

FOR IMMEDIATE RELEASE
June 21, 2010

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2010 Comcast Bite of Seattle® Restaurant Line-Up Offers Heart-Healthy and Wallet-Friendly Options

The 2010 Comcast Bite of Seattle® promises great quality and selection with the line-up of restaurants and other food vendors in this year's event. Cuisines from Hawaiian Barbecue to Vietnamese fare, Cajun to Greek and almost every category in between are represented at over 50 restaurant options at this year's Bite. Vendors will offer guests a Hope Heart Right Bite, which allows attendees to taste some of Seattle's best food while maintaining a healthy diet. The festival takes place July 16-18, and admission is free! For more information about the Comcast Bite of Seattle menu or other Comcast Bite of Seattle events, please visit www.comcastbiteofseattle.com.

2009 Comcast Bite of Seattle Award Winners:

- Best Entrée - 1st: Half Moon Bay Bar and Grill (Crab Cakes)
- 2nd: Klassique Konnections (Cat Fish)
- 3rd: Southern Kitchen (Collard Greens)
- Best Barbecue - Jasper's BBQ
- Best Dessert – Klassique Konnections (Red Velvet Sundae)
- Best Booth Design – Outback Jack's
- Best Right Bite - Shnoo Yogurt

NOTE:

- Most restaurants are serving a menu that extends past the listings below. Menu items are condensed for space.
- No single entrée is priced above \$6, and no combination plate is priced above \$7.
- Some restaurants will offer a \$3 Taste item, listed in bold.
- Each restaurant offers a Hope Heart Right Bite, a menu item that has less calories, fat or sodium. Hope Heart Right Bite items are bolded and italicized below.

(* indicates one of 23 NEW or returning after an absence Comcast Bite of Seattle restaurant)

***Bahn Thai Restaurant** (Thai)

Spinach Peanut Sauce with Chicken, ***Vegetarian Pahd Thai Noodles***

Bambuza Vietnamese Bistro (Vietnamese)

Honey Lemongrass Chicken Skewers, ***Crispy Tofu Spring Roll, Crispy Spring Roll***

Biringer Farm (Dessert)

Strawberry and Raspberry Shortcake, ***Brownie, Scone***

Bombay Grill (Indian)

Chicken Tikka Masala and Rice

Burger Dog (American)

Burger Dog Deluxe – Two Ground Beef Patties, American Cheeps and Wing Dog Special Sauce, ***Original Burger – One Ground Beef Patty with American Cheese, Garden Burger – Roasted Eggplant, Zucchini, Mushrooms, Garlic and Oatmeal with Provolone***

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Take a Bite

California Pizza Kitchen (American)

BBQ Chicken Pizza- BBQ sauce, smoked gouda cheese, mozzarella, red onion, BBQ chicken, garnished with cilantro, **Tuscan Hummus- Tuscan white beans pureed with garlic, sesame, lemon and spices, served with warm pita bread**

***Catfish Corner** (Southern)

Deep-Fried Southern Catfish Strips with Hushpuppies, **Hushpuppies**

Chutney's Grille (Indian)

Cilantro Salmon with Rice, **Samosa, Chicken Kebab**

Crepe Tyme (French)

Chicken Artichoke Crepe, **Cinnamon-Sugar Crepe, Garden Fresh Crepe**

Dancing Zorba (Greek)

Classic Gyros- Grilled lamb with fresh lettuce, tomato, onion, feta cheese and tzatziki made from scratch, wrapped in warm pita bread, **Chicken Gyros**

Delicious Asia (Japanese)

Honey Prawn Combo, **Steamed BBQ Pork Bao, Steamed BBQ Pork Bao**

Espi's Sausage (Filipino)

BBQ Chicken or Pork with Panat or Rice and Eggroll, **Eggroll, Pork Lumpia (Eggroll)**

Famous Dave's (BBQ)

Three Ribs and choice of side, **Two Ribs, Coleslaw**

The Frankfurter (American/German)

Old Fashioned Frankfurter, **Kids' Dog, Smoked Thai Chicken Sausage**

Gyros! Gyros! Gyros! (Greek)

Lamb, Beef or Chicken Gyros- Served with lettuce, tomato, onion, feta, kalamata olives and tzatziki sauce on a warmed pita, **Baklava, Vegetarian Gyros- Fresh garlic hummus with tomato, onion, lettuce, kalamata olives and feta with low-fat tzatzki on a warm pita (also available vegan)**

Half Moon Bay Bar & Grill* (Seafood)

Dungeness Crab Cake served with Frizzled Onions and Creole Aioli and Crispy Fries, **Tuna Bombs – Fresh Albacore Tuna wrapped in Smoked Bacon and Deep Fried, Quinoa Salmon Salad**

***Henry's Taiwan** ((Taiwanese)

Bird's Nest Noodles, **Veggie Taiwan Satay Rice Noodles, Taiwan Satay Rice Noodles**

***Island Noodles**

Fresh Yakisoba Noodles with fresh Garlic, Ginger and Vegetables in an Island Sauce, **Island Noodles with Ginger, Garlic and Chicken**

Jasper's BBQ Catering (Traditional BBQ)

BBQ Sandwich- Beef brisket, pulled pork, chopped chicken, **One Rib served with Beans, Natural Chicken Sausage Sandwich**

Kaleenka Piroshky (Russian)

Piroshky (Beef and Cheese, Smoked Salmon or Vegetable), **Half Size Potato and Cheese Piroshky, Potatoes with Lemon Parsley Dill Sauce**

***Ladla Cuisine of India** (Indian)
Hot Samosa Chaat

Mandarin Garden (Korean)
Kalbi (Korean BBQ), **Fresh Mango Sticky Rice, Mandarin Chicken Noodle Bowl**

***Maximus/Minimus**
Pulled Pork Sandwich with Minimus or Maximus sauce and a Side of Coleslaw, **Veggie Sandwich with Roasted Onion, Fennel Bulb and Barley**

***Mick Kelly's Irish Pub and Restaurant** (Irish)
Mick Kelly's Banger Sausage, **Corned Beef Slider, Guinness Beef Stew**

Mrs. B's (American)
Walk Away Sundae- Large scoop of vanilla ice cream with choice of chocolate or strawberry topping, covered with whipped cream served on a colossal waffle cone, **Sugar-Free Ice Cream**

New Orleans Cookery (Cajun Seafood)
Alligator on a Stick, **Red Beans and Rice**

Outback Jack's Australian BBQ (Australian)
Lemon Pepper Steak with Veggies on Pita, **Small Portion of Chicken Sydney with Veggies in a bowl, Veggies on a Pita**

***Palace Korean Bar and Grill** (Korean BBQ)
L.A. Short Rib Kalbi

***Pelmeni Restaurant** (Russian)
Beef Dumplings, **Small Portion of Beef Dumpling, Beef or Potato Dumpling**

***Pho Cyclo Café** (Vietnamese)
Charbroiled Lemongrass pork with rice noodles, salad and fish sauce, **Grilled skewers (Lemongrass Pork, Marinated Chicken or Garlic Meatball), Fresh Tofu Spring Rolls**

Pico de Gallo (Mexican)
Grande Fish Taco – Redhook ESB Ale-battered halibut, creamy chipotle sauce, shredded cabbage and mango-pineapple salsa folded into a flour tortilla, **Fried Mac and Cheese, Whole Wheat Fish Taco**

Racha Noodle & Thai Cuisine (Thai)
Coconut Prawn Combo- Three coconut prawns with Pad Thai and fried rice, **Vegetable Pad Thai, Vegetable Fried Rice**

***Salena Mexicana**
Chicken Burrito, **Burrito Bowl served with Salad**

Sizzlin' Phillies
Sizzlin Philly Sandwich – thinly sliced grilled steak served with grilled bell peppers and onions with melted cheese on a warm sand which roll, **Chicken Philly without cheese**

Smokey's BBQ Grill (BBQ)
Angus Prime Rib Sandwich, **Pulled Pork Slider, Chicken Caesar Platter**

Southern Kitchen (Southern)
Louisiana Gumbo- Made with Shrimp, Sausage and Chicken, **Red Beans and Rice, Red Beans and Rice with Collard Greens**

***Taste of Chicago** (American)

Italian Beef Sandwich – Marinated Beef on a French Roll, **Small Portion of Italian Beef Sandwich, Spinach Pizza Puff – Spinach, Mozzarella, Pizza Sauce and Spices in a Flour Tortilla**

Ziegler's Bratwurst Haus (German/American)

Deluxe Hamburger – Beef patty on a bun with Lettuce, Pickles, Cheese and Onions served with Potato Chips,

Green Bites – Food From Restaurants That Support “Going Green”!

***Bluebird Homemade Ice Cream**

Ice Cream Made Using Local, All-Natural and Organic Ingredients

***Blue Moon Burgers**

Cheese Burger, Bacon Cheese Burger, Veggie Burger, Southwest Veggie Burger, Gluten Free Buns Available

***Chaco Canyon Organic Café**

Fresh Juice Smoothies

***Eat Local**

Coronation Chicken – A Slightly Spicy Dish with Plums and Almonds, Bluebird Grain Salad – Farro with Seasoned Vegetables and Tangy Dressing

***Mighty-O Donuts**

Cini-Minis, Powdered Sugar Minis, Organic Lemonade

***Thrive**

Oh My Samurai, Chocolate Mousse Cup, Coconut Juice

Just a Bite Restaurants- All Items \$3.75!

***Chipotle Mexican Grill**

Soft Tacos – Barbacoa, Chicken and Veggie options

Green Leaf Vietnamese Restaurant

TBD

***Khan's Mongolian Grill**

Korean BBQ Tacos

***The Maltby Café**

Strawberry and Marionberry Shortcake

Mobatta Crepes

Nutella, Cinnamon Roll or Lemon and Sugar Crepes

***The Swinery**

Bacon Pops and Cured Meat Cones

***Thai Fusion**

Beef Panong Skewers with Side Cucumber Salad and Bread Wedge Dipped in Peanut Sauce, Choice of Chicken or Tofu Pad Thai

On-Ground Vendors and Specialty Food Products- vendors offering a limited menu of tasty treats

Blue Elephant

Elephant Ears, Mango Lemonade

Blue Elephant (2nd Booth)

Sweet Potato Fries, Curly Fries, Mango Freeze

Complete Energy Authentic Hawaiian Shave Ice

Hawaiian Shave Ice

Cool Soy

Frozen Soybean Dessert

The Frankfurter

Fresh-squeezed Original and Strawberry Lemonade

Irishman Enterprises

Funnel cakes with assorted toppings, soft serve ice cream, Old-Fashioned Lemonade, Soft Serve Ice Cream

Janey's Pies

Variety of Steak, Chicken or Vegetable Pies, Fruit Pies, Chicken or Beef Samosas (all meat products are halal)

Margarita Village

Nine Flavors of Fruit Smoothies

Maui Wowi Hawaiian

Fresh Fruit Smoothies, Chillin' Iced Drinks, Hot Koko

Mini Melts

10 flavors of Mini Melts ice cream

Peaks Frozen Custard

Fresh premium frozen custard in assorted flavors- cones, affagatto, sundaes

Shishkaberry's

Chocolate-dipped fresh fruit on a stick

Snowie

Six Flavors of Premium Shaved Ice

Tokyo Dog

Tokyo Dog – All Beef Frank served with Seaweed, Grilled Onions, Teriyaki Sauce, Japanese Mayonnaise, Oroshi – All Beef Frank, Green Onions, Radish Sprouts, grated Radish, Japanese Mayonnaise, Soy Sauce, Bonito – All Beef Frank, Bonito Flakes, Fried Cabbage, Okonomiyaki Sauce, Japanese Mayonnaise

-more-

Restaurant Desserts (Note: Dessert items listed below are in addition to the dessert items served by our On Ground Vendors)

Ben & Jerry's

Assorted Flavors of Ice Cream

Biringer Farm

Strawberry/Raspberry Shortcake, Scones, Brownies

Blue Elephant

Elephant Ears

Cool Soy

Frozen Soybean Dessert

Crepe Tyme

Dessert Crepes- lemon and powdered sugar, cinnamon sugar, strawberry banana, apple, nutella and turtle

Irishman Enterprises

Funnel Cakes, Old-Fashioned Ice Cream

Mrs. B's

Walk-away sundaes, hand-scooped ice cream, Peggy's cinnamon rolls

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