BOSTON Herald
SUNDAY EDITION NOVEMBER 16, 2014 STILL ONLY $2
the edge ON SUNDAY

Let's face it, Bostonians sometimes crave veggies, other times

Cooking up

STAFF PHOTO BY MARK GARFINKEL

By NIKKI CHASE

You can't say Boston doesn't have culinary options. Whether you're having a who-cares-about-calories-I-want-comfort-food-now moment, or can't imagine a day without kale, or juice, or kale juice, the Hub has just the right spot. The latest players in the Super Healthy vs. Super Splurge Smackdown:

Super Healthy

Snap Top Market — Raw Vegetable Pasta (South End)
If you're looking for fresh, you can't go wrong with Snap Top. Its raw vegetable "pasta" is topped with avocado, tomatoes and walnut "taco meat," with a house-made cashew alfredo sauce. ($11.50)

Bonapita — Meatball "Plate It" (Downtown)
Healthy doesn't have to mean vegetarian. The Mediterranean Bonapita boasts a fryer-free and dairy-free menu. Try the meatball plate, with tender oven-baked all-beef meatballs, rice and veggies. ($8.50)

Mother Juice — MoJu (Cambridge and food truck)
The signature raw, cold-pressed and organic juice is loaded with fruits and veggies. And it has kale. Kale is definitely good for you. ($7)

Root — Root Burger (Allston)

STAFF PHOTO BY ANGELA ROWLINGS

HERE'S SOME HEALTHY CHOICES: Healthy choices can be found at Root, Snap Top Market, Clover Food Lab, Mother Juice and Bonapita, with chef-owner Ilan Barniv, clockwise from top.

This is the ultimate veggie burger, packed with black beans and quinoa and topped with crispy onion rings and garlic aioli. It comes with a salad or fries on the side — we know you'll make the right choice. ($12)

Clover Food Lab — Japanese Sweet Potato Sandwich (multiple locations and food truck)
With Clover's emphasis on locally sourced food, it's not only good for you but for the community, too. Try the Japanese sweet potato sandwich with Shoyu mayo and red cabbage-scallion slaw. ($7)

STAFF PHOTO BY TED FITZGERALD

they wanna clog those arteries

a debate

DELISH DISH: The Artery Clogger, above left, and the Chicken Parmigiana are tasty for those unconcerned about calories.

STAFF PHOTOS BY PATRICK WHITTEMORE (ABOVE) AND ANGELA ROWLINGS (BELOW AND LEFT)

DELICIOUSLY CAREFREE: The junior version of the Cubio — a two-pound Carnitas burrito (held by Anna's Taqueria manager Neidy Gauarrete), above, the Tater Tot Poutine from the Lower Depths, below, and Paris Creperie Cafe's Bear Claw Crepe (displayed by head chef Will Deeks), left, are for people throwing caution to the dietary wind.

Super Splurge

Anna's Taqueria — Cubio (multiple locations)
This off-menu creation is four pounds of your favorite fillings packed into a 30-inch monster burrito. You can share it if you want, but when it comes to giant burritos, there are no rules. ($19)

The MET Back Bay — Chicken Parmigiana (Back Bay)
This MET creation combines two of the greatest things — chicken parmesan, meet pizza. This 10-inch pie forgoes the crust and tops pounded out, breaded chicken with cheese and sauce. ($28)

The Lower Depths — Tater Tot Poutine (Kenmore)
The Lower Depths trades fries for tots in this poutine madness. In addition to being smothered in gravy and melted cheese, this bad boy is topped with fried cheese curds for good measure. ($12)

Boston Burger Company — The Artery Clogger (Somerville and Back Bay)
This burger is fried. A battered. Deep fried. Burger. As if that's not crazy enough, it's topped with bacon, American cheese and BBQ sauce. Absolute. Insanity. ($10)

Paris Creperie Cafe — Bear Claw Crepe (Brookline)
Paris is decadence, and this creperie has plenty of that. Try the Bear Claw Crepe, filled with Belgian cookie butter and topped with a Parisian doughnut glaze. ($6.50)

— nikki.chase@bostonherald.com