



MEDIA RELEASE

## **Trafalgars Bistro Celebrates its “Decennial” with 10-Year 10-Course Dinner and 1997 Nostalgia Menu**

VANCOUVER, BC (*October 12, 2007*) In the last decade, sky-high “architectural” food came back down to the plate, the bubble burst on foamed sauces, and fresh flower garnishes all but dried up and disappeared. While many food trends have come and gone since Trafalgars Bistro opened its doors in November 1997, the popular Kitsilano eatery has stayed true to its own recipe for longevity starting with the idea that flavour comes first.

Trafalgars Bistro celebrates that philosophy and its decennial at an upcoming 10-Course 10-Year Anniversary dinner on November 4 followed by a week long flash to the past with a special 1997 Nostalgia Dinner Menu, served from November 5 to 10.

Chef Chris Moran, who has been in the kitchen of Trafalgars Bistro since day one (first as sous-chef then as head chef since 1999), recalls that out of the starting gate he and the staff took a fearless approach. “We tried everything from raw sea urchin to gooseneck barnacles and sea asparagus bouillabaisse. We were crafting complicated plates with unusual ingredients for the adventurous diner, looking to create a stir attracting a wide variety of clientele.”

The approach worked and the restaurant continues to cultivate a steady following from both its Westside neighbourhood and beyond. But today Trafalgars Bistro has embraced more recent food movements, such as sustainability, and is a committed member of the Vancouver Aquarium’s conservation program, Ocean Wise.

And while Chef Moran continues to craft adventurous menus he also adheres to the belief that simplicity never goes out of style. “Trends have gone away from intricate and complex food to quality cooking techniques where good ingredients are recognizable and speak for themselves.” Lauded for its own spin on flavourful simplicity, Trafalgars Bistro was top-rated for “Eclectic Cuisine” in the most recent *Zagat Survey, Vancouver Restaurants*.

### **10-Course 10-Year Anniversary Dinner (10 wines included), Sunday, Nov. 4**

Trafalgars Bistro owners Lorne Tyczenski and Stephen Greenham are celebrating their restaurant’s upcoming decennial with a 10-Course 10 Year-Anniversary Dinner on Sunday, November 4, starting at 6 pm.

Chef Chris Moran pulls out all the stops on an exotic, cross-cultural menu that showcases his love of cooking with the finest fresh, local and seasonal ingredients. Dinner includes four starter courses, four sampler entrees and two desserts from partner operation Sweet Obsession Cakes and Pastries. Each of the 10 courses will be accompanied by a 2-ounce tasting glass of wine that is included in the dinner price.

Cost is \$110 per person, plus GST/gratuity, with \$50 from each dinner to be donated to the Guatemala Project, which is headed by Vancouver's Dr. Ellen Coburn. Tyczenski and Greenham have long supported Dr. Coburn's endeavours to help children in Guatemala. "We're proud to count Dr. Coburn as a both a friend and client, and to support this worthwhile charity," says Greenham. For more on this aid project, go to [www.mayanproject.org](http://www.mayanproject.org)

### **1997 Nostalgia Menu, Monday to Saturday, November 5 to 10**

Favourite appetizers, entrees and desserts from Trafalgars Bistro's menus over the last 10 years have made their way onto the three-course 1997 Nostalgia Dinner Menu, a culinary salute to the last delicious decade. Guests can choose one appetizer, one entree and one dessert course, including coffee and tea for \$35 per person, plus GST/gratuity, with \$10 from each dinner to be donated to the Guatemala Project. The 1997 Nostalgia Menu will be available for dinner from 5 pm, Monday to Saturday, November 5 through 10.

View Trafalgars Bistro's special 10<sup>th</sup> Anniversary menus at [www.trafalgars.com](http://www.trafalgars.com)  
For reservations for the 10-Course 10-Year Anniversary Dinner on November 4 or the 1997 Nostalgia Dinner Menu, November 5 to 10, call 604 739-0555, extension 1 or go to [www.opentable.com](http://www.opentable.com)

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**Photo Caption:** Chef Chris Moran's new fall dish of ling cod with tomato and ginger bouillabaisse and saffron aioli epitomizes Trafalgars Bistro's approach to elegant, but unpretentious, fine dining.

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