

FOR IMMEDIATE RELEASE

Nightly Offerings at the Gardens of Avila Restaurant Provide All-Week Entertainment Options for San Luis Obispo Locals

SAN LUIS OBISPO, CA (September 19, 2007) – From an elegant couple’s evening out to football and happy hour drinks with the guys, there’s now something for everyone at the Gardens of Avila Restaurant at Sycamore Mineral Springs Resort. **With a regular weekly schedule of exciting offerings, the award-winning restaurant provides a wide array of entertaining evening events for locals nearly every night of the week.**

“San Luis Obispo county locals deserve a variety of choices when it comes to spending an evening out,” Sycamore Mineral Springs Resort’s General Manager Roger Wightman said. “Our weekly offerings – which are updated frequently – provide patrons with a host of fresh and fun entertainment opportunities available nightly.”

Including everything from live jazz to complimentary hot tub soaks, the current weekly schedule is as follows:

- **Monday Night Brew** (Mondays from 5 to 9 p.m.) Make Mondays something to really look forward to! Kick back in the Gardens of Avila lounge with Monday Night Football, appetizer specials and half-off prices on all beer.
- **Tuesday and Thursday Happy Hour** (Tuesdays and Thursdays from 5 to 7 p.m.) Take advantage of half-off appetizers and happy hour drink specials with this two-times-a-week special in the Gardens of Avila lounge. Nightly drawings will also be held for exclusive resort prizes.
- **Romance Wednesday** (Wednesday evenings) Treat that special someone to a delicious dinner for two and receive a complimentary one hour soak in a hot tub. Reservations recommended.
- **Thursday Serenade** (Thursdays from 6 to 9 p.m.) Enjoy an intimate evening of dining and music with acoustic guitarist Mark Owens.
- **Friday Night Wine & Jazz** (Fridays from 5:30 to 8:30 p.m.) Looking for a way to kick off the weekend in style? Start it out right with live jazz and wine specials in the Gardens of Avila lounge and patio.
- **Sunday Supper** (Sundays 5 to 9 p.m.) Indulge in a special three course Prix Fixe dinner menu, including Traditional English Roast or Pan Seared Salmon paired with select wines. \$45 per person with wine; \$30 without. Reservations recommended.

In addition to nightly entertainment options, Gardens of Avila guests can also take comfort in the fact that Executive Chef David McWilliam emphasizes eco-friendly, mindfully prepared offerings on the current menu, which includes certified Angus beef, line-caught wild fish, free-range chicken, artisan cheeses, locally-sourced organic and/or pesticide-free produce and a wide selection of Central Coast wines.

For additional information on the Gardens of Avila Restaurant or to make a reservation, please call (805) 595-7365.

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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