



Hart House at Deer Lake Offers New Twist on Surf and Turf Dinner Menu

For Immediate Release

October 1, 2007 (Vancouver, BC) – Beginning on Tuesday, October 2 through to November 15th, 2007 guests at the Hart House at Deer Lake will be able to order from a special Surf and Turf dinner menu. Featuring a selection of skillfully-prepared steak and seafood options, this Surf and Turf menu offers a new twist in that it includes not only Nova Scotia Lobster but also succulent Alaska Scallops and BC Spot Prawns.

The Hart House's Executive Chef, Dennis Peckham, is known for his commitment to fresh ingredients and painstaking preparation. His Surf and Turf menu is designed to showcase the best of land and sea. Guests will face the enviable task of selecting items from the tantalizing list, combining a steak entrée with a seafood dish:

The Surf & Turf menu includes

Beef Tenderloin

Braised Beef Shortrib, Cauliflower Purée, Glazed Carrots and Red Wine Jus

Half Butter Braised Nova Scotia Lobster

Beef Top Sirloin

Roasted Butternut Squash, Toasted Walnuts, Spinach and Apple Sauce

Pan-Seared Alaska Scallops

AAA Beef Ribeye

Eggplant Condiment, Tomato Chutney, Arugula and Sundried Olive Jus

Roasted Garlic Spot Prawns Prawns – North Vancouver Island

We are sure that this selection of classic flavours and new favourites will prove irresistible to steak and seafood lovers. Once the hard work of making a decision has been done, we are always happy to suggest wine pairings from our award winning wine list that will complement your entrée selection. The casual elegance of Hart House's dining room will provide the perfect backdrop for a dinner to relish and remember.

Hart House's Executive Chef Dennis Peckham was born and raised in Vancouver. After graduating from Dubrulle Culinary Institute in 2000 he joined the team at Vancouver's renowned Lumière Restaurant. He was subsequently the Chef de Partie at Napa Valley's prestigious French Laundry. When he returned to British Columbia he was a member of the staff at West Restaurant before joining the Hart House in autumn of 2006.

**The Hart House at Deer Lake
6664 Deer Lake Avenue, Burnaby**

**Reservations by phone only
Please call the Hart House at Deer Lake @ 604-298-4278
www.harthouserestaurant.com**

To get to The Hart House...Take the Canada Way Exit (#33) from Highway #1 (the Trans Canada). Then take the first right at Sperling Avenue (look for the Esso gas station on the corner). Alternately, travel west on Canada Way from New Westminster, turn left on Sperling Avenue, take the immediate right fork, and then turn left into our parking lot.

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