



Weekly Produce Newsletter

MARCH 29TH 2010



COME CATCH ALL THE BRACKET BUSTING FUN
WATCH YOUR FAVORITE TEAM ON ONE OF OUR MANY BIG SCREENS
(EVEN IN THE DINING AREA)

NOW WITH TWO GREAT LOCATIONS!

Kirkwood

13645 Big Bend Rd.
Kirkwood, MO 63122
Phone: 636.225.1300
Fax: 636.225.1305

Hours of Operation:
Monday - Saturday 11 am to 1 am
Sunday 11 am to 12 am

Chesterfield

15824 Fountains Plaza Dr.
Chesterfield, MO 63017
Phone: 636.230.3400
Fax: 636.230.3403

Hours of Operation:
Monday - Saturday 11 am to 1 am
Sunday 11 am to 12 am





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The Corner has its roots firmly planted in the local community, as the ownership is a group of friends that have grown up together in the St. Louis area. The Corner opened in October 2008 to rave reviews and quickly became a popular place for family and friends to hang. With its relaxing atmosphere and friendly service, you will feel right at home. The owners Brent and Jon are always on hand to assist with menu or drink selections or just to shoot the breeze

Speaking of menu selections ...Let's get to it.

Gotta hav um tizers!

"Ain't no thing but a chicken wing" everybody's got em but you ain't tried these
One pound of wings dipped in our seven-spice sauce

Fried Pickles If you ain't tried em don't knock em.
Full sized spears rolled in seasoned batter severed with "horsey" sauce

Pepper Jack Cheese Cubes Not your average cheese stick.
Breaded and severed hot with our own marinara sauce.

That's not all there is, there's more, lots more, but we have to move on.

Salads are always next up, so let's talk about two that depart from the norm.

The Fiesta salad Tortilla chips, shredded lettuce, black beans, corn, sour cream, cheddar cheese, homemade pico de gallo and served with salsa -ranch. This is excellent the way it is but you can add seasoned ground beef or chicken.

Steak Salad Mixed Greens with Chunks of grilled steak topped with Madera wine reduction, fried onions, crumbled blue cheese and cherry tomatoes.

The Corner is very proud of the next item on the menu-- their award winning soups. They only list one on the menu "The Drunken potato". The rest are "soups of the day", made fresh every day.

Burgers, sandwiches, wraps (over 30) and entrees that include steak, chops, and tilapia make this menu a stunner. They also have pizza and a kids menu with mac-n- cheese jeez!

Here is a short list, just a few of the usual. The Veggie Burgers and wraps, Turkey Burgers and clubs, and Shrimp Po-Boy s are delicious and good for you. The peppercorn bacon burger (homemade peppercorn sauce), the Texas style Penthouse (sliced beef with a mustard-mayo sauce on ciabatta bread), and the Chicken Parm Sliders (with mama B's marinara sauce) really give you an idea of what The Corner has cooking.

One feature I really like is the take two menu; salad or soup and sandwich, perfect for lunch.

For dessert try the Crème Brulee (with creamy chocolate and Godiva white liqueur) or the Rum Raisin Bread Pudding with Bourbon Glaze--both are unexpected on a bar and grill menu but don't miss them. They rock.



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HEALTH MATTERS

Why We Desire Certain Foods PART 2

Do you ever wonder why certain foods, like chocolate, potato chips, or pastries appeal to you? "Cravings are a natural part of being human," says Tamara Melton, RD, a wellness nutritionist who teaches and counsels the employees of Children's Healthcare of Atlanta. "Past generations had to work hard for foods like salt, fat, and sugar. Although all these foods are easily available now, we are still hard-wired to want them." Fortunately, [healthy alternatives](#) are also available. With these tips, it's easy to indulge — just a little bit — while sticking to a healthy diet.

A typical non-diet soft drink gives you about 10 times the amount of sugar you normally need in your bloodstream. The U.S. Department of Agriculture says soft drink consumption has increased by 500 percent in the past 50 years and is a leading cause of childhood obesity. A better [alternative beverage](#) would be a cold glass of sparkling mineral water or carbonated water (seltzer) with a splash of unsweetened fruit juice or slices of fresh fruit.

"Cheese is a very important source of calcium and protein, and it is where most Americans get most of their dairy," says Melton. There are two things you can do to keep cheese as part of your [healthy diet](#). The first is to eat low-fat or fat-free cheese — skim milk cheeses like mozzarella are very good for you. The second is to watch your portions, especially if you tend to go for full-fat cheeses.

High-fat and high-calorie fried foods are a staple on many menus; they also abound in frozen food sections at the supermarket. Fortunately, there are many healthy alternatives to fried foods. "But fried food can be a hard habit to break," says Melton. "Pan frying is better than deep frying, and stir frying is better than pan frying. If you need to fry, make sure to use vegetable oils." Even better, bake fries and chips in the oven for a healthier version of these popular [snacks](#).

If you are a carbohydrate loader, start loading up with the right carbs. "Brown rice and whole-grain cereals, breads, and pastas provide fiber to keep you feeling full," says Melton. "Much of the problem with carbohydrates is what you pile on them. Watch out for butter and cheese on your bread and sauce on your pasta. Carbohydrates should be an important part of your [healthy diet](#) — just keep your portions under control."

