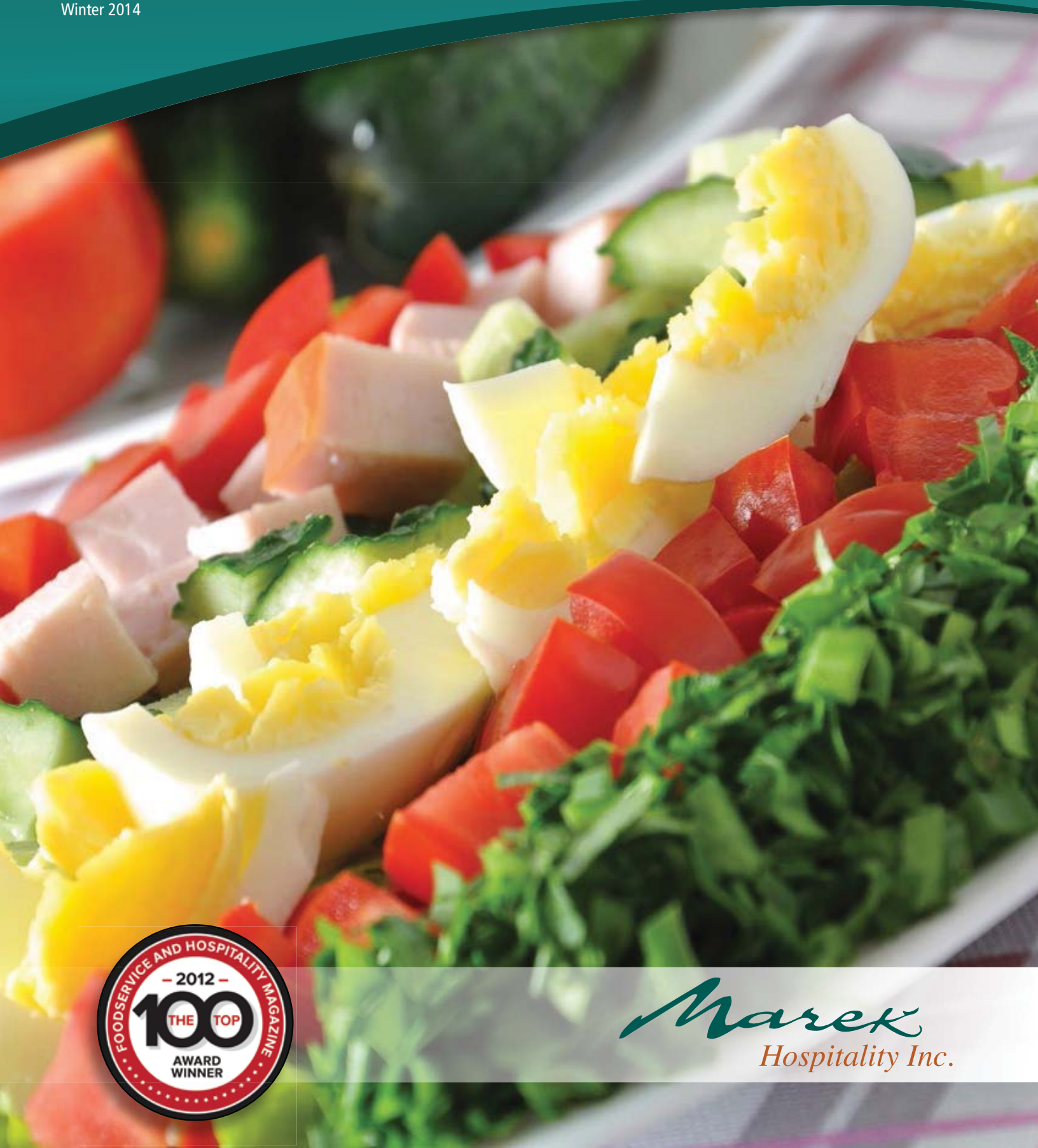


In Season!

Winter 2014

*“Experience Our Passion
for Foodservice”*



Marek
Hospitality Inc.

Celebrating Our Heroes

Each year we come together to acknowledge the success we have achieved and celebrate our people who make it happen. We are very proud of the work that every one of our Chefs and Managers do every day for our clients. They demonstrate the passion and commitment that make our brand of hospitality

exceptional every day. In each category one Unit Manager's performance was truly exceptional and they achieved Super Hero status. Congratulations to all our finalists and to our Super Heroes. Thank you for going the extra mile!

2013 Super Hero Award Winners

Pictured from left to right: Thomas Riding, Shawna Warner, Rochelle Gail, Yolanda Romanowitch, Mark Ryder, Adam Soliman, David Cherrie, Ralph Rick. Absent were: Fabricio Vicuna, Trent Mills, John Temple.



Implement Promotions Finalists

- Thomas Riding
- Shawna Warner
- Rochelle Gail

Super Hero – Thomas Riding

Operate the Dana/Marek Way

- Yolanda Romanowitch
- Mark Ryder
- Adam Soliman

Super Hero – Yolanda Romanowitch

Manage by the Week Finalists

- David Cherrie
- Fabricio Vicuna
- Trent Mills

Super Hero - David Cherrie

Overall Wildly Important Goals (WIG) Finalists

- Yolanda Romanowitch
- David Cherrie
- John Temple

Super Hero – John Temple

WIG District of the Year

Ralph Rick

10+ 10 Challenge

The creativity, promotions, and hard work of all of our employees and the great continued support of our customers and clients, helped us to exceed our 2013 Wildly Important Goal of a 10% year over year increase in sales.

The sales increase we achieved is simply a way to celebrate the wonderful work of all of our employees. What really matters is that it validates the passion, dedication and skill of our employees in engaging our customers and clients with freshly prepared meals and exceptional service.

Our 2014 challenge is to increase the cheque average by 10% on

a weekly basis year over year. Our employees will be focusing on providing you with more menu combos, more gourmet toppings for burgers, more artisanal cheeses and breads, and more promotions for added fun at work.

There is such good value in our freshly prepared, healthy and locally sourced food because your "personal chef at work" is uniquely able to customize to your taste preferences.

We encourage you to visit your cafe more often, engage with your chef to share your preferences and enjoy more of our great tasting food prepared just for you.

Demystifying Chicken

When is chicken, not the right “chicken choice” for you?

Our culinary practices commitment to you is that our chefs will cook real food using the highest quality freshest ingredients sourced from local farms and suppliers, because we agree that you can truly taste the difference that freshness makes.

We source fresh chicken from local farmers and processors who are committed to sustainable agricultural practices. By specifying strict quality procurement policies, we can guarantee consistency. Your café only uses green-weight chicken, which means it is not pumped with any salted water solution, commonly used by suppliers as a preservative, so you are eating a truly fresh final product that has only natural sodium.

Our purchasing requirements for fresh chicken demand that it be all-natural, air chilled, hormone-free, grain feed, humanely treated and raised on a Canadian farm, typically in either Ontario or British Columbia. Our supplier selection process goes beyond these product standards to ensure that our processing partners are also Federally Inspected and HACCP Recognized.

We are proud to announce that our supplier of choice for fresh



Ontario chicken is Pixtar Canada Inc. Pixtar operates a processing facility in Georgetown Ontario. This facility has achieved a Gold Standing from the Guelph Food Technology Centre. Their Ontario chicken is both gluten and nitrate free, has no additives or preservatives and fits all of our purchasing criteria.



Our supply partner in British Columbia is Centennial Foodservice, a Canadian owned food company founded in 1967 that specializes in high-quality protein products. Centennial chickens are locally raised and produced in the Fraser Valley under free run humane conditions and monitored with a strong food safety focus. Eating wholesome foods free of harmful ingredients is a great choice for all Canadians.

Your Chef Manager can customize catering purchases according to customer preferences. For example, in support of authentic cultural preferences, Halal chicken is now available in select cafés upon advance request.

By choosing our café every day, you have made the best “chicken choice” for guaranteed freshness. Local Canadian farmers, Marek Hospitality and foodies everywhere, thank you.

what's cooking

Chef Paul Graham
AstraZeneca Café



Butter Chicken

Serves 6

INGREDIENTS

	AMOUNT
Chicken Shredded Fully Cooked	1 kg
Lemon Juice Fresh	30 ml
Oil Olive	15 ml
Spice Curry Powder	10 ml
Onions Red, Thinly Sliced	1 each
Garlic Clove, Minced	3 clove
Ginger Root, Fresh, Minced	15 ml
Oil Olive	15 ml
Butter	15 ml
Spice Curry Powder	15 ml
Pepper White	0.5 ml
Salt	2 ml
Tomato Puree	500 ml
Butter	30 ml
Cream 35%	125 ml

METHOD

1. In a medium bowl, place chicken pieces and sprinkle with lemon juice, olive oil and 10 mL of curry powder. Toss to coat and set aside.
2. In heavy skillet, cook onion, garlic and ginger in 15 mL olive oil and 15 mL of butter until fragrant about 4 minutes.
3. Add remaining curry powder, pepper, salt, tomato puree and 30 mL of butter and simmer for 5 minutes.
4. Stir in shredded chicken. Return to a boil, reduce heat and simmer for about 11-15 minutes until chicken is thoroughly cooked.
5. Stir in cream and serve.

Allergens: Milk

To Serve (not included in nutritional analysis):

1. Serve over Basmati rice or with naan bread.

Tips (not included in nutritional analysis):

1. For a mild butter chicken reduce the curry powder.
2. For a spicy version add more curry powder; jalapenos or habanero peppers.

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
439 kcal	12.0 gm	56.9 gm	17.7 gm	36.6 %	170 mg	353 mg	2.6 gm	49 mg

A Warm Welcome to Our New Clients



Winpak Ltd. in Winnipeg, Manitoba manufactures and distributes high-quality packaging materials and related packaging machines.

The Company's products are used primarily for the protection of perishable foods, beverages and in health care applications.



King's Christian Collegiate is an independent Christian high school where a culture of respect frames school life and where instructional expertise is foundational to a safe, stimulating academic environment.



Welcome Bob Geitz

Over the past 25 years, Bob Geitz has developed outstanding expertise in the hospitality industry honing his wide-range of culinary skills in Canada, Germany and Italy.

As a Corporate Chef for Prime Restaurant Group, one of Canada's largest multi-concept chain restaurant companies, Bob created new menus and recipes, evaluated industry trends, and developed culinary training programs. As the Corporate Executive Chef for Suncor Energy Bob was part

of the senior leadership team that brought the retail fast casual concepts Neighbours and Neighbours Coffee to market. Bob also worked closely with the corporate chefs of Suncor's lodges in the Alberta Oil Sands on menu planning and food safety.

As Culinary Operations Manager for Marek Hospitality, Bob brings his passion for delivering exceptional guest experience to every client every day. His passion for fresh, made from scratch, healthy meals using local sustainable ingredients showcases all that is great in Canadian and ethnic cuisines featured in our cafés daily.



Welcome Ramona Kaminskas

A new member of the Hospitality Team, Ramona Kaminskas, has joined us as our Human Resources Manager. Ramona has worked in HR for over 7 years, with experience in finance, manufacturing, and consulting. Ramona brings with her a passion for Human Resources and an energy that is contagious. Ramona will be driving the business forward through changes, during an exciting period of growth.

See What's Cooking!
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Send submissions or questions to: info@marekhospitality.ca or Contact Us at: 905-829-9800.