

ADULT COOKING CLASSES – JULY 2018

Gulp! With our unveiling of our new life plan in the June 2018 schedule release, sitting here realizing that this could well be my second to last note regarding new upcoming classes. Quite honestly, a very sad prospect. However, not going to dwell on this quite yet nor shed any tears right now or even start reminiscing about our great 8 year run with our Treasure Valley foodies & friends. I know the demand for July 2018 cooking classes will be through the roof, so this preamble will be short & sweet.

Realizing most people will probably skip this verbiage, in an effort to “cut to the chase” of getting a class reservation on the books, just a couple of housekeeping notes. First and foremost, current Gift Certificate holders need to get on the ball and take every advantage to use their GCs before we close our doors. This time/deadline is coming in the not too distant future as we’re looking at a closure upon completion of the last class on Saturday August 18, 2018.

So what’s on tap for July 2018? We’ve got 1 private class (on the books prior to our decision to move up our exit to Italy) & 12 scheduled cooking classes open to the public. We’ll feature a line-up of 1 *Thai* cooking class, 2 nights of *Middle Eastern* fare and 9 evenings of Italian cuisine. Our *Guru of Grub* has created a varied slate of menus with lots of new recipes & dishes, along with plenty of culinary creations utilizing Mother Nature’s summertime bounty as primary ingredients.

Take a few moments to peruse the following cooking class offerings and then make your plans to come join us during July 2018. If you are a Gift Certificate holder, now would be the time to actually pull the cord and come join us. It’s literally getting to the point of now or never! During your 2-1/2 hours or so in the comfort of our *Fuel for the Soul* HQ, you’ll be treated to some truly fabulous new culinary discoveries, along with a host of kitchen science, tips & tricks. Depending on your mood, you can either opt to just sit back & observe the menu preparation or be an active participant & work alongside our *Guru of Grub*. Either way, you’ll be sure to pick-up some newfound knowledge for your own bag of kitchen tricks from *Fuel for the Soul’s* Tiziana Lancedelli, our most lovable kitchen geek.

These cooking classes, aka cooking demonstrations, are a unique Boise experience and further enhanced as a very intimate gathering of only 10 guests. Our classes aren’t just about learning nor having small tastes of each menu item prepared in class that evening. We set aside plenty of time to indulge your gustatory cravings, as you feast on the fruits of our labor in the form of a full 3-5 course meal at our communal table and in the comfortable surroundings of our “classroom”. We’d be most honored to have you share an evening with us in our North End HQ for a celebration of fabulous food & cheer.

Book now to secure your seat in one of the gastronomic adventures offered during July 2018, especially those of you whom are holders of Gift Certificates. Then get ready to relax and let *Fuel for the Soul* be your guide for the evening’s culinary sojourn. Thanks for all of your support over these past 8 years!

Friday July 6, 2018 - 6:30pm - 9:00pm - Thai Cooking Class

1st Course: **Nuea Kam Wan**

Thai Beef Salad with Locally Sourced Beef (Cut Dependent on What’s Available & and Looks “Killer” at Farmer’s Market) Marinated in Fish Sauce, Oyster Sauce & Pepper and Then Perfectly Grilled & Thinly Sliced - Served Over a Bed of Organic Savoy Cabbage, Persian Cucumbers, Vine Ripened Seasonal Organic Tomatoes, Red Onions and Garden Fresh Local Organic Cilantro & Mint - Drizzled with a Housemade Garlic & Chili Pepper Dressing (Fish Sauce, Thai Chili Peppers, Shallots, Freshly Squeezed Organic Lime Juice, Sugar & Garlic)

2nd Course: **Gaeng Panang Gai**

Cubed Draper Valley Farms (NW) Natural Chicken Breasts Cooked with Coconut Milk, Penang Curry, Ground Roasted Peanuts & Fish Sauce and Topped with Coconut Cream, Slivered Organic Red Bell Peppers, Kaffir Lime Leaves & Market Fresh Organic Thai Basil



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Friday July 6, 2018 - 6:30pm - 9:00pm - *Thai Cooking Class* - CONTINUED

3rd Course: **Phak Chnid Hnung Pad Prik Pow**

Stir Fried Chinese Broccoli with Market Fresh Organic Thai Basil & Our Housemade Roasted Chili Garlic Paste (aka Food Crack!)

Dessert: **Chocolate Mousse with Chili**

East Meets West in a Fusion-ized Decadent, Rich, Dense Dark Chocolate Mousse Enlivened with the Spice & Flavors of Thai Chili Peppers

Saturday July 7, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Tagliatelle al Limone**

Housemade Fresh Tagliatelle Pasta (Fettucine) Tossed in a Light & Zesty Cream Sauce with Organic Lemon Zest, Garden Fresh Local Organic Arugula & Freshly Grated Parmesan Cheese

2nd Course: **Millefoglie di Tagliata**

Beef Tenderloin is Grilled to a Rare/Medium Rare Perfection and Then Thinly Sliced - The Meat is Next Tossed/Dressed with Extra Virgin Olive Oil from California, Garden Fresh Local Organic Rosemary & Artisan Sea Salt - Served Layered with Garden Fresh Local Organic Arugula & Freshly Shaved Parmesan Cheese and Finally Drizzled with Our Housemade Balsamic Vinegar Reduction

3rd Course: **Fagiolini con Nocciole**

Oven Roasted Market Fresh Seasonal Organic Green Beans are Tossed with Heavenly Browned Butter, Freshly Grated Organic Orange Zest & Slivered Almonds to Add a Bit of Crunch

Dessert: **Torta alla Mousse**

An Incredibly Delicious Recipe Delivers an Absolutely Decadent, Rich, Dense Truffle-Like Orange Chocolate Mousse Cake that will Blow Your Mind (And Taste Buds to Boot!)

Sunday July 8, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: **Risotto al Pesto**

This Italian Classic from Liguria Gets a Gluten Free Twist by Being Made with Creamy Italian Arborio Rice in Lieu of Pasta, Garden Fresh Local Organic Basil, Pine Nuts, Garlic, Extra Virgin Olive Oil from California & Freshly Grated Parmesan Cheese

2nd Course: **Scaloppine alla Pizzaiola**

A Staple from Southern Italy Featuring Draper Valley Farms (NW) Natural Chicken Breasts Thinly Sliced & Pounded into Tender Scaloppini - Then Pan Seared and Topped with Our Simple & Tasty Housemade Organic Tomato Sauce, Ample Mozzarella Cheese & Dried Homegrown Organic Oregano

3rd Course: **Fagiolini al Burro**

Blanched Market Fresh Seasonal Organic Green Beans are Tossed with a House Compound Butter Made with Organic Lemon Zest, Garlic & Smoked Paprika

Dessert: **Fragole con Crema al Limone**

Market Fresh Seasonal "Vine Ripened" Organic Strawberries are Topped with Our Ethereal Homemade Sweet & Tangy Lemon Curd and Freshly Whipped Cream



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Wednesday July 11, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: *Torta Salata di Ricotta e Zucchine*

Savory from Scratch Rustic Tart with Our Housemade Fresh Ricotta Cheese, Fried Organic Garlic, Thinly Sliced Garden Fresh Seasonal Local Organic Zucchini & Organic Lemon Zest

2nd Course: *Scaloppine al Limone*

Draper Valley Farms (NW) Natural Chicken Breast Piccata - Thinly Sliced & Pounded into Classic Chicken Scaloppini - Then Pan Fried in Butter & Oil with Preserved Capers, Garden Fresh Local Organic Parsley and a Housemade Lemon Sauce with Organic Lemon Juice & Dry White Wine

3rd Course: *Patate al Forno*

Oven Roasted Potatoes are Browned & Crisped and Then Liberally Tossed with Garden Fresh Local Organic Rosemary, Artisan Sea Salt & Extra Virgin Olive Oil from California

Dessert: *Macedonia con lo Zabaglione*

Market Fresh Seasonal Organic Chef's Whim Fruit Salad with Our Homemade Sabayon Sauce

Thursday July 12, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: *Tortine con Pomodoro*

Warm Housemade Scallion Shortcakes Filled with Whipped Mild, Soft & Creamy Goat Cheese, Garden Fresh Local Organic Chives & Garden Fresh Seasonal Organic Vine Ripened Tomato Salad

2nd Course: *Crespelle al Pesto*

Oven Baked Freshly Made Savory Crêpes Filled with a Mixture of Our Fresh Homemade Ricotta Cheese & a Classic Pesto Genovese Made from Garden Fresh Seasonal Local Organic Basil, Garlic, Pine Nuts & Extra Virgin Olive Oil from California and Topped with a Housemade Béchamel Sauce & Topped with Freshly Grated Parmesan Cheese (Parmigiano Reggiano)

3rd Course: *Insalata di Sedano*

A Fabulous Summer Salad with Crisp, Cold Organic Celery, Toasted Walnuts & Fontina Cheese All Tossed in a Housemade Creamy Gorgonzola Cheese Dressing with Freshly Cracked Black Pepper

Dessert: *Zabaglione con le Pesche*

Luscious Tree Ripened (Idaho or NW) Seasonal Organic Peach "Salad" Topped with a Freshly Made House Sabayon Sauce

Friday July 13, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: *Pasta al Limone*

Classic Italian Summer Pasta Dish Featuring Spaghetti Tossed with Fried Garlic, Garden Fresh Local Organic Arugula and a Creamy House Organic Lemon Sauce

2nd Course: *Pesce in Crosta*

Oven Roasted Market Fresh Rockfish Fillets with a Crunchy Crust of Almonds, Organic Lemon Zest & Chef's Whim Selection of Garden Fresh Local Organic Herbs

3rd Course: *Insalata della Casa*

A Selection of Garden Fresh Local Organic Mixed Seasonal Greens with Organic Lemon Zest, Toasted Pumpkin Seeds & a Housemade Fried Shallot Vinaigrette

Dessert: *Crostata al Limone*

A Luscious Sicilian Style Tarte Simply Filled with Our Exquisite Housemade Sweet & Tangy Lemon Curd - The Perfect Palate Cleansing Finish to Your Meal



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Saturday July 14, 2018 - CLOSED for PT with Our Recently Returned Son (1 Year in Argentina)

Sunday July 15, 2018 - CLOSED to Catch Our Breath and for the Observance of Be a Dork Day, Cow Appreciation Day, National Ice Cream Day, Tapioca Pudding Day, Orange Chicken Day, Gummi Worm Day, Lake Superior Day, National Pet Fire Safety Day, Give Something Away Day, the Last Day of Nude Recreation Week & International Sister Cities Days and the Beginning of National Body Piercing Week, Everybody Deserves a Massage Week & National Zoo Keeper Week

Thursday July 19, 2018 - 6:00pm - 8:30pm - *Italian Cooking Class*

1st Course: Crostini con Pomodori

Thick Slices of Toasted Rustic Artisan Acme Bread are Slathered with our Housemade Fresh Ricotta Cheese and Then Topped with a Chopped Mixture of Garlic, Onions, House Oven Roasted Seasonal Organic Tomatoes & Cannellini Bean and Finished Off with a Drizzle of Extra Virgin Olive Oil from California & Chopped Garden Fresh Seasonal Local Organic Basil

2nd Course: Scaloppine in Rosa

Draper Valley Farms (NW) Natural Chicken Breasts are Thinly Sliced & Pounded into Classic Chicken Scaloppini - Then Pan Fried to a Golden Brown with a Cream Sauce of Pink Peppercorns, Tomato Paste & Italian Mascarpone Cheese

3rd Course: Insalata di Zucchini

Always at a Loss as to How to Utilize Your Mounds of Zucchini from the Garden? This Summer Salad Makes Great Use of Thinly Shaved Garden Fresh Seasonal Local Organic Zucchini Mixed with Chunky Morsels of Tree Ripened Organic Avocado All Tossed in a Freshly Made House Creamy Buttermilk & Garden Fresh Local Organic Herb Dressing with Basil, Parsley, Cilantro, Scallions, Garlic, Organic Lemon Juice & A Couple of Anchovies for that Umami Kick

Dessert: Crostata di Prugne e Frangipane

Sweet Tarte Filled with an Incredibly Delicious Housemade Creamy Almond Custard, Slices of Seasonal Tree Ripened (NW or Idaho) Organic Plums & Slivered Almonds

Friday July 20, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class*

1st Course: Fattoush

The Middle Eastern Culinary Answer to Tuscany's Panzanella - This Salad Includes Toasted Locally Made Fresh Pita Bread, Organic Persian Cucumbers, Vine Ripened Organic Tomatoes, Garden Fresh Local Organic Mint & Parsley, Scallions, Freshly Squeezed Organic Lemon Juice, Crumbles of Creamy Bulgarian Style Feta Cheese from Israel and a Generous Amount of Extra Virgin Olive Oil from California

2nd Course: Alsamak Almashawi mae Chermoula

Chef's Whim Market Fresh White Fish Fillets Oven Roasted with Seasonal Vine Ripened Organic Cherry Tomatoes & Chermoula (A North African/Moroccan Herb Sauce Made with Garden Fresh Local Organic Parsley & Cilantro, Chili Peppers, Garlic, Smoked Paprika from Penzeys Spices, Cumin, Tomato Paste & EVOO



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Friday July 20, 2018 - 6:30pm - 9:00pm - *Middle Eastern Cooking Class* - CONTINUED

3rd Course: **Mejadra**

A Traditional Spiced Basmati Rice & Lentil Dish, Common to Many of the Middle Eastern Countries, is Seasoned with Toasted Cumin & Coriander Seeds, Turmeric and Allspice - Then Served with a Generous Topping of House Fried Onions

Dessert: **Tahini Chocolate Cake**

From the Author of "Smashing Plates", Chef Maria Elia Creates a Luxurious & Fudgy Chocolate Cake Based on Her Greek/Cypriot Background that Incorporates Tahini & Sesame Seeds into this Rich, Soft Core Chocolate Cake which is Served in Individual Ramekins & Topped with Crème Fraîche & Freshly Grated Organic Lime Zest

Saturday July 21, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Tagliatelle ai Funghi**

Housemade Fresh Tagliatelle (Fettuccine) Pasta is Dressed with a Sautéed Organic Mushroom Ragout, Unsalted Butter, Salted Pistachios, Freshly Grated Parmesan Cheese & a Dusting of Garden Fresh Local Organic Parsley

2nd Course: **Braciolo con Gremolata**

Malheur River Meats (Vale, OR) Natural Pasture Raised Pork Chops are Grilled & Served with a Housemade Gremolata Sauce (Chopped Herb Condiment/Sauce) Made with Garden Fresh Local Organic Chef's Whim Herbs, Organic Lemon Zest, Garlic, Preserved Capers, Extra Virgin Olive Oil from California & Artisan Sea Salt

3rd Course: **Insalata di Carote**

Shredded Organic Carrot Salad with Garden Fresh Local Organic Arugula, Shallots, Toasted Pepitas & a House Champagne Vinaigrette

Dessert: **Torta ai Mirtilli**

Yet Another Incredible Treat from the Genius of Yotam Ottolenghi, This is an Absolutely Delectable Blueberry & Almond Cake Drizzled with Lemon Icing - A True 24/7 Dessert!

Sunday July 22, 2018 - CLOSED to Catch Our Breath and for the Observance of Mango Day, Spooners Day, Crème Brûlée Day, Parent's Day, Hammock Day, Rat Catcher's Day, Pi Approximation Day/Casual Pi Day and the Last Day of Comic Con International & Quilt Odyssey Week

Wednesday July 25, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class*

1st Course: **Crostini di Ricotta**

Toasted Slices of Acme Local Artisan Bread Topped Two Ways with Our Homemade Fresh Ricotta Cheese: Version #1 Adds in Fried Shallots & Garlic to the Ricotta Cheese, While Version #2 Features Organic Lemon Zest, Garden Fresh Local Organic Chives & Thinly Sliced Local Organic Radishes

2nd Course: **Maiale alle Erbe**

Grilled Salmon Creek Farms (ID) Natural Pork Tenderloins Seasoned with a Marinade of Garden Fresh Local Organic Cilantro, Parsley & Mint, Garlic, Fresh Ginger, Organic Lemon Zest, Freshly Squeezed Organic Lemon Juice, Soy Sauce & Local Organic Artisanal Honey



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Wednesday July 25, 2018 - 6:00pm - 8:30pm - *Happy Hump Day Italian Cooking Class* - CONTINUED

3rd Course: **Couscous con Pomodorini**

Saffron Infused Couscous with House Oven Dried Organic Cherry Tomatoes & Caramelized Onions

Dessert: **Mousse al Cioccolato**

An Intensely Rich, Dense & Decadent Dark Chocolate Mousse Infused with Orange Essence

Thursday July 26, 2018 - 6:00pm - 8:30pm - *Middle Eastern Cooking Class*

1st Course: **Sultat mae Sulsat Altahina**

Garden Fresh Seasonal Local Organic Mixed Greens with Organic Red Bell Peppers, Crumbled Bulgarian Style Feta Cheese from Israel, Salted Pistachios & Our Housemade Tahini Dressing

2nd Course: **Aldijaj Almushawiu mae Altawabul**

Another Fabulous Dish from the Dynamic Duo of Sami Tamimi & Yotam Ottolenghi Features Draper Valley Farms (NW) Natural Chicken Thighs (Skin-On/Bone-In) Oven Roasted with Garlic, Onions & Freshly Squeezed Organic Lemon Juice and Seasoned with Allspice, Sumac & Cinnamon - Then Topped with Fried Pine Nuts & Garden Fresh Local Organic Parsley and Served with Freshly Baked Homemade Flat Bread

Dessert: **Holu**

In 3 Words, Peaches and Cream! However, Persian Cooking is So Much More Than That!! Tree Ripened (NW or Idaho) Seasonal Organic Peaches are Poached in Anise Liquor, Vanilla & Sugar - Served with Freshly Whipped Cream Infused with Organic Orange Zest & Cardamom

Friday July 27, 2018 - 6:30pm - 9:00pm - *Private Italian Cooking Class*

Saturday July 28, 2018 - 6:30pm - 9:00pm - *Italian Cooking Class*

1st Course: **Pasta alla Crudaiola**

Great Hot Weather Classic Italian Dish Featuring Warm Penne Pasta Tossed with Room Temperature/Uncooked Ingredients Including Mozzarella Cheese, Seasonal Vine Ripened Local Organic Cherry Tomatoes, Kalamata Olives, Pressed Garlic, Garden Fresh Seasonal Local Organic Basil & Extra Virgin Olive Oil from California

2nd Course: **Pesce in Crosta**

Market Fresh White Fish Fillets Oven Baked with a Seed & Garden Fresh Herb Crust Including Pepitas, Sunflower Seeds & Sesame Seeds with Garden Fresh/Homegrown Local Organic Marjoram & Rosemary

3rd Course: **Carpaccio di Zucchine**

Fantastic Summer Salad with Thinly Sliced Garden Fresh Local Organic Zucchini Tossed in a Housemade Creamy Buttermilk & Chef's Whim Organic Herb Dressing Don't Throw Another Zucchini Inside the Open Window of Your Neighbor's Car!

Dessert: **Torta alle Pesche**

This Italian Style Upside-Down Cake is the Perfect Ending to a Summer Meal Featuring Tree Ripened (NW or Idaho) Seasonal Organic Peaches & Plums



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Sunday July 29, 2018 - CLOSED to Catch Our Breath and for the Observance of National Lasagna Day, International Chicken Wing Day, Rain Day, Lipstick Day, the Beginning of Single Working Women's Week, the Last Day of Garlic Days and the End of National Hot Dog Month, National Deli Sandwich Month, National Grilling Month, National Picnic Month & National Watermelon Month

For more general information, class costs & how to book your reservation, check out our fine print below:

2018 Pricing for all scheduled cooking classes with Chef Tiziana Lancedelli is \$65.00 per person for either Italian, Thai, Middle Eastern or North African Inspired cuisine. As we want to leave as much room in the schedule for cooking classes open to the public, WE WILL NOT BE BOOKING ANY MORE PRIVATE CLASSES DURING 2018! Cost for all cooking classes includes kitchen instruction/demonstration, recipe preparation, take-home recipe packet & time to gather round the dining room table to savor each gastronomic delight served as part of a hearty & satisfying multi-course meal.

To book your seat(s) in one of our upcoming monthly cooking classes, send your reservation request by e-mail to Joel at joel@fuelforthesoulboise.com. Please make sure to include the date(s) for your reservation AND the # of required seats for each requested class. Best to include not only your 1st choice, but a 2nd & 3rd choice of class dates as well.

*All cooking classes are held at our Custom Built HQ, located in the heart of Boise's North End at 1941 N. 18th Street - Southwest corner of 18th & Dewey Streets

*Cooking Classes are scheduled for 2-1/2 Hours and typically run from 6:00pm-8:30pm on Wednesdays, Other Weekdays & Sundays and 6:30pm-9:00pm for both Friday & Saturday classes. We ask that guests arrive on-time in consideration of your classmates. However, as we have quite a bit of prep that needs to be done in the 2 hours prior to your class, we very much appreciate your efforts to time your arrival no more than 10 minutes prior to the start of your class.

*Payment for cooking classes can be made by checks or cash - **Sorry no plastic (credit or debit) cards accepted**

*Please make checks payable to Fuel for the Soul

*To secure your spot at the table, please send your check to Fuel for the Soul, 1941 N. 18th Street, Boise, Idaho, 83702 within 4 days of your verbal or e-mailed preliminary reservation confirmation. Reservations not paid in full within 4 days will be released for re-sale, unless prior arrangements have been made with Fuel for the Soul. For bookings made within 48 hours of the actual class date, the fees are then just payable prior to your arrival for class.

***Cooking class payments are NON-REFUNDABLE!** Think of your purchase for seats in our cooking class as you would if you bought tickets to a concert or theatrical performance. Those folks won't refund your money either, although our policy is definitely a bit more lenient & accommodating. Should you need to cancel your reservation after making payment or you are a no-show for any reason, we will not issue a refund of your class payment(s). Why? This often occurs at the last minute and thus we are not able to fill your seats, which results in lost revenue for us. However, if we have enough time and are able to re-sell your cancelled reservation, we will issue a House Credit. This credit can be used as payment to book any available cooking class of your choice at a future date. This cooking class must be a regularly scheduled class and the date of the class to be mutually agreed upon by both parties. Otherwise, we strongly suggest you sell your seats or give them away to friends or family (Pay it Forward!). House Credits are NON-TRANSFERABLE & NON-REFUNDABLE. Also, should the House Credit be used to book seats in a future class and the reservation is cancelled once again, the House Credit would become NULL & VOID and FORFEITED.

*We endeavor to create an intimate, convivial and relaxed atmosphere in which you can enjoy your evening out on the town, so **our cooking classes are intended for adults (21 years & older) only.**

*The cooking classes are not held in a commercial facility with a large amount of prep & cooking space, nor an endless reserve of ingredients in a walk-in refrigerator. For each of our classes, we provision based on the menu which will be offered/prepared in class and solely for the amount of people attending each class. As a result, we have a VERY limited ability to substitute ingredients and thus accommodate guests with food allergies and/or dietary restrictions. While sometimes we can easily omit offending ingredients from a dish without compromising the dish, it is best for all concerned if you select a class with a menu appropriate to your eating habits & dietary needs/restrictions.

*All fresh recipe ingredients are subject to change and/or substitution based upon availability of fresh seasonal products in local markets &/or thru our network of local, independent growers & provisioners of food ingredients, as well as what may be available from our own organic gardens.



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