



MAY 10th 2010



In Central West End lie two unique restaurants in the beautifully restored Maryland Plaza.

SCAPES AND CREPES ETC.

48 Maryland Plaza 314-361-7227



Like the vibrant neighborhood surrounding it, Scape is an eclectic blend of classic and contemporary. The inventive American cuisine is set against a backdrop of warmth and sophistication. From the copper-topped tables to the fine china to the whimsical bubble chandeliers, no detail is overlooked.

Scape, which opened in October 2007, is conveniently located in the Central West End’s historic yet hip Maryland Plaza. The atmosphere is sophisticated and the menu is creative yet approachable. Whether enjoying a casual lunch with colleagues, an after-work cocktail at the bar or an intimate dinner

Chef Eric Kelly

With an insatiable appetite for knowledge and passion for culturally diverse cuisine, Chef Eric Kelly has set himself apart from the crowd with great success in the premium hotel/resort industry and multiple restaurant concept developments in global cuisines. Italian, French, American and Asian cuisine, have become the benchmarks of Eric’s continued success.

Chef Eric has come to St. Louis to stay and focus all of his time on Scape and Crepes: etc.; two concepts that he worked with since their inception. When asked what Eric’s favorite project has been he will tell you, “Scape Bistro and Crepes etc...in the Central West End. I’m looking forward to meeting the great people of St. Louis. I want to build these relationships with great food in front of us.”



Our World, Simply Sustainable...Simply Responsible

I am committed to sourcing, buying and preparing only sustainable seafood. Your tuna is line caught not caught in a net that disturbs other sea life. Your salmon is never farm raised or “Atlantic”. It is always wild and always fresh, you’ll know the difference when you taste it. We provide you a “Day Boat Special” in order to have flexibility with the seasons and the oceans. Our poultry is free range and hormone free. Our specialty produce, as difficult as it can be in the colder months in Saint Louis, is sourced locally to avoid unnecessary carbon pollution into the atmosphere during transportation. Finally, I use trans fat free frying oils to see to a healthier you! Don’t just eat to live...live to EAT !!! -Chef Eric



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welcome to crêpes: etc.

...a lively, approachable café blending French tradition with a dash of “moderne.” The casual atmosphere is infused with fun, whimsical touches – from the hand-drawn chalkboard menus, and the European gelato bar, to the gourmet condiments and market items for sale throughout the café.

The menu features a delightful selection of made-to-order crêpes, both savory and sweet. Or choose from a daily array of toasted sandwiches, salads, soups and pastries. There is also an extensive coffee, tea and beverage offering including illy coffee. The comfortable cafe is the perfect setting to linger over breakfast, lunch, dinner, dessert or even satisfy the mid-day munchies. Lots of outdoor seating is available in season, and Crêpes: etc. offers complimentary chef’s recipes, newspapers and free Wi-Fi access.

Crêpes have inspired many of the world’s most beloved handheld foods and have long been a sentimental favorite. Crêpes: etc. brings these sweet memories to life in a new way, combining classic cooking techniques with the flavor profiles that are *en vogue* with today’s guests.

The menu will satisfy any type of craving, any time of day. Guests of Crêpes: etc. can choose from a selection of signature crepe concoctions or devise their own made-to-order “custom” crêpe with the unique fillings they desire. Other favorites include an array of salads, sandwiches, homemade soups, pastries, sweets and gelato, all prepared fresh daily.

Here at crêpes: etc. we follow the motto “diversity is the spice of life!” Come in and taste our continuously changing menu. Our chefs are hard at work coming up with new and exciting crêpe concoctions to delight your taste buds for our new “Crêpe of the Week” program. There’s no need to wrack your brain coming up with different tasty combinations, we have done the work for you! Come in to taste this week’s newest crêpe flavor



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HEALTH MATTERS

5 “bad” foods you should be eating

By *Nicci Micco*

Nicci Micco is deputy editor of features and nutrition at EatingWell. She has a master's degree in nutrition and food sciences, with a focus in weight management.

Peanut Butter

Peanut butter *is* a concentrated source of calories, so you don't want to go overboard. But you don't need to eat tons of the stuff to feel satisfied: just a tablespoon (90 calories) or two of peanut butter goes a long way. I eat peanut butter nearly every day because it tastes so good *and* it's really nutritious. Peanut butter provides protein and folate, a B vitamin important for the healthy development of new cells

As a nutritionist, I often encounter people who fear healthful foods because these foods have somehow gotten bad reps they just can't shake. **Peanut butter** is a common one. **Here are four more “misunderstood” foods and why you *should* eat them—in moderation, of course.**

Eggs

The bad rep: A significant source of dietary cholesterol, egg yolks are off-limits for those concerned about heart health.

The good truth: Medical experts now emphasize that saturated fats and trans fats are bigger culprits in raising blood cholesterol than dietary cholesterol is. Plus, eggs are super-satisfying: in one study, people who ate a scrambled-egg-and-toast breakfast felt more satisfied, and ate less at lunch, than they did when they ate a bagel that had the same number of calories. Egg yolks contain lutein and zeaxanthin, compounds that research links with reduced risk for age-related macular degeneration (AMD), the leading cause of blindness in people over 50.

Beef

The bad rep: Beef is full of saturated fat and dietary cholesterol, so people who care about their hearts should avoid it.

The good truth: *Lean* cuts of beef are a low-fat source of protein and iron, a mineral essential for getting oxygen from the lungs to cells throughout the body—and one many women (of childbearing age) are deficient in. There are many lean cuts of steaks: filet mignon, sirloin, strip steak, flank steak. If you can't remember the names, pick steaks that are deep red with a relatively small amount of marbling—a fancy name for fat—to find lean cuts.

Chocolate

The bad rep: Chocolate has lots of fat, lots of sugar—and it tastes amazing, so it *must* be bad for you.

The good news: Dark chocolate contains flavanols, antioxidants that seem to have a blood-thinning effect, which can benefit cardiovascular health. And, recently, researchers in Switzerland reported that eating dark chocolate (1.4 ounces of it) every day for two weeks reduced stress hormones, including cortisol, in highly stressed people. But be sure to account for the calories (1.4 ounces delivers 235)—or you may be stressed to see extra pounds creeping on.

Potatoes

The bad rep: Potatoes rank high on the glycemic index, which measures how quickly different foods raise your blood sugar. Foods with a high GI value tend to cause a higher spike in blood sugar—and in insulin, the hormone that helps glucose get into cells—which can be a problem for some people, particularly those with diabetes.

The good news: Potatoes are a good source of fiber, potassium and vitamin C. And unless you're eating an absolutely plain potato all by itself, its GI value doesn't matter. (It's also worth noting that the glycemic index is an imperfect and controversial scale.) A high-GI potato becomes a low-GI meal if you simply add a little olive oil, because the added fat helps slow the absorption of the potato's carbohydrates.