

Wild Thyme Deli and Café Celebrates March With Three New Heart Healthy Additions in Honor of National Nutrition Month and the Launch of Family Nights!

Chef/Owner Terry Teplitzky announced Wild Thyme Deli and Café will add three heart healthy menu to-go items in honor of National Nutrition Month available from March 1 – 31. Teplitzky will also have a free heart healthy recipe card available throughout the month for diners to take home.

Nutrition Menus To-Go include choice of:

- Wok Seared Vegetables with Grilled Tofu and Steamed Brown Rice
- Grilled Skinless Chicken Breast with Orange, Green Olive and Fennel Relish and Roasted Vegetable Farro Pilaf
- Seared Arctic Char with Yoghurt and Dill Sauce and Green Bean, Tomato and Cucumber Salad

In addition, Wild Thyme Deli and Café is launching Family Fridays on March 23rd, April 20th and May 18th from 5:30 p.m. – 7:30 p.m. Teplitzky believes sitting down for a family meal provides more than just good nutrition. It can provide real quality time for the entire family. Statistics show children that dine with their parents are healthier, happier and better students. Teplitzky will be creating a family style supper menu. Call ahead to reserve your spot: 831-884-2400

Family Fridays Menus are based on a price of \$50 for a family of 4 include choice of:

(**Menu items served family style, one item per family)

- Wild Thyme Rotisserie Chicken, Roasted Potatoes, Onions and Carrots, Mixed Green Salad and Dessert
- Our Famous Meatloaf with Mashed Potatoes and Gravy, Three Bean Salad and Dessert
- Vegetable Paella , Mixed Green Salad and Dessert

Just a reminder in honor of our 10th Anniversary, from January – December 2012, Wild Thyme will donate 10% of all catering proceeds from jobs that total \$100 or more to one of these five charities: CASA of Monterey County, Kinship Center, Animal Friends Rescue Project (AFRP), Peace of Mind Dog Rescue (POMDR) and SPCA. Simply place an order for \$100 or more and you get to select where your donation goes from on to these four charities. For more than 10 years, Teplitzky has supported and donated to children's, animal and organizations for the elderly throughout Monterey County .

Open Monday through Saturday 10:00 am to 5:30 pm. Wild Thyme Deli and Café is located at 445 Reservation Road in Marina. Call us at 831-884-2414. Fax your order to 831-884-2401. Follow us on Facebook for special promotions, holiday specials and recipes. www.wildthymedeli.com