

CONSCIOUS BITE IN Ψ

Central Roots, Bon Vivant, and MorningSide Farm cordially invite you to share a meal and conversation at our *Farm Table*. An immersion in good vibrational, intuitively prepared, vegetarian and vegan dining will commence on **August 26th** at the French inspired Bistro, **Bon Vivant**, located at 12706 Larchmere Boulevard.

It is our aspiration to reinvigorate the way in which food is prepared, presented, and served, to take a step away from the current average of the culinary industry's status quo and back toward our grandmothers' country policy of creating nourishing meals focused on plant-based whole foods grown with our own hands and hearts. We know where our produce has come from: we planted the seeds, arduously nurtured their growth and harvested the yield. This is our labor of love. We desire to share it through this celebratory feast featuring food prepared consciously and with passionate, calloused-handed spirit for everyone.

We will be utilizing local, organically grown produce from the following sources:

- ♥ Central Roots - An urban farm with sustainable action at its core, tended by Sarah Sampsell, Todd Alexander and Matthew Pietro;
- ♥ MorningSide Farm - A certified organic farm, that brings new life to forgotten farmland, and shares ancient knowledge of simple biological farming with its hardworking crew put in order by George Remington.
- ♥ Varied produce sourced through the local organic growers or via fair trade agreement (details provided at the table).

Employing a culinary process best described as Fusion, and utilizing various spices and compliments from abroad, we will be rendering simple whole foods into dishes that best express both rich flavor and nutritional balance. We'll be serving a variety of cooked, raw and fermented dishes ranging from Thai-influenced curries-(Kari), assorted breads to nut yogurts and compotes prepared with low glycemic index sweeteners. Offered as an informal eat-until-you're-full buffet finished with locally brewed wine and beer,* the feast will be accompanied by the sounds of John Richmond on the clarinet and Larry Booty on the piano. * via cash bar

Doors open at 7PM dinner will be served at **8PM**. Admission is **\$30** at the door (cash or check only). Call (406) 224-5855 or email dacht.enkidu@gmail.com for more information. Reservations are necessary to attend, so reserve your place at the table today. We look forward to seeing you there.

Respectfully,

Todd Alexander, Sarah Sampsell, Matthew Pietro, Laura West, Joe Hanna, Michael Bayramian

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