



The International Wine & Food Society

Toronto Branch

January 18, 2010

IW&FS TORONTO MONTHLY HEADS UP

Everything about Glow radiates a delicious and healthy experience. The interior design features natural materials such as wood, stone and fabric, while natural light permeates all areas of the space for a rejuvenating and calming feeling. The restaurant's beet logo alludes to the richness of healthy vegetables in the dark soil, reinforcing the back-to-nature message.



IW&FS Glow Restaurant **Jan. 18th, 2010. Time: 6:30 PM**

Members \$100 Guests \$120

“Our vision was to create a unique healthy, balanced lifestyle restaurant that incorporates the philosophy of eating clean, eating well and doing it right on a consistent basis,” says Peter Higley, president and owner of The Pickle Barrel and the man who is bringing Glow to the Shops at Don Mills. “We chose the Shops at Don Mills for our launch because it’s a unique one-of-a-kind destination where people will come together to enjoy exceptional food, and activities all year round.”

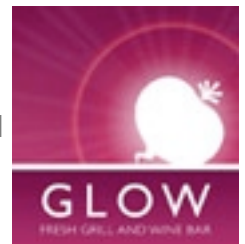
Shops At Don Mills
7 Marie Labatte Rd, Unit #: E1
Toronto, On, M3C 0J1
Tel: 416.384.1133

info@glowfreshgrill.ca

[MAP](#)

To register on line click on the link below:

<http://www.iwfstoronto.org/Register.php>





Glow continues to focus on healthy, fresh, local food. Creative and imaginative cooking techniques use of fresh and flavourful ingredients free of heavy sauces and dressings. Meal selections will be seasonal and incorporate local produce when available. Yes, we are wheelchair accessible. Our restrooms are located on our lower level, but we have an elevator for our guests that may need them.

We recommend the TTC. Reservations:
The IW&FS Toronto
C/o Shore Tilbe Irwin & Partners
672 Dupont Street, Suite 500 Toronto On M6G 1Z6
D. Smith (416) 971-6765

Robert Henderson



The Local Food with the Best Wine From the IW&FS Cellar

By David Jarvis

Wines:

- * Viognier 2005, Trentham Australia
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- *** Chardonnay Reserve 2005
- **** Vosne Romanee 1998, Clos Frantin Burgundy
- ***** VTS 2001, Hans Moser Austria
- ***** Assortment of Sherry, Port, Madeira

Dinner:

- * Glow mixed green salad with avocado, teardrop tomatoes & berries
- ** Caesar salad with roasted garlic, flatbread crisps and reggiano parmesan
- *** Tilapia topped with roasted tomatoes, kalamata olives & cipollini onion

- **** Oven roasted chicken supreme stuffed with goat cheese, spinach & sundried tomatoes
- ***** Grilled striplion steak topped with king oyster mushrooms Served with seasonal vegetables and potato medley
- ***** Selection of signature mini desserts

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