



MEDIA RELEASE
March 24, 2009

Snow's Gone and Spring Reigns at Trafalgars Bistro

(VANCOUVER, BC) When Chef Chris Moran planted his first seedlings on Trafalgars Bistro's rooftop garden in late February, he didn't expect snow in March. The hardy fledgling vegetables and herbs survived; diners can expect the chef's fresh seasonal bounty to grace their plates in the hot summer months. Until then, spring ingredients, new choices for a three-course *prix fixe* menu and seasonal Ocean Wise selections are the latest features on the popular Kitsilano eatery's spring-to-summer menu offering.

Go wild and Ocean Wise at brunch, lunch and dinner

Trafalgars Bistro adds to the popular stand-bys on its daytime menu with new dishes like roasted corn soup with cracked pepper crème fraiche. A new Ocean Wise lunch entrée of Grilled Pacific Halibut is served with butternut agnolotti, arugula pesto and roasted tomato relish.

Add Ocean Wise seafood incidentals to any dish on the menu, from the roasted garlic Caesar salad to the new roasted corn soup to Chef Moran's signature Wild Mushroom Risotto with truffle oil, fresh herbs and shaved Piave cheese.

In keeping with ocean-friendly seafood choices under the Vancouver Aquarium Ocean Wise program, seafood incidentals include: five B.C. spot prawns (\$9), three jumbo Qualicum Beach scallops (\$8) and smoked wild salmon (\$7). Diners can add incidentals onto any item on both the lunch and dinner menus,

Enjoy flexible plate sizes and a \$42 three-course fixed price dinner

At Trafalgars Bistro, you can enjoy the flexibility of mixing and matching small plates, medium plates, appetizers, entrees and incidentals. Start with a small plate of fresh spring greens in rosemary vinaigrette. Move onto one of the new medium plate items like Garlic B.C. Spot Prawns with a grilled vegetable terrine and roasted red pepper sauce. Try the new appetizer of Braised Lamb Terrine with caper aioli and fried zucchini batons. For the main course, make it Quail with Wild Mushroom Duxelles, beets and Israeli cous cous. Wrap up with your selection of an artisan cheese accompanied with fresh fruit and toasts.

Desserts, as always, are a choice of cakes, tarts and flans prepared by the talented pastry chefs at partner patisserie Sweet Obsession Cakes and Plates and artfully plated at Trafalgars Bistro.

For excellent fixed price value, Trafalgars Bistro is continuing to offer one choice each from the appetizer, entree and dessert menus for a set price of \$42 for three-courses, plus tax and gratuity. All items are also available a la carte: appetizer \$14, entrée \$26 and Sweet Obsession dessert \$8.50.

Trafalgars Bistro is located at 2603 West 16th Avenue and is open everyday for brunch and lunch, and for dinner from 5 pm Monday through Saturday. For menus, visit www.trafalgars.com. For reservations, call 604 739-0555, extension 1.

- end -

Media Contact:

Kathy Eccles, On Cue Communications, tel: 250-722-2031, kathy@on-cue.ca