

BREAKFAST

TO BEGIN

Harvest Granola-Yogurt Parfait

Seasonal fruit and Greek style yogurt

11

Farmer's Market Tropical Fruits

Griddled zucchini bread

12

CEREALS & BAKERY

Anson Mill's

Stone Crushed Oats

Heirloom apples, warm milk, cinnamon

8

House Made Granola

Dried fruit, seeds, nuts

8

Today's Bakery Board

A seasonal selection

9

SIDES

Smoked Bacon 5

Buttermilk Biscuit and
Local Honey Butter 4

Patak's Southern Style Sausage 5

Toasted Bread 4

Neuske's Country Ham 5

One Farm Fresh Egg 4

Fingerlings & Caramelized Shallots 5

FAVORITES

Buttermilk Pancakes

Local apple compote, Vermont maple syrup

13

Brioche French Toast

Hazelnut chocolate, Crème Anglais

22

Crab Benedict

*Lump crab, oven-dried tomato, wilted
spinach, poached eggs, Hollandaise*

22

Two Farm Eggs

*Choose Neuske's apple smoked ham,
Patak's country sausage or Neuske's bacon,
with roasted fingerlings and
caramelized shallots*

17

"Low & Slow"

*Pork shoulder hash, poached hen eggs,
Hollandaise*

16

Three Egg Omelet

*Neuske's Ham, Farmstead cheddar,
forest mushrooms*

17

Equinox

VOLUME 1 • CONTINUED



Are You Confused Yet?

If you're rented a car and are driving in Orlando for the first time, here a few things you might want to know about the local highways and traffic patterns.

The Beeline Expressway (also known as SR 528) that runs to and from the airport was renamed the Beachline Expressway in 2005, since it is the quickest route to Cocoa Beach. So if you're using a map that still calls it the Beeline, it's time to get a new one.

"Make food simple and let things taste of what they are."

*Curnonsky,
French writer and epicure*

The I-4 is the highway in central Florida that connects Tampa on the Gulf Coast with Daytona Beach on the Atlantic Coast. However, although I-4 runs east-west through the state of Florida, it runs north-south through the city of Orlando. So as you are driving into town from

the airport on the 528 (The Beachline), you must go west (even though you are technically traveling south) on I-4 towards Tampa to get to attractions and you go east on I-4 towards Daytona Beach to get to downtown Orlando, even though it is actually to the north. Also remember, when you're in downtown Orlando, the official East-West Expressway is the 408.

Oh, and one more thing: The I-4 is parking lot during rush hour. So avoid using it during peak hours but if you must, be sure to allow yourself extra time to get to your destination.

"All happiness depends on a leisurely breakfast." John Gunther

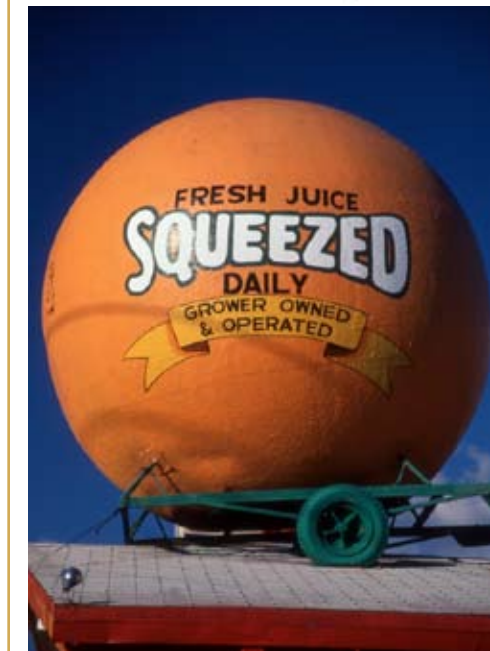
From Stovetop to Sundecks Everywhere

The first suntan lotion was invented in 1944 by Miami Beach pharmacist Benjamin Green while he was cooking cocoa butter in a coffee pot on his kitchen stove. His product became known as Coppertone and Florida became famous as the body-bronzing capital of America.



One Great Way to Stay in the Pink

The more shrimp a Florida flamingo eats, the pinker its feathers get. And, we assume, the happier it feels. After all, fresh Florida shrimp is one of the tastiest treats in the world.

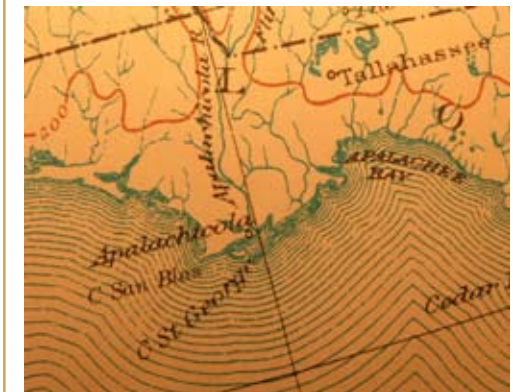


Thin-Skinned But Still Sweet and Nutritious

Because citrus fruits grown in Florida generally have thinner peels and contain more juice, they are usually 25% heavier than comparable fruit from other citrus-growing regions of the country. In addition to being sweet, plump and juicy, Florida citrus fruit is a great source of calcium, copper, magnesium, niacin, phosphorus, potassium and thiamin, not to mention vitamins C and B6.

Is That What They Mean By Flying Fish?

Once a year at the annual Flora-Bama Mullet Toss in Pensacola, thousands of Floridians stand at the state line and toss dead fish into Alabama. No one really knows why but it's a tradition now, so they just keep on doing it.



The Father of the Ice Cube (And Fresh Oyster Platters)

Dr. John Gorrie of Apalachicola, on the coastal side of the Florida panhandle, invented and patented the process of mechanical refrigeration in 1851. Thanks to him, the ice cube was born, which turned out to be a very convenient thing since Apalachicola Bay produces enough oysters every year make a pile that's as big as a football field and three oysters deep. And we all know that it takes a lot of crushed ice to keep that many oysters fresh, cold and delicious.



Harvest bistro
Equinox

A Seasonal Collection of News, Trivia and Inspired Nonsense



Just Passing Through

Jack Kerouac, the legendary beat generation writer, lived a house at 1418 ½ Clouser in Orlando's College Park neighborhood in July of 1957, while he was waiting for his novel *On the Road* to be published by Viking Press. He stayed there briefly while he finished his second novel, *Dharma Bums*, but he left town just a few months later, which was pretty typical of him. Or as he put it, in his distinctive style: "It's the too huge world vaulting us, and it's good-bye. But we lean forward to the next crazy venture beneath the stars."

A Name So Long They Used It Twice

Florida is the only state in the U.S. that has two rivers with the same name, and

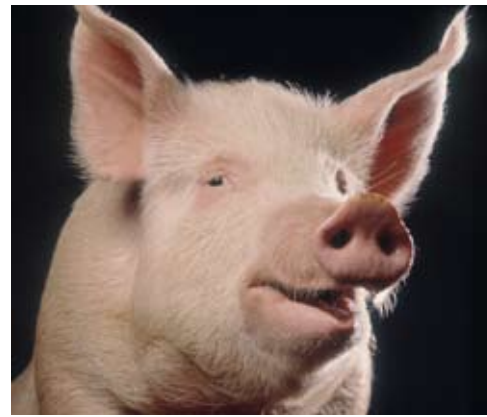
it's a doozy: Withlacoochee. The one in north central Florida originates in Georgia and eventually merges with the Suwannee River.

The other Withlacoochee River starts in central Florida's Green Swamp and empties into the Gulf of Mexico near Yankeetown. Other than the name, the two rivers apparently have nothing much in common.

By the way, the slowest moving river in the world is in the Everglades National Park. But that's another story.

"Food is a central activity of mankind and one of the most significant trademarks of a culture."

Mark Kurlansky, *Choice Cuts*, 2002



Prime Pork From Palmetto Creek Farms

In order to offer you the best and most delicious fare, we're dedicated to using fresh, naturally grown and raised products from local farms ranches and dairies whenever possible. But we also like the fact that supporting these small local producers contribute to the health, vitality and sustainability of the local economy and environment.

For example, the pork we serve comes from Palmetto Creek Farms, a family owned and operated business located in Avon Park, Florida. Palmetto Creek began 12 years ago as a 4H project and now supplies delicious, high-quality natural pork to the most discriminating chefs at the best restaurants in Florida.

Their secret formula involves using the same sustainable, sensible, and humane farming practices that were widespread before the advent of large factory farms. Palmetto Creek Farms pork is naturally tender and full of real flavor because it's produced without artificial enhanc-



ers, preservatives or chemicals, in ideal conditions, where animals are raised outdoors with free access to food, water and shelter.

When businesses like Palmetto Creek Farms are allowed to succeed and thrive, everybody benefits. We hope you enjoy and appreciate the quality of their products as much as we do.

"When I get a little money, I buy books. And if there is any left over, I buy food." Desiderius Erasmus

Golf Marathon Anyone?

The last time we checked, Florida had approximately 1,250 golf courses, which is more than any other state. So far, no one has tried to play golf at all of them, but we think it would make a pretty interesting world record.



Roll-By Banking

The first automated teller machines designed especially to provide easy access for people on rollerblades were installed outside banks in Miami. There's no word yet on how soon that concept will be developed into an extreme-sports reality show.



Legally A Vegetable But Definitely Delicious

The old argument about whether a tomato is a fruit or a vegetable was legally settled by the Supreme Court in the 1893 ruling *Nix v. Hedden*. The suit was brought by farmers who wanted tomatoes reclassified because there was a tariff on imported vegetables but not fruit. The official ruling says: Tomatoes are "vegetables" and not "fruit" within the meaning of the Tariff Act of 1883, based on the common meaning of those words." In spite of what the court declared, the tomato is still a fruit, and a tasty one at that.

"It is difficult to think anything but pleasant thoughts while eating a homegrown tomato" Lewis Grizzard

Free Disney World Admission on Your Birthday in 2009

If you're having a birthday between now and the end of the year, you've still got time to take advantage of a free admission to Walt Disney World. All you need to qualify is a valid ID with your date of birth on it. You can visit www.disneyparks.com to find out more.

We're Not in Kansas Anymore, Captain

Some of the approach procedures for commercial flights landing at Orlando International Airport are named PIGLET ONE, MINNEE TWO and GOOFY FIVE.



It's A Cow's Life

Winter Park Dairy is the smallest, least mechanized and most urban licensed dairy in Florida. And if it's true that the best cream comes from the happiest cows, then their raw-milk cheeses must be the best in the word because they treat their cows like queens. Here's their own description of the life of a Winter Park dairy cow: "They feed you all natural grains, hay, and pure water to your heart's content. Working together in harmony under the Florida sun to create the Sunshine State's only raw mild artisanal cheese, grazing on green lakefront pasture year-round, a Dairy Cow's life is an eternal spa visit."

