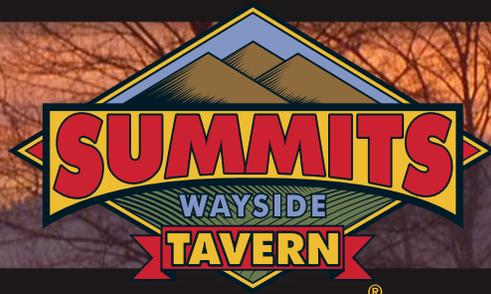


At the Summit

the e-zine of Summits Wayside Tavern



31 May, 2004

PINT NIGHTS

Weekly Pint Nights are held on Saturday Nights at all Locations.

Drink a pint and keep the glass! 7-9 pm (while supplies last!)

- 6/5 Mike's Hard Lime
- 6/12 Pilsner Urquel
- 6/19 LaBatt's
- 6/26 Coors
- 7/3 Sam Adams
- 7/10 John Courage
- 7/17 Rogue Amer. Amber
- 7/24 Haacker Pschorr
- 7/31 Hoegaarden

Get Ready, Get Set

Join the Summits Race Team at the Peachtree Road Race on July 4th! Ride the Summits bus to the Peachtree Road Race! Summits has rented a bus to shuttle our team between our Sandy Springs location and the Peachtree Road Race location.

BOTH RUNNERS AND SPECTATORS WELCOME!

This event is open to the first 50 people to sign up! Passport Club members get a discount on the registration. And all Team Members get the shirt!

Ask your friendly server for details on how to sign up!



A View from the Summit

"Thank you from the Chin Community"

Van - General Manager - Snellville

Most of you know that I am involved in the Chin community here in Atlanta. With the help of the Gwinnett Baptist Association and Georgia Baptist we now have a place to congregate in fellowship. It's a perfect church off of Jimmy Carter Blvd. It is small enough to feel intimate yet it has plenty of room for everyone.

We are a two-year old community and the majority of our members are on political asylum from Burma. Most of these people came to the United States with literally only the shirts on their backs. Some of them have not seen their husbands, wives and families for nearly two years. With all of the adjustments these people have had to make our church is becoming a place to assist them in fellowship.

Our fellowship has received tables, chairs, computers, financial support and numerous other donations from both our Summits customers and employees!

You have made a positive contribution to the many Chin who live here in Atlanta. On behalf of the Chin community and church I want to say "Thank You" to you all.

Like any other community or church we have many challenges and plans ahead. We are busy putting together the plans for the Chin New Year Celebration. There will be traditional Chin food, banners, and most of us will dress in traditional Chin attire. Chins from Washington, Indiana, Maryland and Florida will be here to celebrate. We are expecting around two hundred visitors. This year I am inviting all of you "e-zine" readers to join the festivities which is Thanksgiving!

Editor's Note: Each week, we'll bring you a column featuring a thought, story, or even prose by your favorite people at Summits! And don't forget, you too can be published! Contact snellville@summitsonline.com for details!



Summit's Beer Offerings



Snellville

Sam Adams Summer
Anchor Summer
Carolina Blonde
Thomas Creek Van. Cr'm
Sierra Nev. Summerfest
RedHook Summer
Dogwood Summer
Youngs Dble Chc. Stout

Sandy Springs

Youngs Dble Chc. Stout
Rolling Rock Gr. Light
Anchor Summer
Sam Adams Summer
Dogwood Spring
Terrapin Xtr.e Cream Ale
Michelob Amber Bock
Edison Light

Cumming

Sam Adams Summer
Anchor Summer
Rogue Yellow Snow
Thomas Creek Van. Cr'm
Flying Dog Heller
Hound Spring Bock
Dogwood Summer
Youngs Dble Chc. Stout

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, head-quartered in Snellville, Georgia serving quality food and beverages.

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summits-online.com/maillist.html

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summits-online.com/cumming/

Spotlight on Food

Mount Hood- Hmmm...

In the mood for a hot turkey and swiss cheese sandwich? This is a gourmet version of the classic! It is complete with Applewood smoked bacon, tomato, lettuce, onion, and french wine mustard. Order one today!

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



Did You Know?

The patient's diet for St. Bartholomew's Hospital in London between 1687 and 1860 included - probably due to the state of the water - three pints of beer a day and occasional doses of medicinal drinks called caudle and possett. Caudle was thin gruel mixed with ale or wine and spices, while "possett drink" provided warm milk curdled with ale and sweetened with sugar. Bart's even had its own brewery to supply the (unsurprisingly) full wards.

SOURCE: Real Beer Tour

<http://www.brewreview.com/brewreview/marginalia/trivia.asp>

Beer Spotlight

Cherry Wheat Tasting Notes

Wheat beer is a distinctly summery and refreshing style, particularly welcome when a thirst quenching drink is called for. Cherry Wheat perfectly balances the delicacy and citrus tang of a wheat ale with the taste and aroma of fresh cherries.

Wheat beers combine beautifully with fruit, and Cherry Wheat is no exception. Savor Cherry Wheat's spicy, herbal note. This delightful beer has a dry, crisp finish due to the wheat malt used in the brew; fresh cherries from Michigan give it a lovely aroma. You'll detect a slight sweetness from the clover honey which is used sparingly to balance the tartness of the fruit.

http://www.samadams.com/beer/styles/cherry_wheat-notes.html



Cooking With Beer!

Beef Medallions with Wild Mushroom, Truffle and Porter Sauce

Ingredients

6 x 75g/3oz beef fillet medallions
6 herbed bread slices, same size and shape, for croutons
15g/1/2oz dried ceps or boletus slices
50ml/2fl oz boiling water
25g/1oz unsalted butter
1 shallot, finely chopped
1 clove garlic, crushed
7g/1/2 tbsps truffle flour or 1 tsp truffle oil
50g/2oz small chestnut mushrooms, sliced
225g/8oz mixed wild mushrooms, chopped (I found some wonderful horse mushrooms when I was devising this dish, but you can now buy all sorts of wild mushrooms; try to include dark chanterelles for their sumptuous flavour)
50ml/2fl oz beef or vegetable stock
150ml/1/4pt dark dry porter
salt, pepper, nutmeg to season
25g/1oz chilled unsalted butter, cut into small dice and tossed in flour

Method

1. Place dried cep or boletus slices in a small bowl and add the boiling water; leave to soak for 15 minutes, remove and chop. Strain the soaking liquor and reserve.
2. Sweat the shallot and garlic in the unsalted butter, then add chestnut mushrooms, wild mushroom mix, and soaked ceps or boletus. Cook gently until mushrooms begin to soften, then stir in the truffle flour or oil, add the soaking liquor and the beef or vegetable stock and cook for a few minutes until the liquid starts to reduce; pour in the porter slowly, stirring, and cook gently for a few minutes until the sauce is reduced, then whisk in the diced butter to thicken and add gloss; season to taste with salt, pepper and nutmeg.
3. Meanwhile, fry the beef medallions in the butter on both sides either rare or medium, as wished; remove from the pan and keep warm, stirring the juices into the mushroom sauce. Fry the croutons in butter and set one on each plate, top with mushroom sauce and place a beef medallion on each. Serve baked tomatoes still on the vine and a green salad dressed with walnut and a little chopped red basil.

http://www.bbc.co.uk/food/recipes/database/beefmedallionswithwi_6996.shtml

Industry News

LOW CARB TASTE TEST

Reported and Web Produced by: John Matarese

Updated: 05/10/04 17:20:30

The food served at this restaurant doesn't look any different, but it is. This food is all low-carb just some of the many low-carb options offered here.

"We want you to feel like you can come out to a restaurant and know specifically what you're eating, the carb content." If you're on a low-carb diet, you don't have to go to a special restaurant. These days there are plenty of options labeled low-carb at your supermarket.

Our partner, Consumer Reports magazine, just tested low carb alternatives for four carb-laden favorites: pasta, ice cream, bread and beer.

The ice cream was a far cry from the real thing. All three kinds tested were gummy and foamy or really icy. And to add insult to injury, these ice creams still pack plenty of fat and calories.

When it came to the breads, some of them were a real disappointment, too.

"One bread was rather sour, and it had the texture of a wet sponge."

And some of the pastas were dry and rubbery. Testers said even adding sauce wouldn't help the worst ones.

But if you've sworn off carbs, Consumer Reports says don't despair. Several products are a decent substitute for the real thing.

--For bread, try Arnold Carb-Counting Multigrain or Sara Lee Delightful Wheat. Both rated very good.

--If you can't live without pasta, there are three worth trying. Keto Spaghetti, Bella Vita Penne Rigate, and CarbXTract Fettuccine all rated good.

And there's good news for carb-counting beer drinkers as well.

"The beers we tested did pretty well. And unlike many of the other low-carb products we looked at, the beers had fewer calories across the board than their regular counterparts."

--The best beer bets: Michelob Ultra and Miller Lite. Both are similar to light beer, with a slightly less intense flavor.

<http://www.wcpo.com/wcpo/localshows/dontwasteyourmoney/9ff24d.html>





The Stolowe Mountains

The Stolowe Mountains

The Stolowe Mountains National Park was created on 16th of September, 1993. It is situated in the middle Sudeten, in Klodzko region on the Polish-Czech border. The Stolowe Mountains are the Polish part of great sandstone layer situated between Karkonosze and Bystrzyckie and Orlickie Mountains. Czech part of it bears the name of Broumowska Vrchovina and it's also a protected area (CHKO Broumovsko).

The Stolowe Mountains National Park covers the area of 63 square kilometers of their upper part with the culminations of Sczeliniec Wielki (919 m above sea level) and Skalniak (915 m). In the neighbourhood of the Park there are several popular health resorts: Polanica Zdroj, Duszniki Zdroj, Kudowa Zdroj.

<http://www.pngs.pulsar.net.pl/pngseng.htm>

You Can Win And Be Famous!

Have you reached your own personal Summit?

Are you on the track of getting there? We want to hear about it! Let us share in your victories. Write us an article for the Summit E-Zine about...anything! If chosen, your article will be published in our weekly newsletter and you will receive \$20 in Condors! We look forward to hearing from you!

Where in the world are you??

Send us a photo taken of yourself traipsing across some distant soil wearing your favorite Summit wear. If chosen, your photo will be published in our weekly newsletter and you will receive \$20 in Condors! So, put on your best smile for Summits!

Submit all photos and articles to attn.: Jan at: snellville@summitsonline.com All articles submitted become property of Summits Wayside Tavern.

Quote of the Week

"The problem with the world is that everyone is a few drinks behind." -- Humphrey Bogart

Your Weekly Summits Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	June 1	2	3	4	7-9p 5
						Mike's Hard Lime
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!		C Karaoke 10p SN Trivia 10p SS Trivia 10p	SS Trivia 9p
6	7	8	9	10	11	7-9p 12
						Pilsner Urquel
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!		C Karaoke 10p SN Trivia 10p SS Trivia 10p	SS Trivia 9p
13	14	15	16	17	18	7-9p 19
	LaBatt's Hockey Week - a different Canadian beer each day!					LaBatt's
					C Karaoke 10p SN Trivia 10p SS Trivia 10p	SS Trivia 9p
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!			
20	21	22	23	24	25	7-9p 26
						Coors
					C Karaoke 10p SN Trivia 10p SS Trivia 10p	SS Trivia 9p
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!			