

Images by: Spencer Smith

Smoke Free!

Go's **Kinzi Jones** scoped out Amman's top restaurants to enjoy a good meal *sans* smoke infestation — an important factor for kids, moms-to-be, and the health conscious

Dining out in Amman can be a tiring experience for a non-smoker. One gets tired of cigarette-smoked pepperoni, tired of nicotine aftertaste in the mint lemonade, tired of flying ash garnish on salads, tired of *argeeleh* smoke clinging to hair and clothes. Most of all, tired of the health-hazard that second-hand smoke. After losing both parents to smoking-related cancers, I am an anti-smoking militant. And I'm not alone.

The Facebook group *Jordanians Against Indoor Smoking* has over 2,000 members after founder Zeina Shazada-Majali started it last year. Go asked her to poll the members to find their favorite dining establishments with a nonsmoking section. It's not easy for restaurants to cater to the majority of their smoking clientele, yet offer an alternative for the nonsmoking minority. But five local fooderies have made the effort...



Whispers

▶ This popular 5th Circle restaurant has a room for non-smokers, far from the main bar and dining area where smoke could seep in. According to management, it is frequently requested and often full, especially during weekends. The mouth-watering menu is based on the elements of life: earth, air, fire, and water, and some claim *Whispers* has the best salad bar in town. And the huge tank of calamari-fed baby sharks guarantee, "Wow!" first impressions for the younger diners in your party.

[Zahran St., 5th Circle, \(06\) 592 1850](#)



La Mirabelle

▶ Both the Shmeisani and Abdoun locations have non-smoking sections. I visited Abdoun and was delighted with the step-down into a semi-covered patio area more like an extended private garden. Although the area for non-smokers is an open section, the large garden windows open to allow fountain-fresh breezes to cleanse residual smoke. Safe for lungs, but perhaps not for waistlines, the artistry of *Zalatimo* sweets is linger-worthy, and they boast the cutest baby chocolate selection in town. Plenty of parking, too.

[Salman Al Qudadah St., Abdoun, \(06\) 565 6026](#)



Kebab Express

▶ The casual choice for a quick bite while shopping in Sweifieh, *Kebab Express* prides itself in a healthy and indigenous form of fast-food — a "barbequed" Lebanese sandwich. Their decision to go "no smoking" within the premises was a continuation of their commitment to health-conscious choices in food and environment. Spotlessly clean, you can watch your food being prepared in the open kitchen while the aroma readies your taste buds for a treat.

[Abd Al Rahim Al Hajj Mohammad St., Sweifieh, \(06\) 585 1741](#)

NEED TO KNOW
City Mall is Health Code #47 compliant, meaning it is an entirely smoke-free zone... most of the time.



Wild Jordan Café

▶ An entirely nonsmoking-indoor establishment, *Wild Jordan Café* is a rare venue of its kind in this smoke-happy country. Opened by the *Royal Society for the Conservation of Nature (RSCN)*, this spot is great for a healthy low-fat breakfast, lunch, or evening meal in a guaranteed smoke-free and

alcohol-free environment with great views of old Amman. *Wild Jordan's* service also has a great reputation — a welcomed change to the lack of customer care in many of the city's other eateries.

Othman Bin Affan St., Jabal Amman, (06) 463 354

Image by: Alankar Rai



5 Casereccio



▶ This restaurant's name means "homemade" in Italian, and *Casereccio* claims to be "a little bit of Italy in the heart of Amman." Wanting to recognize the growing health concerns of second-hand smoke, the management responded to the trend by dedicating the open-air balcony to non-smokers. *Casereccio* provides an affordable, delicious casual dining experience and additionally wins the *Parents Award* for a great supervised play place, and the *Kids Award* for the completely cool chance to create their own pizza, with whole-wheat dough, under the watchful eye of staff.

Mecca St., Um Uthaina, (079) 630 1302