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Tupelo Honey Café Revamps Kids Menu To Offer More Healthy Choices

Partners with Asheville Independent Restaurants, Earth Fare to Fight Childhood Obesity

Asheville, NC (August 17, 2010) – Tupelo Honey Café recognizes there is a special need to educate kids about making wise food choices. As a response to a growing concern about childhood obesity, both nationally as well as locally, the restaurant has developed additional kids' menu offerings that are fun, healthful and most important, tasty. Noted on the menu with a tomato icon, the newest fare includes an emphasis on whole grains, lean protein as well as fruits and vegetables. Examples include veggie sliders, grilled Mahi Mahi, free-range chicken and vegetable farm fresh sides- from which you can also create your own individual veggie plate.

The philosophy goes hand in hand with a partnership with Asheville Independent Restaurant Association and Earth Fare, where six area restaurants including Corner Kitchen, Bouchon, Green Sage, The Blue Ridge Dining Room at The Grove Park Inn Resort and Spa and The Laughing Seed Café are participating in the "Food Field Trip" program. Earth Fare and these AIR restaurants will offer area schools curriculum highlighting the importance of healthy food choices. Classes will compete for the opportunity to visit one of the participating restaurants for a hands-on learning experience about preparing nutritious food and the benefits of a healthy diet.

"Through these local collaborations we hope to do our part in offering additional choices as well as educating our youth on the value of a balanced, healthy meal," says owner Steve Frabitore "We also plan to get involved on a broader level through the Chefs Move to Schools program developed by First Lady Michelle Obama, by participating in cooking demonstrations throughout our school system." Tupelo Honey Café's Executive Chef Brian Sonoskus, who is among 45 chefs committed to participating, plans to bring produce grown at the restaurant's garden to local elementary schools to teach children ideas for recipes at home.

Tupelo Honey Café has two locations, 12 College Street in downtown Asheville and in South Asheville at 1829 Hendersonville Road. To view all menu options and any additional information visit, www.tupelohoneycafe.com.

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