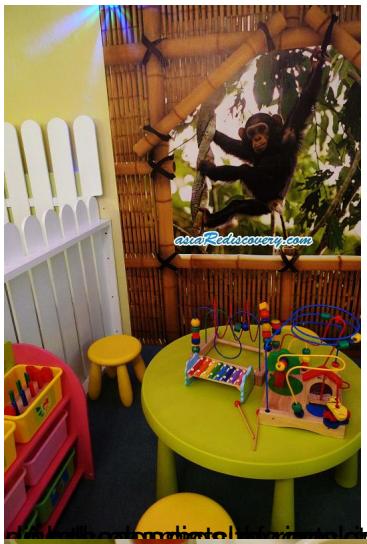
In line with going green, going for organic food is one of the ways to encourage natural and organic farming. Besides, there is less chance of building up notorious chemicals in our body thus a healthier body. In fact, there are many great benefits going for organic produce except the matter on dollars and cents!

Speaking of cost, a decent lunch out in an average Penang restaurant easily sums up to RM10-15 per person. If your budget evolves around this figure, then IE Organic Cafe may come in as an option for you.

Established above an organic market & food center at D'Piazza Mall in Bayan Baru Penang, IE Organic Cafe somehow reminds me of a Korean cafe we used to visit in Austin. Operated in a similar manner - a combo of market and cafe under one roof, the former serves an organic menu while the latter offers an array of Korean dishes.