

Spring
'10



THE PIG ISSUE

FREE



Hi Lovers!

Welcome to our Spring edition! We have some exciting stuff coming up we think you'll love, make sure you get involved!

New Spring Menu

We've added some **terrific new dishes** to our spring menu including fabulous new sausage combination dishes, featuring bratwurst, Toulouse, borewurst and venison sausages.

By popular demand we have brought back, **cod and chips**, tantalizingly cooked in beer batter!

Our delicious **homemade beef burger** comes with yummy red onion relish! Our revamped daily specials give greater variety and we've brought back some comfort favourites such as hearty **calf's liver and bacon**, and luscious **slow roasted lamb shank** with rosemary & garlic.

Look out for lamb, pork, veal and Barnsley chops, now featured in **'Chop of the day'**!

We've supplemented our delectable salads with the addition of **coronation chicken**.

For dessert we have revisited some old time favourites; including **rhubarb & custard**, **knickerbocker glory**, and **spotted dick**. Our delectable wine list now offers more wines by the glass and provides fresher tasting wines for Spring, why not try a nice glass of cold Brouilly, when (if!) the weather gets warmer or our fabulous new 'Pretty Gorgeous' rose.

To celebrate the launch of our new spring menu we are offering customers **2 sausage meals and 2 glasses of wine for £12** (£13 at the O2). Just walk in to receive the offer. T&C's apply.

Does your business need some loving? Join our receive **25% discount** for all employees in your Just join online and you will automatically receive discount for anyone showing a business card.



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The Royal Academy of Arts

Great British Art Supported by Great British Grub

We've partnered up with the Paul Sandby exhibition at the Royal Academy of Arts running up **until the 13th June**. Paul Sandby is considered the 'father' of English watercolour painting'. This major retrospective at the Royal Academy of Arts, reveals his fascinating social commentary at a time when Britain was undergoing rapid change. The Royal Academy are kindly offering all our s&m customers a **reduced ticket price of £7**. All you have to do is quote s&m at the desk when buying your ticket. We are also offering 2 for 1 at a&m for Sandby ticket holders, so make sure that you come and visit us afterwards to take advantage of this offer!



For more information on the exhibition please visit: www.royalacademy.org.

EEFF

Great British Film supported by Great British Grub

In April s&m was one of the key sponsors for the **East End Film Festival** which showcased hot new talent and home grown films alongside larger independent releases.

There were special events, informing and inspiring a new generation of filmmakers and audiences from across London and beyond, helping to raise the profile of this vibrant and diverse area.



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Game for a run?

On the 13th of June 2010, s&m will be entering our very own team of athletes into the **Barts and the London Charity 10k** race at Victoria park.

Help us to help them by sponsoring our runners.

Even if you don't feel like running, come down and cheer us on! We'll be doing a **BBQ** for all the runners and supporters during and after the race, and our runners are going to need all the help they can get...

For more information about the race, or to enter your own team, please visit:
www.bartsandthelondoncharity.org.uk/10k



b+tlc BARTS AND THE LONDON CHARITY

Help us celebrate our 20th anniversary by making this our best

10k race & fun run

Are you ready for the

challenge?

10k individual or 5 in a team (over 15 years)
1 mile fun run (under 15 years)

Sunday 13th June 2010
Victoria Park, Hackney, London E9

Run & raise money for:

- Cystic Fibrosis (The London Chest Hospital)
- Trauma & Emergency Care (The Royal London Hospital)
- Prostate Cancer Research (Barts Hospital)

Please go to www.bartsandthelondoncharity.org.uk/10k/ for more details
Enter online at www.canceraward.co.uk/10k/
Email 10k@bartsandthelondon.nhs.uk or call 0207 618 1726 to order an entry form

Sponsored by

Supported on the day by



Charity Commission Registered Number 212002

Magic!

Look out for our magicians that come over at lunch times in our city based restaurants. We also have magic nights at Leadenhall and Smithfield branches, the next one is on Friday 4th June at Smithfield where we have teamed up with Steve Dela and his **Fantasmagoria Show**. It's a great fun show, we are offering a fantastic meal and ticket deal which includes a



2 course meal and ticket for the show for £20.
You won't get a better deal for a night out!

Reserve online at www.sandmcafe.co.uk or email smithfield@sandmcafe.co.uk.

More info will be available on our website soon.

Look out for dates or our Fay Presto magic supper nights at Leadenhall Market.

Sausage Trivia:

How long was the **world's longest sausage** as of October 2000?

- a) 35 miles
- b) 100 miles
- c) 312 metres



Please send you answers to judy@sandmcafe.co.uk with the subject heading 'TRIVIA'. The first 5 correct answers will win **£20 vouchers** to spend at your favourite s&m!

Spring recipe:

Baked Sausage & Veggie Omelette

8 breakfast servings

- 1 pound breakfast sausage
- 1 cup chopped button mushrooms, stems removed and cleaned
- 1 cup chopped green onions
- 3/4 cup seeded and diced tomatoes
- 3 Tablespoons chopped fresh basil
- 8 large eggs, well beaten
- 1 cup milk
- 1/4 teaspoon each salt and freshly ground black pepper
- Extra chopped tomatoes for garnish



Preheat oven to 350°F.

In a large nonstick frying pan, over medium heat, cook sausage, breaking sausage into small pieces. Cook until no longer pink. Remove from pan and drain sausage.

Drain all but 1/2 to 1 teaspoon of pan drippings. Sauté mushrooms and onions in pan just until vegetables are soft. Allow to cool slightly.

Oil a baking dish. Layer sausage, mushrooms, onions, tomato and basil into dish.

In a mixing bowl, whip together eggs, milk, salt and pepper. Pour egg mixture over sausage mixture but do not stir together.

Bake, uncovered, in a preheated oven for 22-25 minutes or until eggs are set.

Cool for 5 minutes.

Sprinkle additional chopped tomatoes on top.