



KIRKLAND, WASHINGTON

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## PENTERRA SPA DEBUTS 'SPA-PE-TI-ZER' MENU

### Trellis Chef Brian Scheehser Creates Spa Menu of Healthy, Garden Fresh Fare

KIRKLAND, Wash. (Dec. 12, 2008) – [Penterra Spa](#), the [Heathman Hotel's](#) on-site luxury spa is teaming with [Trellis](#), the hotel's wine county inspired restaurant to offer 'Spa-pe-ti-zers,' a menu designed exclusively for the spa by executive chef [Brian Scheehser](#). The small-bite menu, available in Penterra, will debut in time for the New Year, on Jan. 1, 2009.

Scheehser chose a selection of raw hors d'oeuvres, small plates and juices to enhance the Penterra Spa experience, opting for pure foods that stimulate both the mind and body for the optimum health and well-being. The focus of the menu is based largely on organic produce and will evolve based on what's blooming on Scheehser's three acre farm in Woodinville.

"I'm particularly proud of this new menu," said Scheehser, "The challenge of creating healthy, flavorful, fresh meals is something I take to heart daily in our farm-inspired restaurant. Bringing these flavors together allows me to demonstrate that you don't need to sacrifice health for taste."

Select menu items include:

Living Salad

Alive with pea sprouts & watercress, walnuts, shaved onion, pear, vinegar & onion

Pink Lady Roll-Ups

Pink lady apple slices rolled with arugula, endive & citrus vinaigrette

Medjool Dates & Sliced Persimmons

Minted lemon dressing crisp frisée & marcona almonds

Citrus Avocado

Half Hass avocado, shaved fennel & baby arugula, with winter citrus & pomegranate seeds

Quinoa Tabbouleh

Diced cucumber, red onion, parsley, tomatoes, minted olives & a sprinkle of sea salt

Veggie Carpaccio

Shaved cauliflower, beets, carrot, parsnips, broccoli, avocado, flax seed and Meyer lemon squeeze

Pomegranate Seeds

Ripe, flavorful seeds removed from the pith & served with a drizzle of wild flower honey

Caponata

Diced eggplant, tomatoes, winter squash, fresh herbs & a splash of rose vinegar, romaine leafs & almonds

Wilted Vegetable Tagliarini

Long strips of zucchini, carrot, leeks, summer squash & celery; lightly seasoned & served with arugula & pine nuts

[About the Heathman Hotel, Restaurant and Spa-Kirkland](#)

Like its award-winning sister location, the historic [Heathman Hotel in Portland, Ore.](#), the [Heathman Hotel](#) provides guests with the ultimate in gracious service and a unique Northwest luxury experience. Earlier this year, the property garnered the

AAA Four Diamond Award®, an indicator of excellence which promises travelers an unparalleled lodging experience. The Kirkland property features 91 classic guest rooms; 5,000-square-foot [Penterra Spa](#), complete with a sanctuary room, individualized treatment spaces and deluxe fitness center; 2,500 square-feet of meeting space; and [Trellis](#), a 90-seat wine country inspired restaurant and bar helmed by Chef Brian Scheehser. Trellis' rustic, robust menu evolves with the seasons, often featuring items from Scheehser's own three-acre farm. For reservations and information, visit <http://heathmankirkland.com/> or call (425) 284-5800 / (800) 551-0011.

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