the special diets. All of that in non-smoking environment with no radio yelling and with staff who is interested in the same way of eating and is ready to help with choice.</p>
Contact information	<p>Restaurace Zahrada (Garden) - Lucie Tomášková ulice 28. října 780/10, 41501 Teplice, Czech Republic Email: info@restaurace-zahrada.cz Web: www.restaurace-zahrada.cz/ Tel: +420 774 321 005</p>