



**ChicaGourmets!**



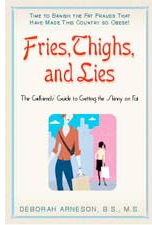
Kiki's Bistro~900 N. Franklin~Chicago  
**TO YOUR HEALTH**

**A SUMPTUOUS DINNER AND PREMIER BOOK LAUNCH EVENT**  
With Special Guest Deborah Arneson,  
Founder of *Healing Quest Center*

**Monday, February 26, 2007**

**6:00 P.M. Book Signing and Hors d'oeuvre & Wine Reception**  
*(Santa Julia Torrontes '06 Mendosa, Argentina)*  
**7:00 P.M. Dinner**

"To Your Health" is a toast to the fine art of living well, presented by renowned nutritionist Deborah Arneson, founder of Healing Quest Center, Chicago's largest medical spa. Deborah's latest book, *Fries, Thighs, and Lies*, dispels the myths and misconceptions about nutrition that are making Americans unhealthy and yes, even fat.



Please join us for this unique event. Deborah will discuss her book and sign copies during the evening. We are indeed fortunate that *Fries, Thighs, and Lies* premières at this exclusive dinner event, featuring the famed cuisine of Kiki's Bistro. Wine commentary will be provided by Lee Schlesinger of Winesellers, Ltd.

**Kiki's Bistro**

Georges "Kiki" Cuisance, a native of Eastern France, began his 50 years of restaurant business experience in Europe at places like La Closerie des Lilas in Paris, well known for its famous clients, such as Ernest Hemingway. In December 1963, Kiki was brought to Chicago by Nancy Goldberg to help launch Maxim's of Chicago as its sommelier. (This beautiful establishment has since been donated to the City of Chicago.) After Maxim's de Chicago, Kiki opened his well known Le Bordeaux on Madison Street in January 1969. Le Bordeaux had an authentically French, dreamlike quality in a subterranean atmosphere, providing an escape into another world and attracting a unique blend of clientele. Kiki later expanded, opening Le Bordeaux on Michigan Avenue, and finally opening his present restaurant, Kiki's Bistro.

**ChicaGourmets Hosts Don Newcomb, Sharon Meyers & Donna Binbek**

**Special Thanks**

**Lee Schlesinger of WineSellers LTD**  
**Pascal Berthoumieux, General Manager, Kiki's Bistro**

Join *ChicaGourmets!* Membership is \$40 per year per household.

Make check payable to *ChicaGourmets!* Prepaid reservations (check only) must be received by **02/20/07**; no refunds after that date.

**Mail to:** *ChicaGourmets!* UPS Store, PMB 362, 333 W. North Ave., Chicago, IL 60610-1293

E-mail: donaldnewcomb@comcast.net Web Site: www.chicagourmets.org Tel: 708-383-7543 Fax: 708-383-4964

**KIKI'S BISTRO** Reserve \_\_\_\_\_ at \$59 per Member, \_\_\_\_\_ at \$69 per Nonmember, inclusive = \$ \_\_\_\_\_ enclosed.  
**02/26/07** \_\_\_\_\_ Membership/Renewal payment (\$40) enclosed. See expiration (exp) date on mailing label.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ Email: \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_



**Kiki's To Your Health Menu**

**Chapter 1: The Beginning**

*Choice of*

**Ragoût de Champignons**

A medley of wild and domestic mushrooms, sautéed with shallots, garlic and Madeira wine

*Or*

**Red Beet Salade**

with green beans, mixed mreens, toasted almonds, hazelnut vinaigrette

*Or*

**Soup du Jour**

Chef's Own Tomato Basil Soup  
**Hope Estate Chardonnay '05**  
Hunter Valley, Australia

**Chapter 2: The Main Message**

*Choice of*

**Steak Pommes Frites, Beurre Maître d'**

Thinly grilled top butt steak served with hand-cut shoe string potatoes and herbed butter

*Or*

**Grilled Salmon**

with mélange of seasonal vegetables

*Or*

**Navarin d'agneau Printanier**

Lamb stew with assorted fresh vegetables  
**El Albar Barricas '02 Toro, Spain**

**Chapter 3: The Sweet Ending**

The Author's Dessert Taste Trio:

Traditional Chocolate Mousse with Chocolate Sauce,  
Lemon Tart with Raspberry Coulis, and  
Berry Compote with Crème Anglaise

**Coffee & Tea**