

At the Summit

the e-zine of Summits Wayside Tavern



29 September, 2003

PINT NIGHTS



Oktoberfest Pint Nights!

Drink the featured beer and keep the glass! Pints nights are at all locations!

- 1 Dogwood Oct'fest
- 2 Sam Adams Oct'fest
- 3 Strongbow
- 4 Shiner Hefe / Bock
- 5 Coors Light
- 6 Hobgoblin

starting at 11 am until we run out of glasses!

more promos on the web!

Beer Offerings

Snellville

DAB
Sam Adams Oktoberfest
Dogwood Oktoberfest
Warsteiner Oktoberfest
Paulaner Oktoberfest
Hacker Pschorr Oktoberfest

Sandy Springs

Check out their bottles!
Redhook IPA
Sierra Nevada Porter
Sierra Nevada Wheat
Urthel

Cumming

Dogwood Decadent
Sam Adams Summer
Grants Imperial Stout
Thomas Creek Vanilla Cream

A View from the Summit

Dieting the Summits Way...

Carrie - Snellville

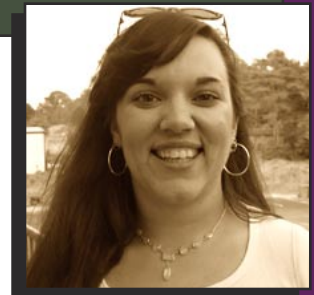
Working nights I was privy to all the late night infomercials on TV when I got home. Every different diet you could think of was advertised. I saw the Juice Diet, the Breathing Diet, the fancy machines, the expensive miracle pills. I saw them all, and they all had convincing arguments at 4 a.m. I wanted something that could work with my schedule and my budget.

Then a customer told me about the Atkins Diet; the high protein/low carb diet that is self disciplined and scientifically proven. While your body burns fat when working out, the food that you consume can be high in unnecessary sugars that turn into unwanted body fat. Complex carbohydrates turn into this unwanted fat when not used right away, so it is then stored. When you stop eating all those carbs, you burn the body fat that you already have and there is no more fat being stored.

So I went to the local bookstore and bought the cheapest book I could find on the subject. Seven dollars later, I did a little research and found that the diet consisted of things I already loved and were available at my work, Summits! My job is physically demanding and I work late so I can't go to a gym to exercise after work. I had to rely on my job to give me the workout I was lacking. Though working out is great with any diet, I found that I didn't have to do much independent exercising at home.

From mid-Dec to late-March, I lost 40+ pounds. I was amazed at the results. I merely ate all the foods I already loved: eggs, bacon, meat, cheese, and salads. Now don't get me wrong, I miss breads, pastas, and sweets. But, it was worth the sacrifice to be happy with myself. I was able to enjoy all the things I couldn't eat before on other

(...continued on page 2)



Oktoberfest is HERE!

It's that time of year again. Join us every night in October for a different "buy the beer and keep the glass"! Visit our web site www.summits-online.com or see the Oktoberfest calendar at your Summits for a complete list of which beers - what nights.

Don't forget about our fabulous Oktoberfest food menu. Complete with with wienerschnitzel, roast duck and strudel! Join the fun.

Sehen Sie Sie am Gipfel!
(See you at the Summit!)

Oktoberfest Calendar!!!

1	Wednesday	Dogwood Oktoberfest
2	Thursday	Sam Adams Oktoberfest
3	Friday	Strongbow
4	Saturday	Shiner Hefe and Shiner Bock
5	Sunday	Coors Light
6	Monday	Hobgoblin
7	Tuesday	Julius Echter
8	Wednesday	Fischer
9	Thursday	Warsteiner Oktoberfest
10	Friday	Lowenbrau
11	Saturday	Miller Lite
12	Sunday	Kirin
13	Monday	Lindeman's
14	Tuesday	TBA
15	Wednesday	Moosehead
16	Thursday	PBR
17	Friday	Hacker Pschorr
18	Saturday	Grolsch

Visit us on the web at www.summits-online.com



"At the Summit - the e-zine of Summits Wayside Tavern" is published weekly by Summits Wayside Tavern®, a restaurant chain in the southeastern US, headquartered in Snellville, Georgia serving quality food and beverages.

Publisher: Andy Klubock
Editor in Chief: Jan Sherrer
Design: Cindy Svec, Relevant Arts

"At the Summit" is free to anyone who subscribes to our mailing list at summits-online.com/maillist.html

Anyone wishing to be unsubscribed from the newsletter may do so via our website: summits-online.com/maillist.html

Articles, artwork, and other materials are copyrighted by their respective authors or by Summits Wayside Tavern®. All rights reserved.

Find your Summits!

Locations

Summits Wayside Tavern® - Sandy Springs
5830 Roswell Road
Sandy Springs, GA 30328
Phone: 404-257-0735
Fax: 404-257-1298
summits-online.com/sandysprings/

Summits Wayside Tavern® - Snellville
3334 Stone Mtn. Hwy. (Hwy 78)
Snellville, GA 30078
Phone: 770-736-1333
Fax: 770-736-0041
summits-online.com/snellville/

Summits Wayside Tavern® - Cumming
525 Lake Center Pkwy.
Cumming, GA 30040-2752
Phone: 770-886-4374
Fax: 770-886-4376
summits-online.com/cumming/

"DiETING the Summits Way..."

(continued from page 1)

diets, like our wings! I love Summits wings and still eat them at least once a week. We have some great salads with dressings that I could eat when I wanted something cold, and our fabulous Kenmore burger without the bun or ketchup when I wanted something hot. Instead of French fries (again, I miss) I would eat steamed broccoli topped with melted cheese. If you don't like broccoli, we have other grilled veggies or raw veggies that are great. It works and you can do it!

I still believe that any diet can work if you are disciplined enough to stick with it. But, if you want fast results (in a world of instant gratification) and this sounds appealing to you, do a little research and give it a shot. If you have any questions, I will be at the Snellville Summits!

Editor's Note: Each week, we'll bring you a column featuring a thought, a story, or even prose by your favorite people at Summits! So, don't miss a week- you'll miss a lot!

Oktoberfest Menu

Apertifs (Appetizers)

Brezeln \$ 5.99

Soft baked Bavarian pretzels served with spiced wine mustard

Kartoffelpannkuchen \$ 5.99

Potato pancakes served with Dusseldorf sauce

Knockwurst mit Kartoffelpannkuchen und Rotem Kohl \$ 8.99

Knockwurst with potato pancakes and red cabbage

Gebratene Ente mit Kartoffelpannkuchen und Rotem Kohl \$ 10.99

A boneless, marinated duck breast roasted with potato pancakes and red cabbage

Zutritte (Entrees)

Wienerschnitzel mit Kartoffelpannkuchen und Rotem Kohl \$ 8.99

Breaded pork loin with potato pancakes and red cabbage

Bratwurst mit Kartoffelpannkuchen und Rotem Kohl \$ 8.99

Bratwurst with potato pancakes and red cabbage

Nachtische (Desserts)

Kirschenstrudel \$ 5.99

Hot cherry strudel topped with vanilla bean ice cream and whipped cream.

Beer Spotlight

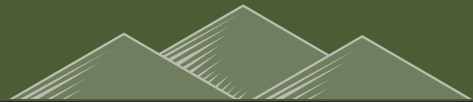
Tusker Premium Lager



Origin: Nairobi, Kenya

Very pale color and thin, slightly lemony taste immediately cool you down in 100 deg F weather; the water feels especially fresh, clean, and inviting; very thirst quenching; faint hop bitterness in pleasantly balanced by mild maltiness; the ingredients don't intrude, but allow the overall freshness to predominate; light-bodied, fluffy (cottony), and very, very accommodating; dainty hop finish-perfect hot weather beer without food or other distractions.

The Beer Lover's Rating Guide by Bob Klein



Beer Recipes...

Baby Back Ribs with Stoddard's Brew BBQ Sauce

Sauce

- 36 oz ketchup
- 3 Tbsp tomato paste
- 3 Tbsp smoked chipotle peppers
- 1/2 cup white wine vinegar
- 1/3 cup cider vinegar
- 3 Tbsp dry mustard
- 1/4 cup kosher salt
- 3 Tbsp chili powder
- 2 Tbsp black pepper
- 1 Tbsp plus 1 tsp Tabasco sauce
- 1 cup dark beer
- 1/3 cup Worcestershire sauce
- 1/4 cup peanut oil
- 5 Tbsp barbecue spice
- 3 Tbsp molasses
- 3 Tbsp brown sugar



*Place all ingredients in a large bowl and blend. Let sit for at least 4 hours. The longer you let the sauce sit, the better it will be.

Ribs

2 large slabs of baby back ribs, 1 3/4 lbs or more

*Place the ribs in a small, shallow container. Pour on the barbeque sauce, cover, and marinate for 1 day in the refrigerator.

*When ready to cook, preheat the oven to 320 deg F and place ribs on a sheet pan. Bake for 1 1/2 hours.

The Brewpub Cookbook

by Daria Labinsky and Stan Hieronymus

Industry News... Teetotalers less likely to get pregnant!

Women who don't drink alcohol take longer to become pregnant, according to a new study by Danish scientists.

And researchers say women who drink wine are more likely to get pregnant than beer or spirit drinkers.

Researcher Mette Juhl and a team from the Danish Epidemiology and Science Centre in Copenhagen studied the drinking and life-style habits of over 30,000 women from across the country to find out how long women spend trying to get pregnant.

Juhl said: "Wine drinkers fell pregnant the quickest."

The scientist could not say if it was the wine itself which influenced fertility. But added a quick conception also probably depended on personality traits or the life-style habits of wine drinkers.

http://www.ananova.com/news/story/sm_815172.html?menu=news.quirkies



Your Weekly Summits Calendar

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandy Springs	10/6 Hobgoblin	10/7 Jul's Echter Trivia 8-10pm	10/1 Dogwood	10/2 Sam Oct.	10/3 Strongbow Trivia 10-12	10/4 Shiner Hefe/Bock	10/5 Coors Lite
Snellville	10/6 Hobgoblin Trivia 7:30-9:30	10/7 Jul's Echter	10/1 Dogwood	10/2 Sam Oct.	10/3 Strongbow Trivia 10-12	10/4 Shiner Hefe/Bock	10/5 Coors Lite
Cumming	10/6 Hobgoblin	10/7 Jul's Echter	10/1 Dogwood Trivia 7:30-9:30	10/2 Sam Oct.	10/3 Strongbow Karaoke 9-1am	10/4 Shiner Hefe/Bock	10/5 Coors Lite

Be Sure to See the Oktoberfest Calendar!

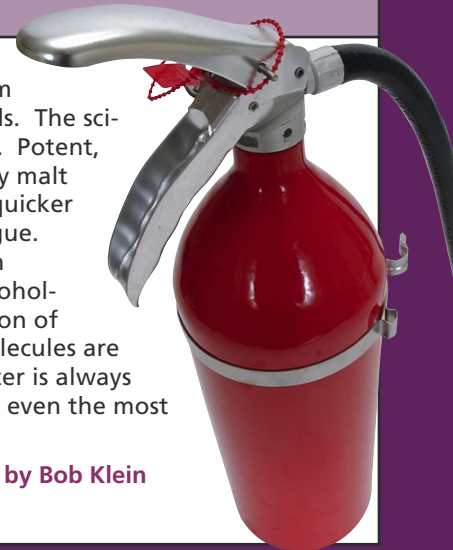
Did You Know?

In German, Lagerung means storage, and anyplace where things are stored, kept, or defended might be referred to as a Lager. Ales may be ready to drink within little more than a week after brewing, but lager beers must be stored to allow its slow, cold fermentation to finish and its rough flavors and aromas to evolve slowly. Traditional lagers will be stored, or lagered, close to the freezing point for months, though these days several weeks is often considered sufficient. The result is a beer with a beer with an exceptional soft smoothness and straightforward but delicious flavors.

The Brewmaster's Table by Garrett Oliver

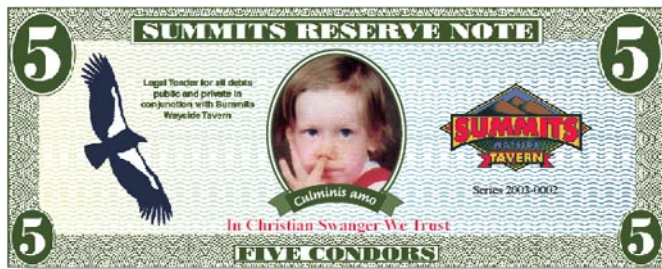
No, it's not your imagination that beers high in alcohol seem to go well with hot, spicy foods. The scientific fact is, they actually do. Potent, highly alcoholic brews-typically malt liquors and strong lagers-are quicker to quiet the pain on your tongue. In spices such as chilies, certain compounds are specifically alcohol-soluble and as the concentration of alcohol increases, the fiery molecules are washed away. As a result, water is always less of a fire extinguisher than even the most minimally alcoholic beer.

The Beer Lover's Rating Guide by Bob Klein



Condors???

Condors are personalized currency from Summits. All you have to do is give us your favorite picture, (printed or digital, or better yet, we'll take one of you at Summits) and we magically transform it to Summits currency. Put your family, a favorite vacation spot, or even a beloved pet on your money.



Ask your friendly Summits server for details.

Quote of the Week

"Everyone has to believe in something.... I believe I'll have another drink"

--- Angela Cowan---



3334 Stone Mtn. Hwy. (Hwy 78)
Snellville, GA 30078

www.summits-online.com

Great Food

Great Drinks

Terrific Times

The Maui Burger

An 8 oz turkey burger is grilled with a teriyaki ginger glaze and is topped with Canadian Bacon, cheddar cheese, and pineapple. The burger is garnished with lettuce, tomato, onion, ketchup, wasabi mayo, mustard, and seasoned with our own Summit Seasoning. French Fries and a pickle are served on the side.

For a full look at our menu, click on www.summits-online.com and let your food adventure begin.

