

THE IMPROPER BOSTONIAN

AUGUST 3 - 16, 2005

the word

tasty tidbits

Knowfat Squared... Since 1996, the Knowfat! Lifestyle Grille (formerly the Lo Fat Know Fat Grille) has provided Bostonians with an always-healthy dining option, and we love it for that. We also love that starting this month, we won't have to drive all the way to Watertown for the figure-friendly fare. In mid-August, Knowfat opens its first downtown location at 530 Washington Street in Downtown Crossing. This is just the start of the Knowfat explosion. Another restaurant is slated to open in the Fenway's Landmark Building in early October, and plans already are being made for more locations in Minneapolis, Iowa and Washington, D.C.