

News from *Gastro's...*

Firstly, thank you all for your interest in *Gastro's*. Your custom, comments and support is appreciated by all here!

Secondly, welcome to our first ever newsletter... it's been a busy time here, so a lot to write about. Will try and keep them more regular and make it a bit slicker in future.

Our Young Star Chef...Darren Tate – our youngest kitchen team member is a Manchester Chef Ambassador. We were delighted when Darren was selected to become a Chef Ambassador. He had a exciting couple of days training. Other ambassadors are from the Midland Hotel, City Inn etc so he was in excellent company. He will be filmed shortly cooking a signature dish and we will put that film onto our website www.gastrofood.co.uk

Darren will also be heading up our kitchen – taking over from our head chef, Rick Barlow, in the prestigious 'Young star chef' on Tuesday 8th April. He will be cooking up a set 5 course meal to be judged by an expert panel. The cost will be £24.95 per person. [Click here to request more information.](#)

NWFF awards - Our own Noel Goulding had a fantastic time judging at the NWFF awards for 2008. You are sure to be seeing some more quality, local food on our shelves soon. "It was a great honor to have been asked to judge the NWFF awards, I assembled with about 45 other judges at Eawood park, Blackburn Rovers ground and literally spent the day just tasting food. You will be seeing some of the prize winners' products at Gastro's shortly. I hope you will enjoy them"

Expanding our local produce... We are happy to welcome Lakes Speciality foods to our family of fine producers. With Gold award winning bacon and Sausages voted "the best bangers in England" we are confident you will love them.. Moo2you ice cream is back with us with a fantastic range of flavours to go. Higgidy pies and tarts now feature in our cabinet... great taste like quality beef and stilton; lemon chicken with bacon lentils and spinach, all cooked with love and super ingredients. As a special offer, there's a buy one get on 1/2 price on all the pie's.

A '**Meet the producers' day** is to be held here – in conjunction with Marketing Manchester this coming Monday - the 17th March, between 3pm & 5pm. Pop in and meet some of the North West's most passionate and skilled producers and find out why we are so passionate about them. More information can be requested from ourselves or Marketing Manchester: email sarah.walker@visitmanchester.com or call 07807 82 06 13 before Wednesday 12 March 2008

Sample some of their wears and enjoy free refreshments.

News from the Veg man... Tony Bilsborough, our specialist vegetable consultant is excited about spring being round the corner – "At Gastro's, the seasons will be clearly defined. As spring opens, watch for some great local vegetables: leeks, cauliflower, broccoli and possibly the star of the show – Lancashire tomatoes. Help us celebrate all that is good in British and local produce with the British tomato week in May."

News from Melodia... Our fantastic Italian food supplier, specialising in food from Calabria has just introduced some ready made sauces, just heat through and serve with some of his fantastic pasta or try with some of his cured meats. These sauces represent 4 regions of Italy: Calabria, Tuscany, Sicily and a Pesto Genovese. Visit his website for more information www.melodiafood.co.uk

On 21st February we held a Gourmet Dinner - **charity night for Challenge Mulanje**. A fantastic 5 course dinner was cooked up by our head chef Rick Barlow, we raised £600.00 for the charity and a great time was had by all – this is what David had to say “Richard at Gastro's and his team played a blinder with the creation and delivery of a 5 course gourmet meal. My particular favorite was the 'Red mullet, chorizo sausage and shellfish casserole' - beautiful!” - If you wish to know about future events – please let us know... contact@gastrofood.co.uk

Challenge Mulanje can be found at: www.challengemulanje.co.uk

Spring is in the air! Our kitchen team is also getting very excited about our new spring menu – it will feature the new local produce, just coming into season and some lighter dishes. Rick will happily email you a menu once he's completed it...
contact@gastrofood.co.uk

Nutrition advice at Gastro's. We have taken Simon on as our qualified Nutritionalist expert on our menu – Simon was impressed with our menu and retail products from a health point of view, in particular the use of oily fish, which he recommends we eat at least once a week. Simon is available at: simon@manchesterhealthcoach.co.uk and free phone number 0800 043 1632.

New art exhibition at Gastro's. We are proud to be exhibiting the work of local artist Neil Rowland. With his great eye for detail – Neil shows Manchester off as you've never seen it before. Feel free to pop in and see his work or view them at www.neilrowland.co.uk all his works can be bought!

Special Offer's at Gastro's

Buy any Higgidy pie, get one ½ price.

Buy any 6 wines or a case of beer; get 10% of our retail price. (take out only).

Early bird menu in our restaurant – 5-7 Monday-Fridays 2 courses for only £12.95
Not in conjunction with any other offer. Please advise us you want this offer when you arrive.

Morning coffee & croissant deal – everyday before 12midday, enjoy a relaxing coffee, (or Tea), and any croissant and Danish for £2.95

Free nibbles with drinks upstairs after 5pm