

Aroma Thyme Bistro

STEAKS - SEAFOOD - VEGAN - GLUTEN FREE

845-647-3000 www.aromathymbistro.com

Newsletter - May 2010

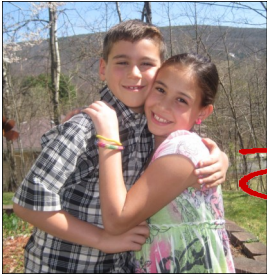


Mother's Day!



It Happens Three Times a Year

It's Brunch at Aroma Thyme!



Mother's Day Brunch, the way Mother Nature Intended it to be May 9th
Offering local, organic, healthy, family owned & sustainable food & drink.
We never buy or serve food that we would not serve to our own mother!

~~That's our personal Guarantee! Treat Mom to a Green Certified Restaurant~~

~~Serving from 10am to 11pm ~ Full menu ~ Plus specials & brunch until 2pm~~

Make your reservations ~ Call 647-3000

Taking care of your Mom and Mother Nature!

SERVING ALL DAY!!

Marcus has a lot to say. Check out his blog and find out why many industry leaders are calling him an eco-cuisine expert.

Did you know that Farmed salmon has more Omega 3's than wild? BUT it also has more PCB's & dioxins. And it has far less vitamin D & A. So don't get fooled by the farmed salmon headlines. Find the full story at www.healthychefdude.blogspot.com



We love stevia when it's Thyme for coffee and tea

Sweeteners can be a sticky subject. Hundreds of sweetener products claim to be "all-natural," but how do consumers differentiate between fact and fiction?



There's only one sweetener that has gone to great lengths to prove its purity: Wisdom Natural Brands™ SweetLeaf Sweetener®. SweetLeaf™ is the only 100%-natural, zero-calorie, zero-carbohydrate, zero-alcohol, zero-chemical, zero-glycemic index stevia sweetener available. Bringing stevia to American tables was a long journey that has now found sweet success. Stevia is a naturally sweet herb native to Paraguay that has been consumed for centuries. We also grow it in the Aroma Thyme Garden every summer. Just ask us for some, we have plenty. After years of healthy eating and research we recommend this over all other sweeteners. You can find more info at our blog:

<http://healthychefdude.blogspot.com/2010/02/bring-your-own-sugar-packets-out.html>



Thinking Graduation, Wedding or BBQ?
Let us Cater your Party ~ Call Jamie for Prices!

WWW.AROMATHYMEBISTRO.COM