

# TimeOut



Photograph: Courtesy Foglia

## Review

## Foglia



Restaurants | Vegetarian

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✓ Recommended

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Written by Rossilynne Skena Culgan

Things to Do Editor

## Time Out says

When you're dining with people who have food allergies and intolerances, finding a restaurant where everybody can eat often feels like an impossible quest. My partner and I are plant-based eaters, and he has a tree nut allergy; unless we're cooking at home, "plant-based" and "nut-free" don't usually mix. Vegetarian restaurants are often packed with nuts. No-nut restaurants are often aimed at carnivores. When I came across Foglia, a chef-driven, award-winning plant-based and tree nut-free restaurant, I was immediately smitten. This quaint restaurant in historic Bristol, Rhode Island, exceeded even my highest expectations.

Lawyer-turned-chef Peter Carvelli earned a well-deserved semi-finalist spot in the 2024 James Beard Awards for his work at Foglia. He whips up exquisite fine dining meals with plenty of precision and zero pretension. Even if you're not a plant-based eater, the menu will delight with its creative twists on everything from "crab" cakes to pastas with sunflower seed cacio e pepe. Menu items change seasonally; since I visited in early summer, I enjoyed a salad with delicate green butter lettuce and the cauliflower roast, accompanied by BBQ arugula pesto, smoky polenta and sunchoke chips. The menu is 100 percent tree nut-free (although some items contain coconut). Additionally, gluten-free options are clearly marked on the menu. If you're up for it, try the chef's five-course tasting menu, which changes seasonally (and sometimes even weekly!).

Find Foglia about a 30-minute drive or a 40-minute bus ride from Newport in the charming town of Bristol.

**The vibe:** This chic, modern spot with botanical accents feels refined without being stuffy. Tables are packed closely enough to give the space a buzzy, busy feel, but not too crowded. Outdoor seating is also available, offering a glimpse of Bristol Harbor.

**The food:** Foglia's plant-based, tree nut-free menu features elevated American fare—think salads, dips, pastas, and large plates. A tasting menu is also available.

**The drinks:** There's an impressive list of fresh cocktails, many with Rhode Island spirits. One of the standouts is the purplish Whoa Blackberry (Bam-ba-lam) Martini, featuring Rhodium vodka, Rhodium limoncello, blackberry liqueur, and lemon juice.

**Time Out tip:** Save room for dessert! Options include the s'mores cheesecake, strawberry rhubarb crumble, and the ricotta pie.

## Details



 **Address**  
31 State St  
Bristol  
02809

 **Opening hours:**  
Mon, Thu, Fri 5–9pm; Sat, Sun 11:30am–  
3pm, 5–9pm

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