

FOR IMMEDIATE RELEASE

Savor Spring Fare with Special Saint Patrick's Day and Easter Menus at the Gardens of Avila Restaurant



SAN LUIS OBISPO, CA (March 10, 2008) – With the first signs of spring already starting to show, the Central Coast will soon be in full bloom with seasonal foliage, festive events, and great holiday food. **In celebration of Saint Patrick's Day and Easter, the Gardens of Avila Restaurant at Sycamore Mineral Springs Resort will be offering special menus for those who enjoy indulging in epicurean delights during the holidays.**

Gardens of Avila guests can proudly adorn their green and settle into a St. Patty's Day feast with a **Prix Fixe dinner menu with a beer pairing option offered on Monday, March 17 from 5 to 10 p.m.** Lucky patrons will start with Irish specialties such as Cream of Sorrel Soup or Scottish Salmon Graviac and make their way to second courses like Irish Black Pudding, Sheppard's Pie and the always popular Corn Beef and Cabbage. And the pot of gold at the end of this rainbow includes either Apple Cake with Irish Whiskey and Cream or an Oatmeal Cookie and Irish Whiskey Ice Cream Sandwich. Price is \$30 without beer pairings; \$45 with.

For Easter Sunday, Executive Chef David McWilliam provides patrons with a delectable spring breakfast and lunch menu, offered March 23 from 7:30 a.m. to 2 p.m. Following an early egg hunt or religious services, the Easter celebrations continue at the Gardens of Avila with morning treats such as Homemade Muffins, Fresh Fruit Smoothies, Banana Sour Cream Hotcakes and a wide selection of egg dishes, ranging from the traditional Eggs Benedict to a special Easter Omelet or Scrambled Eggs with Norwegian Smoked Salmon.

For those looking for lunch, the Gardens will also be serving up fresh salads such as the Cobb, Spinach and Pan Seared Salmon and equally fulfilling favorites such as the Line Caught Tuna Salad Sandwich and GOA Burger. Regular menu prices apply. The restaurant will also be open on Easter evening, offering the regular dinner menu.

To make reservations for the St. Patrick's Day Prix Fixe Dinner or Easter breakfast, lunch or dinner, please call (805) 595-5365.

Sycamore Mineral Springs Resort, an integrative retreat centre, rests atop hot mineral springs and spans more than 100 acres of forest, hills and meadows in San Luis Obispo. It features secluded hillside mineral springs tubs, a labyrinth, meditation gardens, a renowned wellness center, a pool, and a gourmet restaurant. Moments away from the ocean, award-winning wineries, golf courses, Hearst Castle, and many charming Central Coast towns, it offers guests an exceptional opportunity to restore the spirit, nourish the mind and heal the body. The resort is located at 1215 Avila Beach Drive in San Luis Obispo, on the road to Avila Beach.

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