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Owner of Fresh Kitchen brings his Kitchen and Recipes to feed the Masses

For over 20 years, Scott Cieplinski has literally fed the masses through his career in food services at stadiums, arenas and convention centers around the country. Known as the beer and hotdog guy by day...by night Cieplinski and his wife JE were feeding their children healthy, made-from-scratch meals. After years of a “fresh” restaurant concept dancing in his head, Cieplinski finally bridged his own personal dining gap by opening his first restaurant appropriately named “Fresh Kitchen.” “We decided to share our healthy meals with the masses,” Cieplinski shares, “and just as we suspected, they are eating them up.”

The 1800 square foot restaurant in Hilliard offers up daily, made from scratch Soup, Salad and Bowls. The bowls are a big draw into Fresh Kitchen. Customers can choose from a base of beans and lentils, 3-grain pilaf, kale and spinach or smashed potatoes and add a protein (like grilled chicken, tofu, steak or scampi shrimp). Topping the bowl off there are three options: roasted vegetables, lemon garlic broccoli and balsamic mushrooms. The final step is covering the bowl with four sauce options such as Korean Hot and Sweet or Honey Lime Yogurt. “The sauces are dynamic flavors,” Scott shares, “they really top off all of the menu items nicely.” Fresh Kitchen also offers out-of-the box sandwich options like the “Thanksgiving on Wheatberry” that has turkey, topped with mashed potatoes and cranberries; and grilled cheese with three cheeses, tomatoes and bacon. Because Fresh Kitchen is the centerpiece in one of the healthiest strip malls in the city, that includes three gyms, a supplement shop and a juice shop, Cieplinski has a “superfood” salad with greens, mushrooms, carrots, almonds, cranberries and sweet peppers. “We have partnered with one of the gyms to offer a bowl with the specific caloric needs of their clients,” Scott shares.

Scott and his wife have thought of everything for Fresh Kitchen, including delicious desserts with protein and gluten-free options. “We invested in long-time friend Janie Thayer’s vision of starting her own business by exclusively offering Janie’s Blissful Bites at Fresh Kitchen,” Scott shares, “the dessert line-up includes fresh cookies, power dessert balls and gluten-free bites.” Everything is good at Fresh Kitchen, even the bowls, napkins cups. “We use biodegradable, compostable and recycled material for all of our foodservice,” Scott shares, “at Fresh Kitchen we are committed to a healthy meals and a healthy planet.”

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