



JULY 12TH 2010

AMERISTAR CASINO RESORT SPA ST. CHARLES

The Ameristar Casino is one of the best casinos in Missouri for eating out. An excellent group of restaurants featuring everything from gourmet goodies to quick eating options can be found at the Ameristar Casino. The 47 Port St. Grill, the Amerisports Bar, the Casino Deli, the Falcon diner, the King Cat Club, the Landmark Buffet, and the Pearls Oyster Bar are all located on site at the Ameristar Casino St. Louis. The Landmark Buffet is perhaps the most famous eating establishment at the casino and the most popular. The Landmark Buffet is designed to look like a nineteenth century outdoor market, and features food almost completely around the clock.

PEARLS OYSTER BAR

The best of New Orleans comes to St. Charles. This warm, inviting restaurant takes inspiration from Creole and Cajun culture and cuisine, with fresh seafood as the main attraction.

You might want to start your evening at Pearls with one of the many signature rum drinks such as the Flaming Hurricane (A fruit-packed punch of tropical juices and island rums with a splash of Galliano) or perhaps you would prefer Pearls famous Thai Tea with milk and tapioca pearls.

You'll want to take your time looking over the many and varied choices their menu has to offer. Starting with the Ice Bar Where they have Oysters on the half shell, peel and eat shrimp, or shrimp cocktail with zesty Creole cocktail sauce. Continuing on with the appetizers featuring clam chowder served in a **Fresh Baked** bread bowl, popcorn lobster and fried calamari served with Cajun **remoulade**

Now you may start to see a theme as we continue through the menu with the house specialties. First and foremost is the Bouillabaisse (shrimps, scallops, mussels, clams, and fish poached in a light tomato broth with secret herbs and spices) Next up is the Louisiana Pan Roast (seafood in creamy tomato broth seasoned with a blend of basil, oregano, paprika, and pepper and some secret spices.) With The Louisiana Pan Roast you have your choice of one or any combination of crab, shrimp, or oysters. The list of specialties continues with a real favorite at pearls the Hearty Seafood and Chicken Gumbo.

Pearls also offers the Traditional Seafood Boil with Jumbo shrimp, crab or a combination of both. The Frog Legs tempura fried and served with a spicy *piquante* is a rare treat for the adventurous ones. Not to leaves anyone out Pearls also offers a few Asian inspired dishes. The Won Ton soup, Udon Noodles, Pad Thai, Crab Fried Rice, Beef Chow Main, and Mongolian Beef are prepared just the way you would expect at your favorite Asian restaurant.

Make sure you save room for desert because you don't want to miss the Chocolate Beignets. Beignets are a New Orleans pastry specialty. Basically they're little deep fried doughnuts or fritters covered with confectionary sugar. As if they weren't decadent enough Pearls servers these delicious Beignets with Bourbon vanilla bean ice cream.



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HEALTH MATTERS

HEALTH BENEFITS FROM SEAFOOD

Seafood contains essential oils that are an important part of your diet. Oils provide the source of energy we need and they are also great flavor enhancers. More importantly, they are a source of significant fatty acids.

Seafood oils are unique and have great nutritional benefits to our body. This oil contains the omega-3 polyunsaturated fatty acids, specifically the eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Our body only produces small amounts of these important fatty acids; therefore we need to rely on other sources for this essential nourishment. Seafood is one of the best sources of these nutrients. In fact, oils are the second biggest components in most seafood.

Eating seafood just once or twice a week can provide good health benefits. Eating fresh seafood is a great way to obtain your required dose of these essential oils. Oils extracted from seafood are also available as nutritional supplements.

Oils derived from seafood help prevent some of the most deadly diseases today, including Alzheimer's disease, asthma, arteriosclerosis, bipolar disorder, bronchitis, cancer, heart diseases and more.

The omega-3 oils decrease the risk of heart diseases, high blood pressure and rheumatoid arthritis. They are also beneficial to infants' brain and eye development.

The oils in seafood can also prevent osteoporosis. This is because the oils improve calcium absorption in our bones and can prevent the bones from becoming brittle.

According to recent findings, Omega-3 also helps improve people's immune functions, thereby reducing infections.

Seafood oils are known to have properties that lower blood pressure, benefiting especially those suffering from hypertension.

Another kind of oil found in seafood is the omega-6 fatty acid. This is important for growth and plays an important role in people's health and well-being.

Eating a seafood diet can also help you reduce weight. For years, seafood has been part of many weight loss programs. This is because, unlike diet pills, seafood is natural and has beneficial properties to people.

You can prepare many delicious seafood dishes from great seafood recipes. You can fry or grill seafood. You can combine it with fruits and vegetables to make it even more delicious. You can marinate it and further enhance its flavor.



Weekly Produce Newsletter

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THEY'RE HERE!!



Specialty Melons

Melons are in the same gourd family as squashes, cucumbers and pumpkins. In fact, they have a very similar structure to squash with thick flesh and an inner seed-filled cavity. So what's the difference between melons and squashes? It's really the way that they're used. Squashes are considered vegetables and generally need cooking; while melons are usually consumed raw as fruits and are known for their sweet and juicy flavor.

While there are a few varieties of melons that are now available year-round, summertime still brings the best selection and peak of sweetness for this fruit. Starting in May and continuing through September, there are some specialty melons that come in interesting shapes, sizes, colors and tastes.

IN STOCK



Casaba

Tough, wrinkled rind is a deep, rich yellow when ripe. Flesh is mild, very juicy and creamy white in color.



Crenshaw

Mostly smooth, golden yellow rind with a sweet, rich aroma when ripe. Thick orange flesh has a rich, distinctive flavor.



Juan Canary

Rind is smooth, firm and a deep, rich canary yellow when ripe. Its white flesh is very sweet and succulent.



Santa Claus

Rind is smooth with mottled dark green and light green stripes when ripe. Flesh is shades of light green, juicy and very sweet.

As a special value, Ole Tyme will pack a mixed variety case
With at least one each of our specialty melons

*BE SURE TO ASK ABOUT OUR
SUPER SWEET "KISS" MELONS*