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A note to Café Ambrosia

Restaurants with good food plus environment and reasonable prices are not rare but one that has healthy cooking is much harder to find.  
For years I have battled high cholesterol but since eating regularly at Café Ambrosia my cholesterol levels at levels that my doctor approved of.  
I credit this to Café Ambrosia because they only use Olive oil, Canola and Soy Bean oils in their cooking. These issues are something to think about when choosing where to eat.

  
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