

At the Summit

the e-zine of Summits Wayside Tavern



7 June, 2004

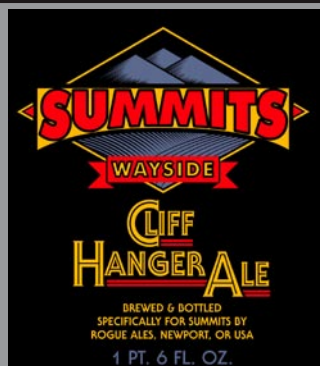
PINT NIGHTS

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

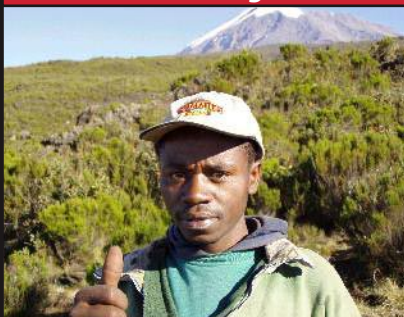
Drink a pint and keep the glass! 7-9 pm (while supplies last!)

- 6/12 Pilsner Urquell
- 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
- 8/7 Dogwood Summer

Our Very Own...



Where are you?



Have a photo of yourself in Summit's Gear? Wanna Share and earn some Condors?? Email Jan: snellville@summitsonline.com.

A View from the Summit

"Ameta Curry"

Luai - Kitchen Manager - Snellville

- 2 lbs ground beef (ameta), chopped
- 4 oz olive oil
- 2 oz ginger, pounded
- 1 large onion, pounded
- 4 oz garlic, peeled and pounded
- 2 Tbsp red pepper powder
- 1 Tbsp salt
- 1 tsp cumin
- 2 oz fish sauce
- 1 Tbsp sugar
- 4 cups water



Heat 4 oz olive oil in a pot. Add all ingredients. Cook for about 5 mins. Add water to cover the mixture. Boil, then turn down the heat to reduce the water. Total cook time is about 1 hour.

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

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"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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Design: Cindy Svec, Relevant Arts

"At the Summit" is free to anyone who subscribes to our mailing list at:

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summits-online.com/cumming/

Are You READY????

"I Did It for the Shirt!"

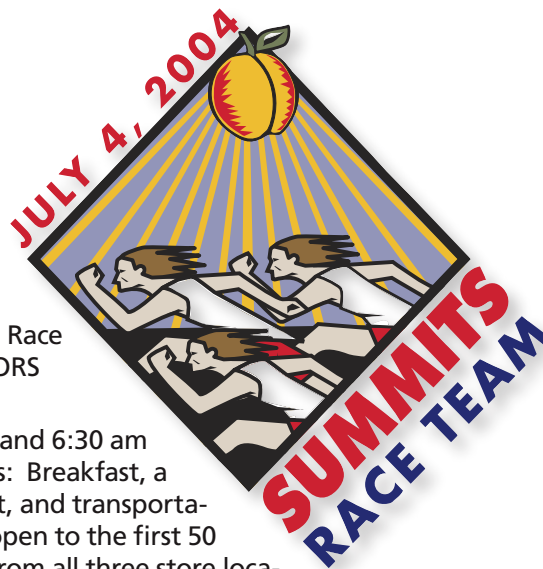
Staff Article

Summits Wayside Tavern has the perfect idea to kick off your 4th of July celebration! Join the Summits Race Team this year!

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!

Participants will meet between 6:00 am and 6:30 am at the store. Sign up for the bus includes: Breakfast, a special edition Summits Road Race t-shirt, and transportation to and from the race! This event is open to the first 50 people to sign up! Summits customers from all three store locations are invited! Registration can be done at any Summits location. Non-refundable cash payment required in advance.

The cost for the shuttle is as follows:



Non Passport Club Members: \$32

Passport Club Members: \$20

Tier I Mug holders \$15

Tier II Mug holders \$10

Tier III Mug holders \$5

**Membership to the Passport Club is only \$2.00!

This is the perfect opportunity to become a member of our Passport Club! Don't let this unique event pass you by! Sign up TODAY!

Beer Spotlight

Sierra Nevada Summerfest

Our Summerfest is a refreshing, pilsner-style lager. Its incredible smoothness comes from an extra-long lagering period. Lighter in body than our ales but just as complex in character, Summerfest quenches your thirst with big aroma and a tangy hop bite.

GOLD MEDAL WINNER

California State Fair (European Light Lagers: 1999)

<http://www.sierranevada.com/beers/summerfest.html>



Cooking With Beer!

Roast Pork Fillet Filled with Cream Cheese and Apple in Fruity Ale Jus

Ingredients

- 2x450g/1lb pork fillets
- 200g/7oz cream cheese
- 1 eating apple, peeled cored and grated
- small knob unsalted butter
- 4 sage leaves
- 225ml/8fl oz draught fruity bitter
- 1/2tbsp/8g clear honey (optional)

Method

1. With a sharp knife, cut a pocket along the side of each pork fillet, not quite reaching the ends. In a bowl mix together the cream cheese and grated apple, then use to stuff the pork without over-filling; you should be able to pull the edges of the meat together. Wrap both fillets separately in clingfilm, then chill for around 8 hours overnight.

2. To cook: remove film and truss each fillet with fine string or cotton. Melt butter in a heavy pan and brown fillets quickly on all sides, then transfer to a shallow oven dish and put 2 sage leaves on top of each. Place towards the top of a preheated oven (220C/425F/Gas 7) and cook for 20-25 minutes, depending on thickness.

3. Remove from oven and keep warm, pouring any juices into the pan used to brown the fillets. Heat the juices in the pan until they start to sizzle, then add the beer, simmering briskly to reduce until thickened and reduced by about one-third; taste and, if you would like sweeten it, add the honey.

4. Remove the string. Using a sharp knife, slice the pork fillets fairly thick on to 6 serving plates; dribble over some of the pan jus. To accompany, you could serve briased, caramelised shallots and small mashed potato 'nests' filled with fairly sharp apple sauce, then baked in the hot oven on a shelf below the pork.

http://www.bbc.co.uk/food/recipes/database/roastporkfilletfile_6998.shtml



Industry News

Moderate wine drinking cuts ovarian cancer risk

Women who drink two or more glasses of wine per day may substantially reduce their risk of contracting ovarian cancer, Australian researchers said on Wednesday.

A study of nearly 1500 women by scientists at the Queensland Institute of Medical Research found that while consumption of any alcohol slightly lowered the risk of ovarian cancer, wine had the most pronounced effect.

Researcher Penny Webb said the study found that women who drank two or more standard glasses of wine per day appeared to have half the risk of ovarian cancer compared with non-drinkers.

"We're talking about fairly moderate alcohol consumption - two drinks a day is not a huge amount," Webb said.

"When we looked at it more closely it only seemed to hold for wine, and in women who just drank beer or spirits there didn't seem to be any effect," she said, adding that the beneficial effect of red wine appeared to be stronger than white wine.

The study, published in this month's issue of the journal Cancer Epidemiology Biomarkers and Prevention, indicated the impact of alcohol on female hormones could be responsible for the way it affects different cancers.

The presence in wine and particularly red wine of antioxidants and other compounds that might be protective of certain organs could also be a factor, Webb said.

The Queensland institute has launched a larger study of ovarian cancer which will look at the lifestyle and dietary habits of 4000 women.

<http://health.iafrica.com/healthnews/319708.htm>





Bet you can't wait!!

Root Beer / Birch Beer Ice Cream Floats

The weather outside is perfect for the old-fashioned classic dessert. Order a Root Beer or Birch Beer Ice Cream Float and have it made with authentic Thomas Creek soda! This sweet-tooth delight is served in a litre glass, so it's enough to share, maybe....



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

The Ruby Mountains of Nevada

The Ruby Mountains

Nevada's Swiss Alps, the Ruby Mountains Wilderness and East Humboldt Wilderness, are centrally located 20 miles south of Elko, Nevada, near the ranching community of Lamoille in Northeastern Nevada. The mountain range is within the Humboldt National Forest and is approximately 80 miles in length and a dozen or so miles in width. The northernmost 60 miles, extending from Angel Lake in the East Humboldts to Harrison Pass in the Rubies, see 99 percent of the recreational activity.

The mountain range is gently sloping on the west side and steep on the east side. The elevation is in the 10,000 to 11,000 foot range, not particularly high, but the range is formed by a single 5,000 foot rise rather than by a series of foothills. The elevation of nearby Elko is over 5,000 feet.

<http://www.rubymountains.net/#introduction>

Quote of the Week

"I drink to make other people interesting." -- George Jean Nathan

Your Weekly Summits Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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	
	LaBatt's Hockey Week - a different Canadian beer each day!					C Karaoke 10p SN Trivia 10p SS Trivia 10p	SS Trivia 9p
20	21	22	23	24	25	7-9p 26 Coors	
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!		C Karaoke 10p SN Trivia 10p SS Trivia 10p	SS Trivia 9p	
27	28	29	30	July 1	2	7-9p 3 Sam Adams	
	SN Trivia 7:30p	SS Trivia 8p	C Trivia 8p double!		C Karaoke 10p SN Trivia 10p SS Trivia 10p	SS Trivia 9p	