

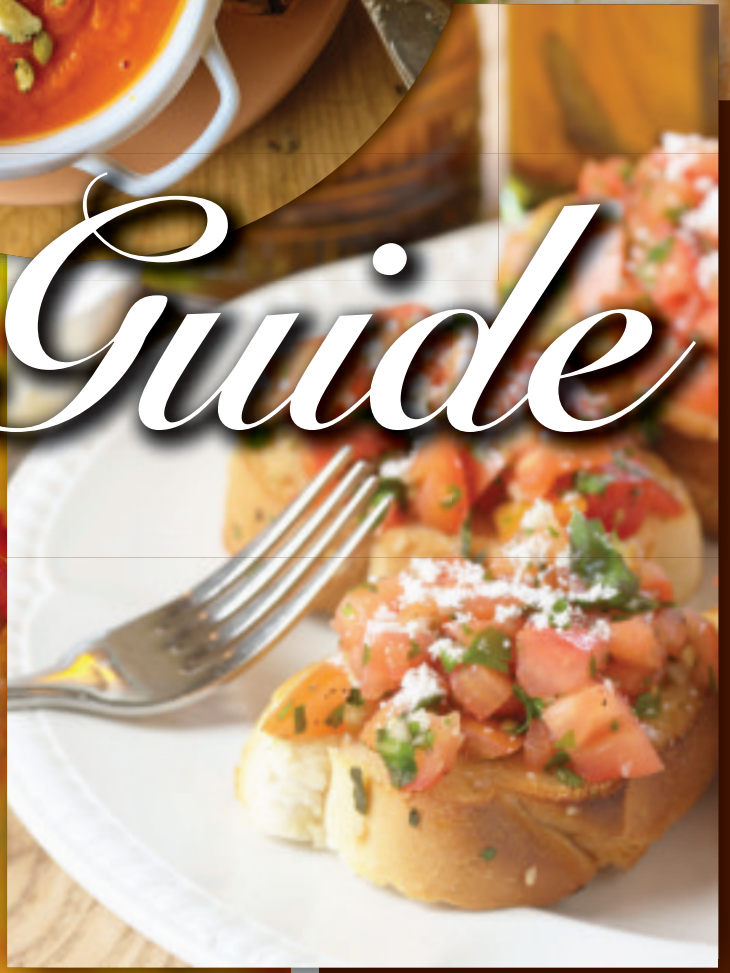
October 28, 2016  
A Special Supplement to

# The Pottstown Mercury



Fall

# Dining Guide



## DINING GUIDE

# How to stay healthy when dining out

Dining out is wildly popular. The convenience of letting someone else do the cooking and the opportunity to try new types of cuisine is too great to resist for many people.

According to Zagat's 2016 National Dining Trends Survey, people go out to eat (not counting breakfast) an average of 4.5 times per week.

While it can be easy to count calories and adhere to other dietary restrictions when eating at home, that's not always the case when dining out. Fortunately, there are ways for people who love to go out to eat to have their gourmet cuisine and eat it, too.

▪ Request that items be cooked a certain way. While diners might not be able to order

off-menu dishes, they can try their luck at asking for dishes on the menu to be prepared a certain way. For example, if a menu is loaded with fried foods, try asking for dishes to be grilled instead of fried. Researchers affiliated with the Harvard School of Public Health found that people who ate fried food at least once per week had a greater risk of both type 2 diabetes and heart disease than those who avoid fried foods, and that their risk increased with each additional fried meal they consumed. In addition, researchers also found that eating fried foods away from home posed the greatest risk, as the frying oil used may not be fresh. Reused oil is more easily absorbed by foods than fresh oil that has yet to degrade, and that

increased absorption can contribute to high cholesterol, high blood pressure and weight gain. Many restaurants are amenable to diners who want to avoid fried foods, but diners must ask.

▪ Eat only half the meal. Restaurant portions tend to be bigger than portions diners would make for themselves at home. In fact, the National Heart, Lung and Blood Institute notes that food portions at restaurants have doubled or tripled over the last 20 years. Diners who want to dine out but prevent overeating can ask that half of their entrées be boxed before the meal even makes it to the table. In addition, avoid appetizers and choose coffee or tea as dessert instead of high-calorie and sugar-laden baked or

frozen desserts.

▪ Make sure salads are healthy. Some diners mistakenly believe that all salads are the same. However, salads loaded with bacon and cheese and smothered in creamy dressings can be just as detrimental to diners' waistlines as large entrées cooked in an unhealthy way. When ordering salads, make sure the salad is loaded with healthy fare like raw vegetables and choose a low-calorie, low-fat dressing.

▪ Peruse menus before leaving home. Perusing menus online before leaving home allows diners to find restaurants that offer the kind of healthy fare they're looking for. Arriving at a restaurant without knowing its menu increases the chances that



PHOTO COURTESY OF METRO CREATIVE

diners will simply choose something from the menu, regardless of how healthy it may be.

Health-conscious diners can still enjoy nights out on the town without sacrificing their waistlines or putting their long-term health in jeopardy.

*Article courtesy of Metro Creative*

## DINING GUIDE

# 7 ways to be kind to restaurant food servers

The restaurant industry is booming, with new restaurants entering the challenging food service market every day. The National Restaurant Association says restaurants in the United States' generate roughly \$2 billion in sales on a typical day.

Food servers are among some of the hardest working employees in the food service industry, but sometimes their efforts go unrecognized. The following are a handful of ways diners can show their appreciation to the men and women who work hard to ensure their customers enjoy their dining experiences.

1. Recognize that waiting tables is no easy task. Waiting tables is both physically and mentally demanding. Servers spend hours on their feet carrying and bal-



PHOTO COURTESY OF METRO CREATIVE

ancing plates of food during their shifts. Servers also must anticipate the needs of diners and do their best to accommodate them. Acknowledge that servers' jobs are not easy when dining out, and express your gratitude for their hard work whenever possible.

2. Recognize that slow

food often is not servers' faults. Very often a food server has no control over how fast the food comes out of the kitchen. A very busy meal service can stall an inexperienced kitchen. Don't blame the server because the food took longer than expected to arrive on your table. If you're in a hurry,

let the server know in advance so he or she can work with you.

3. Look up at your server. Eye contact shows respect and it will help get your order across clearly — reducing the likelihood of a mixup regarding your order.

4. Put down your phone. Distracted diners are sometimes to blame for slow service. In 2014, a popular New York restaurant took matters into its own hands after constant complaints of slow service. After examining surveillance footage of the dining room from 2004 to 2014, the restaurant owner discovered the wait staff hadn't changed its techniques, but the customers' use of cellphones had slowed table turnover from one hour and five minutes to one hour and 55

minutes. Taking pictures of food, texting before ordering or asking a server to take a group photo can contribute to slower service, which puts added stress on servers.

5. Holidays can put a monkey wrench in restaurant flow. Certain times of the year are popular for dining out. Mother's Day, Father's Day, Valentine's Day and winter holidays are busy times for the restaurant business. Diners should recognize this and exhibit extra patience when dining out during these busy times of year. If you aren't up for the crowds, abbreviated menus and other factors that come with holiday dining, choose another day to go out.

6. Tip with courtesy and respect. Tips are important to servers because their income may not be steady.

Some restaurants do not pay servers minimum wage, expecting their salaries to be offset by tipping. Tip according to how the service was, not the taste of the food or beverages. A 15 percent tip is customary, but you may want to tip 20 percent for exceptional service. Don't dine out if you cannot afford or do not plan to tip.

7. Ask ahead of time if you need a split bill. Multiple checks can prove time-consuming. Address this need early on and pay as punctually as possible.

The restaurant business is fast-paced and challenging. Customers can do their part by being patient and pleasant patrons and showing their servers the respect they deserve.

*Article courtesy of Metro Creative*

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Ron's Crooked Hill Tavern is located at 1271 N. Sanatoga Road. For more information, call 610-326-5500.

## Ron's Crooked Hill Tavern & Restaurant offers crowd-pleasing specials

As the season changes so too does the menu selections at Ron's Crooked Hill Tavern, located at 1271 N. Sanatoga Road. The business is located just a couple of winding miles north of East High Street... hence the name. They are now smoke-free, although there is a designated smoking area available.

Our chef cooks up specials including home-made shrimp bisque and snapper soup-made in-house by Ginger, Italian pulled pork sandwiches and barbeque pork ribs served with coleslaw and French fries. All of our meats are choice-rated premium.

The tavern crowd can enjoy roast beef sandwiches, fresh-cut boardwalk fries along with a favorite draft beer while watching sports and other main events on one of several big-screen televisions.

Come try our variety

of draft and bottled craft beers. Better yet, check out our heated porch and big screen TVs, featuring crisp surround-sound. This spacious dining area is a perfect place to come out and relax while enjoying lunch, dinner or cocktails. Come enjoy a night out with one of our live bands every Friday

Mondays feature all-you-can-eat jumbo snow crab legs with endless French fries and slaw for \$31.95. Tuesday features half-price appetizers (with some exceptions) from 7-9 PM.

Stop by often for our different specials every week.

As for menu specials the tavern is known as the place with "the best food around," including their steak sandwiches and ribs, winners in The Mercury's Readers' Choice contest two years in a row. Ribs are on the menu every day, with specials on Sunday,

Monday and Tuesday. Sunday also features 50-cent wings. Oysters are available 7 days a week and Wednesday is "buck-a-shuck," available until 8 p.m. Pabst \$1.75 draft, Bud & Bud Lite \$2.50 and \$2.50 16 oz. cans are available all day, every day.

There are daily specials and weekly food specials. Happy Hour runs from 5 to 7 p.m. Monday through Friday. Join us for our annual Chili Cook-Off on Saturday Nov. 5, from 3-6 PM. \$10 entry free. Call for details.

Ron's Crooked Hill Tavern may be reached at 610-326-5500 and is open from 11:30 a.m. to 2 a.m. Monday through Friday; from 11 a.m. on Saturday and from noon on Sunday. Credit cards are not accepted. An ATM is on site. We also offer free Wifi.

## DINING GUIDE

# Tips for a successful family night out

Dining out is incredibly popular. According to the National Restaurant Association, restaurant industry sales in 2016 were expected to exceed \$782 billion in the United States alone.

Dining out would seemingly appeal to diners from all walks of life, but parents of young children may find it difficult to enjoy dining out with tots in tow. The following tips can help parents of young children make the most of their nights out as a family.

- Do your homework. Parents should take some time before choosing a restaurant to examine the menus and policies of any establishments they are considering. Many restaurants make their menus available online, so parents can compare menus of various establishments to determine which have the most kid-friendly fare. Some restaurants have

children's menus, while others do not. Examine menus ahead of time so you don't arrive at the restaurant only to sit down and discover it does not have anything your children are likely to eat. In addition, determine if restaurants have any specific rules regarding children. Some might not allow youngsters after a certain hour, while others might go above and beyond to accommodate families.

- Dine during off-peak hours. Parents concerned about how their children will behave in a restaurant setting can get kids used to the dining out experience by dining during off-peak hours, such as late afternoon or very early in the evening. Restaurants are less crowded during these times, and that can lessen concerns parents might have about upsetting other customers.

- Bring something to keep kids occupied. Par-

ents may want to bring something along to keep kids distracted in case the restaurant is busy or meals take longer to prepare than expected. While tablets with video games or movies might keep kids occupied on road trips, it's best to avoid bringing something noisy into a restaurant setting. Coloring books, word search puzzles or traditional books won't distract or upset fellow diners and can help keep kids occupied until dinner is served.

- Ask to be seated at a kid-friendly table. When being seated, ask the hostess to seat your party in an area where kids won't be distracted or grow antsy. A corner booth can make for a cozy family meal, and kids won't be distracted by fellow diners or even other youngsters in the restaurant.

- Explain restaurant etiquette to youngsters before going out. If the fam-



PHOTO COURTESY OF METRO CREATIVE

ily dinner table at home is short on etiquette but long on fun, explain to youngsters that the same rule does not apply at the restaurant.

Parents can explain that it's still OK to have

fun when dining out, but that the volume needs to be turned down and everyone must remain in their seats unless they need to use the restroom.

Parents can calm their nerves about dining out

with youngsters by employing a few strategies that can make family nights out on the town enjoyable for all involved.

*Article courtesy of Metro Creative*

## DINING GUIDE

# Love for sushi continues to grow

With origins in China and Japan, sushi is an Eastern delicacy. However, there is no denying the popularity of sushi elsewhere in the world, particularly in North America.

As with many ancient foods, sushi's origins have an element of mystery to them. The original type of sushi is believed to have first been developed in southeast Asia before spreading to southern China. Sushi was eventually introduced to Japan around the 8th century, where it would evolve into the type of sushi many people enjoy today.



PHOTO COURTESY OF METRO CREATIVE

According to The History Kitchen, a division of PBS

Food, one origin story for sushi involves an ancient

Japanese wives' tale. According to that tale, an elderly woman began hiding her pots of rice in osprey nests, fearing that thieves would steal them. When she collected her pots, she found the rice had begun to ferment. She also discovered that fish scraps from the osprey's meal had mixed into the rice. Upon sampling the mixture, she found the rice helped to preserve the fish. She also found that the resulting meal was tasty.

Early Chinese sushi involved fermenting fish on rice to preserve it. The rice

was thrown away and the fish was eaten when desired. The Japanese took their own approach to sushi, deciding to eat the rice with the fish. Sushi innovator Matsumoto Yoshiichi began seasoning the sushi rice with rice wine vinegar. This made it possible to eat the sushi immediately, instead of waiting months for it to ferment.

Through the years, enterprising individuals began selling sushi to others. In the 19th century, rather than wrapping the fish in rice, sellers placed it on beds of rice and sometimes other ingredients. This presentation of sushi, credited to a man named Hanaya Yohei, became very popular. This type of sushi is called

nigiri sushi (finger sushi). After World War II, the sushi style of presenting fish was adopted by western cultures.

Sushi preparation and dining is an art form that continues to evolve. New influences have changed sushi even more by marrying traditional recipes with fusion styles. Demand for sushi continues to increase. According to Statistic Brain's sushi industry statistics, there are 16,000 sushi restaurants outside of Japan, with close to 4,000 in the United States alone. What began as a method of preserving food has transformed into a billion-dollar industry.

*Article courtesy of Metro Creative*

# The Brick House

Est. 2007

## - What's New??

The 2016 Holiday season is in full swing and The Brick House is excited to present our upcoming festive events and specials. The last weekend of October offers a Shock Top Promo party on Monday, Saturday, Oct. 29th our annual Halloween Party - 'Dead Presidents & Politicians' offers giveaways and a DJ spinning top 40 dance music and \$5 Creepy Cocktails. Come dressed to theme!

The bar shines with seasonal cocktails, craft beers, and selections. For all of the families, last chance to bring in the kids to see our spooky decor and lights. Also,

plan to dine after the Pottstown Halloween parade. Remember parents KIDS EAT for \$ 1.99 EVERY Sunday ALL DAY.

November will feature our annual 'Get Stuffed' EVENT on the biggest party night of the year - thanksgiving eve. Let us do all of the work, as we are **OPEN ALL DAY on Thanksgiving** offering our entire menu along with our chef prepared \$ 9.<sup>99</sup> TG Turkey Homestyle Special.

Visit us in December as we go all out with our holiday decor and lights! Don't forget to book your holiday or work party, contact Mary, Marsi, or Colin at [inbox@PottstownBrickHouse.com](mailto:inbox@PottstownBrickHouse.com) or via phone (610) 906-3527 for exclusive food & drink specials starting from \$ 2!! Dig out your Ugly Sweater on Dec. 22nd for our 'Get Ugly & GO OUT Event'!

We are open Xmas Eve, 5pm on Xmas Day, and 12pm on NY Day.

Wear your BEST WHITES on NYE for our 'White Party' - Stay local with NO cover, a complimentary toast, and dress to impress attire. Stop in New Years Day for some good luck and enjoy our pork and kraut specials.

## - Food Specials

NEW this year, TBH offers **daily \$6.<sup>99</sup> Lunch Specials**. Wings are 0.39 and \$5 Cheesesteaks on Monday Nights; save some \$\$ and take out the family for our infamous 1/2 price burger night on Tuesdays; its \$9.<sup>99</sup> Steak Night on Wednesdays; join us Thursdays for the return of Prime Rib; Friday & Saturday nights Steak & Lobster Combos and on Sundays KIDS EAT for \$ 1.<sup>99</sup> all day.

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## DINING GUIDE

## Guide to restaurant tipping

Tableside service is one of the benefits to dining out. Dining out can be a welcome change from preparing meals at home, and diners love that, once the meal is finished, someone else is there to clean everything up.

Leaving gratuities for exemplary restaurant service may not be mandatory. However, in many areas of the world, proper dining etiquette suggests diners should tip their servers when paying for the meal. Many restaurant employees count on tips to supplement their salaries, and servers may even be paid below-average wages because tips are factored into their earnings.

Diners routinely struggle when leaving a gratuity. Tipping, because of the money involved, also can cause heated debates. Various experts have weighed in to help customers determine the right way to proceed with tipping. This tipping guide helps clarify when and how to tip.

Etiquette experts at the Emily Post Institute concur that 15 to 20 percent is the standard rule of thumb when tipping at a sit-down dining establishment. If the restaurant is buffet-style, a 10 percent tip may be adequate. Many people leave a 20 percent tip when dining out. That has become the norm for good service. Poor service may not be worthy of such a substantial tip.

When alcoholic beverages are part of the meal, some diners prefer to tip separately. That's because restaurants may implement a heavy markup on

wine or cocktail prices. Tipping based on the bill pre-tax can be expensive. The safe recommendation is 10 to 15 percent. Those who sit at the bar before retiring to a table should offer 15 to 20 percent of the tab to the bartender, or, \$1 for beer or wine, \$2 for mixed drinks. iTipping.com suggests paying your bar tab before leaving for your table.

Although it can be tempting to refrain from tipping when service is poor, this isn't always the wisest idea. That's because some restaurants employ a shift system in which all of given shift's gratuities enter a pool and are divided by a point system. Otherwise, each individual server is responsible for tipping his or her support staff, which includes a busser, a runner, a back waiter and/or a bartender. Rather than punish the whole lot, reduce the tip and then discuss your misgivings with the restaurant manager.

Diners should know that gratuities are typically included in the bill for larger parties. Restaurants generally add an 18 percent gratuity to the bill. Restaurants put this in place to safeguard their staff. This gratuity should be mentioned on the bill or on the menu. If the service was excellent, diners may want to tip on top of the included gratuity.

Diners who have gone over budget should not compensate by reducing the tip. Diners who cannot afford to tip should not dine out.

*Article courtesy of Metro Creative*

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