

December 17, 2009

Dear friends of ZenKitchen,

Oh the weather outside is frightful, but at ZenKitchen it's so delightful, let it snow, let it snow, let it snow. That tune stuck in my head as I starting writing the newsletter this morning and so I thought I'd share it with you so you can have some background music in your head whilst you read this...



I can't believe it's mid-December already, and you probably can't as well. What a year Dave and I have had with the opening of the restaurant and filming of our TV show, 13 episodes in all, to launch on January 6 on the W Network. The filming is almost over and I can't believe it's been over five and half months since we opened our restaurant. It's been such a challenging and exhausting ride but we are rewarded by the success of the restaurant to date and the smiling faces of our customers, past and present, when we are in the dining room.

So, at this time of year when we are to give thanks for the things that matter in our lives, I want to provide a heartfelt thank you, the many friends of ZenKitchen who have encouraged us from the beginning and those just new to the restaurant who have come in with a curiosity and excitement about what we are doing. Your feedback and support provides us with the fuel to carry on through long and exhausting days at the restaurant and the "drama" as you will see unfold on the TV show.

But, it's not over yet, we have an exciting holiday season planned with a special chef's tasting menu and ending with a wonderful new year's celebration that I hope you can join us for to help us bring in the new year in our special ZenKitchen way. To ease your holiday gift buying frenzy, we'd like to suggest that ZenKitchen gift certificates make a great stress-free, consumable and eco-friendly Christmas gift that your friends and family will want to return to us, and they can be used for both meals at the restaurant and for classes, and there is no expiry date. You can buy them on-line through the [www.zenkitchen.ca](http://www.zenkitchen.ca) website or by visiting us in person Tuesday-Sunday during the hours that we are open.

And at last, I squeezed in the time to organize the cooking classes many of you have been waiting for. Because there seems to be a lot of people wanting to take the classes, I will start with one class called "New Vegetarian Cuisine" that I will run several times. We'll see how they go, and then I'll continue with other classes after that. This is the way I started the monthly gourmet dinners and through monitoring your feedback we developed the food and experience to try to meet and hopefully exceed customer expectations, and I think it's a winning formula.

We will be closed from January 1 to 18 to take some much needed holidays and catch up on our rest, but then we'll open our doors on January 19 to welcome old and new friends with open arms and much good food and wine.

Wishing you a most joyous, healthful and delicious near year with many happy endings at ZenKitchen,

*Caroline and Dave*

## **Bring in the New Year with us!**

We're very excited about celebrating New Year's Eve with you in our new restaurant and are planning a celebratory evening with a special chef's tasting menu to welcome in the new year.

There will be 2 seatings for the evening:

1. Sitting between 5:30 pm and 6 pm: 4 course special chef's tasting menu \$50, with optional wine pairing with the courses \$25
2. Sitting between 8:30 pm and 9:15 pm: 6 course special chef's tasting menu \$65, including sparkling wine and a special Zen new beginnings savoury and sweet sampler plate at midnight, with optional wine pairing \$35.

The price does not include PST and GST and a 15% gratuity will be added to the bill. To reserve, please call us at 613-233-6404 and if we are not in please leave us your name, number, and we'll call you back as soon as possible. We will require a credit card number to hold your reservation and if you must cancel your reservation, you must do so at least 24 hours prior to the date or you will be charged 50% of the dinner price.

## **The Restaurant Adventures of Caroline and Dave – Now on Facebook!**

If you'd like updates on the TV show, you may want to join the Facebook page called "The Restaurant Adventures of Caroline and Dave". It offers behind the scenes pictures and video, discussion groups and news.



The series will air on Wednesdays at 9:00 pm on The W Network, beginning January 6, 2010. W Network can be found on the following channels:

Rogers - 27  
Bell - 602  
Star Choice - 567  
Vidéotron - 101

## **Gift Certificates**

As we approach the gift giving season, we'd like to suggest that ZenKitchen gift certificates make an excellent present. They can be purchased in any denomination, have no expiry date and one size fits all! You can buy gift certificates online at [www.zenkitchen.ca](http://www.zenkitchen.ca) and have them emailed to the recipient or yourself, or purchase

them at the restaurant and take it with you. The gift certificates can be used toward meals at ZenKitchen and cooking classes.

## Holiday and vacation schedule

Open: December 24, December 29, December 30, December 31

Closed: December 25, December 26, December 27

Vacation: We'll close for personal vacation time between January 1 to January 18 and will reopen on January 19, 2010

**December 2009**

S	M	T	W	T	F	S
		1	2	3	4	5
6		8	9	10	11	12
13		15	16	17	18	19
20		22	23	24		
27		29	30	31		

**January 2010**

S	M	T	W	T	F	S
		19	20	21	22	23
24		26	27	28	29	30
31						

## Cooking Classes

### New Vegetarian Cuisine Fundamentals □ Hands-on Cooking Class

Experience the new frontiers of modern vegetarian cuisine with vibrant colours, rich flavours and global inspiration. Whether you are a vegetarian or simply interested in including some vegetarian meals as part of a comprehensive diet, this course will open your mind and palate to the world of exciting vegan, whole foods cuisine. Chef Caroline will discuss the basics of stocking your pantry to cook with whole foods and vegan ingredients and then you'll have the chance to prepare four dishes together in the kitchen. The class comes complete with the recipes, the chance to sample all the food prepared together at the end of the class and the opportunity to ask lots of questions. In order to ensure maximum hands-on experience each class will be limited in size to 12 students. The classes are \$85 per person and will be offered on the following dates:

Sunday, January 24, 1-3 pm

Sunday, February 21, 1-3 pm

To register, email [caroline@zenkitchen.ca](mailto:caroline@zenkitchen.ca) with the date that you are interested in and your co-ordinates, and you will be provided with further details, including how to register. To hold your place, we require full payment in advance (refundable with a minimum 48 hours notice)

### LCBO Rideau Cooking Demonstration Class

The next demonstration class on "ZenKitchen Favourites" is on Tuesday, February 2 from 6-8 pm at the LCBO Rideau Street and the cost is \$50. Chef Caroline will demonstrate favourite dishes from the

ZenKitchen restaurant: Land and Sea Vegetable Salad with Yuzu Vinaigrette; Hand-cut Ravioli with Mushroom Sauce; Mexican Chocolate Cake with Warm Chocolate Sauce. The meal will include small food samples of each prepared recipe and a suitable LCBO product match.

To register, please go to the Customer Service Desk at the LCBO Rideau, 613-789-5226.