

Excite Your Senses...



The Heartline Café

Fine Food With a Casual Mood... Award Winning Seasonal Cuisine

Book Your Wedding, Seminar or Special Event in Our Private New Banquet Room!

Dinner Nightly
5:00-9:30 pm

Lunch
11:00 am-3 pm,
Thursday-Monday

1610 W. Hwy. 89A, Sedona
(928) 282-0785
www.heartlinecafe.com

wine & holiday greens



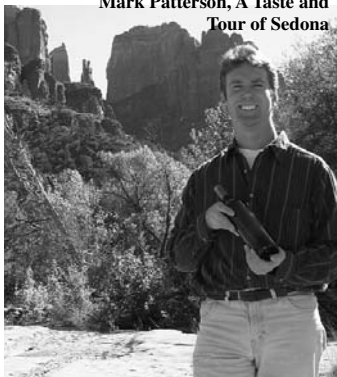
Lunch Crunch

Holly Dorushka, your Holiday Food Guide

A Taste of Sedona...

As a pre-birthday celebration, I was lucky enough to be offered a fabulous day of red rock tours and wine tasting, followed by a wonderful lunch at the Market Place Cafe, all part of Mark Patterson's creation called "Taste and Tour of Sedona." A man of many talents, Mark has cooked up a unique alternative to the ever-popular red rock tours of Sedona...something wine lovers, foodies and those that just like to have a great time will equally enjoy. My tour began at 10am with a scenic tour of Boyton Canyon, Airport Mesa and Cathedral Rock, where we not only viewed the beautiful sites but got out and took a brief walk through each. After absorbing Sedona's natural beauty and sunny Autumn weather, we were off to the Page Springs Winery to enjoy a tasting of the local winery's seasonal offerings. Tasty as they were, we still needed more, so off we went to Jerome's Grand Hotel to visit The Asylum, a crown jewel nestled atop the mountain, overlooking the views of Sedona. The wine list was extensive, the wines were enjoyable and the dining room was buzzing with excitement. As I settled into my cozy state I was definitely ready for a midday meal to remember. Our last stop on our culinary adventure was the Market Place Cafe, in the Village of Oak Creek, where we dined on Catfish Tacos, Margherita Pizza and Italian Sausage & Portabello Mushroom Pasta. Satisfyingly full of great food, warm with the feeling of fine wine, and beautiful views of Sedona to great us we finally made our way home to absorb the days offerings. Mark Patterson's "Taste and Tour of Sedona" combines the perfect sensory elements for a truly memorable Sedona experience, and a most enjoyable birthday celebration.

Mark Patterson, A Taste and Tour of Sedona



lifestyles sedona



D'Lish: Thriving Very Vegetarian food any time of day from 11-8pm 3190 89A Sedona 928.203.9393

Joyous Salad Celebration "Mariko's Color Therapy in a Bowl"

- Organic Romaine, one head, washed, dried and torn into smaller pieces
 - Organic Mixed Field Greens, small bag
 - Organic Red Bell Pepper, finely sliced, about * cup
 - 1 Organic Sunburst Squash and/or Zucchini, grated
 - 2 Organic Carrot, grated
 - 1 Small Organic Beet, grated
 - Organic Red Cabbage, finely sliced, about 1 cup
 - 2 Organic Avocados, sliced in halves, quarters or finer
 - Organic Mixed Sprouts
 - Organic Broccoli Sprouts
 - Organic Sunflower Sprouts
 - Organic Mung Bean Sprouts
 - * cup Organic Pumpkin Seeds, which have been soaked for 4 hours
 - * cup Organic Black Sesame Seeds, which have been soaked for 4 hours
- Layer ingredients into 4 large salad bowls. Therapeutic and Delicious. Serve with "Ecstatic Asian Dressing" or other favorite dressings.



Healthy Recipes

Ecstatic Asian Dressing

- * cup Freshly Squeezed Organic Orange Juice
- * cup Organic Safflower Oil
- * cup Organic Raw Sesame Oil
- 1/2 tablespoon Raw Apple Cider Vinegar
- 2 heaping tablespoons Grated Organic Ginger
- * packet Stevia Powder
- 1 tablespoon Himalayan Salt or Celtic Sea Salt
- dash Pepper (optional)

-Blend all ingredients in high powered blender. Serve on salads, sprouts, grains, etc.

from Mariko Ari