

Changing your life through food

Culture and its effect on people

- Brief history on food and cultural relationships
- How culture has effected our eating decisions

Daily food choices can change your life

- Breakfast Demo
 - Oven Baked Salmon with sunny side up eggs, ginger and avocado

Daily food choices that can boost the metabolism

- Lunch Demo
 - Citrus pan seared salmon with saffron ginger vinaigrette, sundried Cranberries and garden salad

Food choices that help maintain a healthy lifestyle

- Dinner Demo
 - Salmon en papillote with julienne mixed vegetables, tarragon, ginger with teriyaki and tofu



Edgar's

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