

# What's On Deck

LOWER DECK NEWSLETTER August 2011

## ON DECK FOR THIS MONTH:

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"I don't remember seeing the term 'rocco razzo' on a menu before, but whatever it means, it's a tasty way to serve pasta and seafood. . . . this place deserves to be busy."

- Bill Spurr – The Chronicle Herald June 16/11

### HOURS OF OPERATION

PUB 425-1501

Sunday to Saturday

11:30am-12:45am

BEER MARKET 422-5200

Monday to Wednesday:

11:30am-12:00am

Thursday to Friday:

11:30am-2:00am

Saturday-Sunday:

5:00pm – 2:00am

TAP ROOM 422-1289

By Event Booking Only

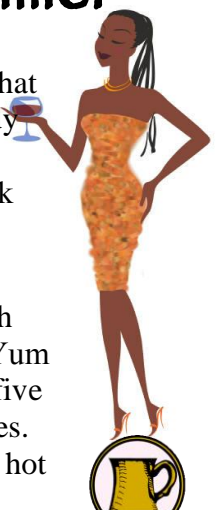
Located in Historic Properties  
1869 Upper Water Street, Halifax

## Get Skinny this Summer

Summer is finally here and for a lot of people that means being careful to maintain that beach body you worked so hard for this spring. Don't let that slow down your summer! The Lower Deck Beer Market is introducing

### SKINNY COCKTAILS.

Try one of our 5 new creative concoctions, each under 120 calories! Whether it's a Blueberry Yum Yum, a Fruit Salad, or a Tropical Squeeze, all five cocktails are high on flavour and low on calories. Come ask Brian or Andy for the skinny on this hot new trend – and keep your bathing suit body!



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THE LOWER DECK  
PUB • BEER MARKET • TAP ROOM

# Holiday Planning

It may be late to start planning your summer holidays, but it's not too early to start your Christmas party planning.

Big or small, the Lower Deck can help you put together the perfect holiday celebration for your family, your office or your favourite friends. We'll help you plan the perfect menu, do all the decorating and clean up after it's all over. Everything but your shopping is right here, so call us today to find out what dates are available. Brad is at the Beer Market at 422-5200 and Heather can help with the Tap Room at 422-1289.



## Are You a Winner?

How can you tell if you're a winner? One way is to check out the Lower Deck newsletter and see if you've won any of our great prizes. This month, our winners include **Amy Saab** from Boyne Clarke, **Christine McDonald** of KPMG, **Scott Hubley** from Channel Distribution, and **J. David Keefe** of Partners Plus Consulting. They've each won a happy hour party of beer and nachos in the Beer Market.

Our survey draw winner for June was Nathan Bradbury and Chelsea Pugh won for July. They've both won **\$100 in Lower Deck gift certificates.**

Being a winner is easy – stop by and fill out one of our surveys in the Pub or Beer Market for a chance to win \$100 in gift certificates, and leave your business card in the Beer Market to win your own happy hour party. See you soon!

## SUMMER



## Heat

Looking for a way to spice up your week? Check out **Summer Heat** every Thursday night in the Lower Deck Beer Market. **Ruby** from Z103 hosts the **live to air** broadcast with **DJ Billy G** spinning all your favourite dance tunes. The Z Street Team will be here with prizes and good times – ask them how you can get a \$100 Lower Deck gift certificate! Tell your friends to watch for you on the radio and hit the Summer Heat party in the Beer Market on Thursday nights. We go live at 11pm – don't miss it!



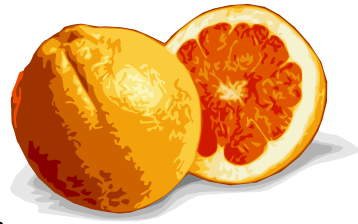
## Patio Fun!



It feels like summer just started, but August is already here and we're determined to make the most of what's left of summer with **THREE** patio parties this month.

August starts with our **Natal Day Patio Party** July 29 to 31 featuring Shaydid, Signal Hill and matinees with Paul Lamb and Cory Tetford. Our **Buskerfest Patio Party** wraps up the Halifax Busker Festival August 12 and 13 with Shameless, Wreckhouse and Paul and Cory's matinees. August 19 and 20 is **Historic Properties Days** and we'll be bringing Gin and Juice, Shameless and Paul and Cory to the stages to keep you singing and dancing. Make the most of summer while it's still here and join us for weekends of good friends and great times!

# Rod's Recipe



## Orange Vinaigrette

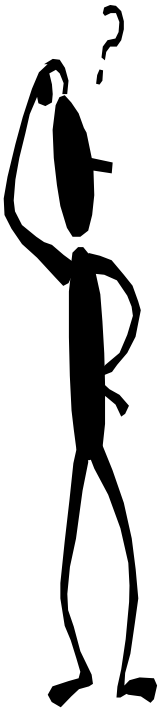
- 1 Tablespoon . . .orange juice concentrate
- 1 fluid ounce . . .white wine vinegar
- ½ ounce . . . . .honey
- 1 Tablespoon . . .dijon mustard
- 5 fluid ounces . . canola oil
- 1 teaspoon . . . . .chopped fresh parsley
- Salt and pepper

### How to do it:

1. Put all ingredients in a bowl and blend with an immersion blender until all ingredients are blended well.
2. Enjoy with your favorite mixed greens or spinach salad.

*Executive Chef Rodney Cole*

## Have you tried..



Though we're here in Halifax, the Lower Deck Pub has a fantastic new flavour from the west coast: our **CALIFORNIA SALAD** is perfect as a side to your burger or fish, but can also stand on its own as a healthy lunch option. A delicious blend of baby greens, mango, English cucumber, julienned peppers, sunflower seeds, carrots and grape tomatoes,, it's tossed with our house orange vinaigrette (we gave you the recipe earlier in this newsletter) and topped with crumbled goat cheese. You asked for healthy – well here it is!

## COMMON COOKING MISTAKES

A common mistake many people make when cooking is not preheating their pan. If you put cold food into cold oil in a cold pan, the food simply absorbs the fat before it gets hot enough to cook on top of the fat, making for heavy, oil foods.

Preheat your pan for at least a couple of minutes, add our oil and then wait until you can see it shimmer before adding room temperature food. Preheating also helps keep food from sticking. If your food still sticks, is simply means it hasn't developed a crust yet – wait a bit longer and it should release easily.



Looking for a break on your birthday? Celebrate with us and we'll buy you dinner! Lower Deck Rewards Club members receive up to \$15 off any entrée with the birthday card we send them. Sign up today by completing our on-line survey at [www.lowerdeck.ca](http://www.lowerdeck.ca) and start planning your party today!

Treat yourself!



# August is Amazing at the Lower Deck!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>SIGNAL HILL SUNDAYS</b> 9:45 nightly 4:00pm Matinee with Paul Lamb; Beer Market food & drink specials with DJ TRIXX	1	2	3	4 Don't miss the Beer Market's	5 BM TGIF with DJ MO BOUNCE	6 BM Dance Party with DJ BILLY G	
	7	8	9	10 LIVE TO AIR	11 hosted by the Beer Market's DJ BILLY G	12 Buskerfest	13 Patio Party
	14	15	16	17	18 featuring RUBY from Z103.5 every Thursday Night!	19 Featuring: Paul Lamb & Cory Tetford Gin & Juice, & Shameless	20 BM DJs Mo Bounce & Billy G!
	21	22	23	24	25 BM Weekend Kickoff with DJ MO BOUNCE	26 BM Dance Party with DJ BILLY G	
	27	28	29	30		<b>LABOUR DAY PATIO PARTY</b> Featuring: Paul Lamb & Cory Tetford Shaydid & Signal Hill BM DJs Billy G & Mo Bounce!	



To have a perfect wedding is to have a perfect venue. We absolutely love the Tap Room/Lower Deck and so did all of our guests.

The ambience, food, service and expertise all came together to give us the best wedding reception. . . . please complement the chef and the staff on behalf of us and the guests.

Marisia and Dave