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An Interview with Tonya Godsey Lowe: The Heart and Passion Behind Blondie's and Jim's Bistro in Louisville, Kentucky.

Davron Bowman and Hana Ateeq from Angels & Embers sit down with Tonya Godsey Lowe, owner of [Blondie's and Jim's Bistro](#), to uncover the passion, care, and dedication behind one of Louisville's health-conscious culinary gems.

An Interview with Tonya Godsey Lowe: The Heart Behind Blondie's and Jim's Bistro

Angels & Embers (A&E): Tonya, Blondie's and Jim's Bistro stands out in Louisville for its commitment to health-conscious dining. What inspired you to open a restaurant with this focus?

Tonya Godsey Lowe (TGL): It all started with a deep passion for health and wellness that I've nurtured for over 16 years. I noticed a lack of restaurants in Louisville that offered truly healthy options—places that focused on providing delicious food without compromising on nutrition. Back then, I was one of the few people in Kentucky advocating for wellness. I was into probiotics long before they became popular, and I was always talking about health, even when most people thought I was a bit crazy! I saw how the West Coast embraced these practices, and I wanted to bring that same ethos to Louisville. Our dishes are designed to taste great while taking out unnecessary calories, making healthy eating enjoyable for everyone.

A&E: Your commitment to wellness is evident in everything you serve. Can you tell us more about your process of creating dishes that are both healthy and flavorful?

Tonya: Absolutely! Our focus is always on quality and avoiding processed foods. We believe that food should not only taste great but also nourish the body. For example, we don't use lunch meats in our sandwiches—only real, fresh ingredients like London broil and chicken that we prepare ourselves. Every dish is carefully crafted to be lighter and healthier. For instance, we've made a macaroni and cheese side that guests love-- using 2% milk and no butter, and we test everything to ensure it tastes just as good as, if not better than, the heavier versions.

A&E: That level of care certainly comes through in your offerings. Speaking of unique dishes, could you tell us about some of your signature items, like your popular blueberry toast?

Tonya: Our blueberry toast is a great example of how we balance flavor and health. We add lavender to the warm toast for an extra layer of flavor, and we contrast the warmth of the toast with cold blueberries on top. Blueberries are packed with antioxidants, so this dish not only tastes amazing but also offers health benefits. It's a favorite among our guests.

A&E: Your lemonade has also been getting a lot of attention. What makes it so special?

Tonya: We make scratch-made lemonades that are naturally sweetened with agave and honey. One of our favorites is the Seaside Island lemonade, which has tropical flavors like mango and passion fruit. We even add turmeric to some of our lemonades for added health benefits, like reducing inflammation. The idea is to create drinks that not only refresh but also promote wellness.

A&E: It's clear that you're passionate about educating your customers and staff on health. How do you incorporate this into the restaurant experience?

Tonya: Education is a big part of what we do here. Every second Thursday of the month, we host cooking classes focused on good gut health. I invite doctors to these classes to reinforce the importance of what we're teaching. I also make it a point to visit each table and talk to our guests about the food—how it's prepared, why we chose the ingredients we did, and how it can contribute to their health. It's all about helping people live a healthier lifestyle, one meal at a time.

A&E: Your team seems to be as passionate as you are. What has it been like for them to work at Blondie's and Jim's?

Tonya: It's been amazing. We're a family-oriented place, and that creates a warm environment for both the staff and our guests. One of our team members, Quory Godsey, mentioned how working here has influenced his own lifestyle. He's learned the importance of prepping food, seasoning it well, and how that can make all the difference in eating healthier. The team truly cares about the work they do, and that care shines through in every dish we serve.

A&E: Finally, what are some values that you hold dear and try to instill in your restaurant?

Tonya: For me, it's all about preserving traditions and knowledge—much of which comes from my own upbringing. I believe in using natural ingredients and avoiding processed foods as much as possible. I want Blondie's and Jim's to be a hub where people can learn about healthy foods, and I also believe in giving back to the community. We've hosted events for survivors and contributed a portion of our proceeds to local causes. It's all about creating a space where people feel cared for—both in terms of the food they eat and the impact we have on our community.

Ready to Experience the Health-Conscious Dishes and Warm Service at Blondie's & Jim's Bistro for Yourself?

- **Walk in during normal operating hours. 10711 Meeting Street, Louisville, KY, United States, Kentucky //**
 - Open Tuesday thru Friday from 11am - 8pm
 - Saturday from 10am - 8pm
 - and Sunday from 10am - 3pm
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