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**May 24, 2009****QUICK BITE | HOBOKEN**

Tasting Every Calorie

By KELLY FEENEY

At Energy Kitchen in Hoboken, no dish contains more than 500 calories and every item is grilled, steamed or baked. But flavor is not sacrificed in the burgers, wraps and muffins.

The Hoboken location, which opened in January, is Energy Kitchen's first restaurant in New Jersey; the mini-chain has six locations in Manhattan.

Breakfast, lunch and dinner are served from the sleek counter in the bright, airy shop; it's mostly take-out, but there are a few indoor seats as well as sidewalk cafe tables.

The menu lists the calorie count of everything, down to the Cajun seasoning (2 calories) on the entrée of grilled Norwegian salmon (273 calories). A choice of two sides includes home-style potatoes (124 calories) and spinach (30 calories; the meal costs \$11.99). For those with a more comprehensive interest in nutrition, a fact sheet lists fat, protein and carbohydrate breakdowns, too.

On various visits, I've tried a sampling of good things including a chopped salad with grilled chicken (\$9.49; 284 calories), a moist turkey meatloaf served with a sweet marinara sauce (\$10.99; 312 calories) and a robust [vegetarian](#) chili (\$3.99; 261 calories).

On a recent visit, I took my friend Kevin, who's conscientious about eating vegetables but also likes a juicy steak.

He found the ostrich burger (\$6.99; 271 calories) both flavorful and lean and the lentil soup tasty (\$3.99; 395 calories).

I enjoyed my stir-fry teriyaki chicken wrap with broccoli, cauliflower and brown rice (\$7.99; 472 calories). The mango, strawberry and banana protein punch (\$6.29 for 24 ounces) was worth the extra calories (186).

Energy Kitchen, 96 Hudson Street, Hoboken; (201) 222-8499. Open Monday to Friday, 7:30 a.m. to 10:30 p.m.; Saturday, 9 a.m. to 10:30 p.m.; Sunday, 10 a.m. to 9 p.m. energykitchen.com. KELLY FEENEY

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