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Energy Kitchen names RHYS Commercial agent for Conn., R.I. expansion

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Energy Kitchen, a fast-casual health food restaurant where celebrities like Uma Thurman, Mario Lopez and Penn Badgley have been spotted enjoying its nutritious meals, will soon be opening new locations throughout the Tri-State and New England markets.

The healthy restaurant chain, where nothing on the menu contains more than 500 calories, has just appointed regional real estate company, RHYS Commercial, to handle their rollout in Connecticut and Rhode Island. Currently, the restaurant has eight Manhattan locations and one Hoboken, N.J. outpost. As part of a nationwide expansion with initial concentration on the east coast, the chain is planning to open as many as 25 new locations in Connecticut and Rhode Island over the course of 36 months.

An Energy Kitchen restaurant generally requires 1,300 to 2,500 s/f of space, according to RHYS, which is seeking out locations with excellent visibility, ample parking and high daytime population. The ability to incorporate outdoor dining space is highly valued.

"With a strong following in New York City already, we believe Energy Kitchen's fun and health-conscious concept will have a great reception throughout the northeast," said RHYS senior vice president, Jason Wuchiski, who is representing the restaurant chain together with associate Kristen Martin.

"Restaurants continue to find our region desirable," said Cory Gubner, president and CEO of RHYS Commercial. "With excellent demographics and a health-conscious population, Energy Kitchen will do extremely well and we are pleased that they chose RHYS to represent them."

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