



**ZenKitchen Bulletin**  
**January 2011**

**Dear Friends,**

Here's another quick update with some exciting special events! We always look forward to your return, keep warm,

Dave and Caroline

**We're open Monday, February 14th for Valentine's Day**

ZenKitchen is usually closed on Mondays, but we'll open on Valentine's Day for a special 2 seating event.

Our four-course Valentine's menu includes a sparkling cocktail to start (or non-alcoholic option). To better accommodate all food lovers, our special tasting menu will be available in gluten-free and raw options as well. Cost is \$55/person, not including taxes and a 15% gratuity. An optional wine pairing is an additional \$23.

Seatings are available for the 5 pm first seating and 8 pm for the second seating. To reserve, please phone the restaurant at 613-233-6404. We ask that you hold your reservation with a credit card.

By the way, that Valentine's Menu will be available throughout the weekend, Feb 11-13th, too!

**Take Zen home with you**

While we always love having you dine with us at the restaurant, we understand that this is not always possible. Therefore, in response to popular demand, our menu items for dinner, lunch and brunch are now available for take-out, in compostable containers. Just call us ahead with your order and we'll have it ready for you when come by. Our menus are up on the web site.

**Cooking Classes**

Classes are offered at the LCBO store at King Edward and Rideau, or The Urban Element at 424 Parkdale Ave. To register, visit the Customer Service Desk at the LCBO Rideau, 613-789-5226, or contact the Urban Element at [bookings@theurbanelement](mailto:bookings@theurbanelement) or 613-722-0885.

**January 29, LCBO. Fundamentals of Vegetarian Cuisine, Demonstration Class**

If you're new to vegetarianism or just want to include some delicious vegetarian meals as part of a comprehensive diet, join Chef Caroline as she discusses the essential elements of good vegetarian

cooking and stocking your kitchen pantry with healthful ingredients, and shares dishes and recipes with you.

**February 23, The Urban Element, Warming Comfort Food, Hands-on Cooking Class**

Join Chef Caroline to create delicious comfort food that will provide nourishment and warmth on the coldest days of the winter.

**March 30, The Urban Element, Gourmet Vegetarian, Hands-on Cooking Class**

Join Chef Caroline for a menu that blends fresh ingredients with vibrant flavours to create dishes that are beautiful, delicious and healthful.

**April 6, LCBO, Fundamentals of Vegetarian Cuisine (repeat of January LCBO class)**

**May 14, LCBO, Exotic Vegetarian Cuisine, Demonstration Class,**

Join Chef Caroline for a menu of dishes that are interesting, beautiful and flavourful, while being healthful and easy to make.

**June 8 LCBO, Japanese Izakaya Bar Food - Cooking Demonstration**

"Izakaya" in Japanese means a gathering place, a bar or restaurant offering casual food and drink. Tonight we'll prepare a variety of small tapas-like dishes that are often served at izakayas and shared over drinks with friends.

**Our Hours**

**Dinner:** Tuesday-Sunday, 5pm – 10 pm

**Lunch:** Thursday and Friday, 11:30-2 pm

**Sunday Brunch:** 11 am – 2 pm

**Reservations highly recommended. Use our easy on-line system or give us a call at the restaurant 613-233-6404.**