

Veggie Burgers, Edgy Burgers in St. James

By [Jaclyn Gallucci](#) on August 29th, 2010



Shortly upon opening three years ago, Kathy Gerdes, co-owner of health-focused eatery [Feel Goods Café](#), in Saint James cooked up a Southwest Two-Bean & Corn burger. In no time these hearty burgers were selling out to vegetarians and carnivores alike. Vegan co-owners Kathy Gerdes and Nicole Lawrence soon began experimenting with nearly every veggie, bean, and grain combo imaginable. Now, with nearly two dozen varieties of ‘edgy burgers’ available at their café’s “Burger Bar”, FeelGoods has developed a niche food line that will soon stretch far beyond its quaint town’s borders.

FeelGoods Café has teamed up with leading, local distributor, J Kings Food Service Professionals, located in Holtsville, to bring the FeelGoods Brand to local schools, universities and upscale markets. At FeelGoods Café, Gerdes and Lawrence believe that eating healthy means eating clean and “as close to the earth’ as possible. For this reason, they specialize in vegetarian/vegan cooking (though not exclusively –humanely-raised, free-range chicken is also on the menu) and they pay special attention to the smallest details in their recipes, ensuring only the freshest, all natural and organic ingredients are used and that food additives, dyes, preservatives, high fructose corn syrup and trans fats are not. John King, owner of J.Kings felt that the FeelGoods brand of all natural meatless ‘edgy’ burgers as well as their vegetable and whole grain-based salads were wonderful healthy food choices and will soon be manufacturing and distributing the line to the entire New York Metro area.

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