

FOR IMMEDIATE RELEASE

The Gardens of Avila Melts Hearts with a Special Valentine's Day Prix Fixe Menu, Live Music and More

SAN LUIS OBISPO, CA (January 23, 2008) – In search of a special spot for Valentine's Day that serves up cuisine that's as rich and flavorful as your love story? Starry-eyed couples can find a savory meal and romantic splendor with a **special Prix Fixe Valentine's Dinner at The Gardens of Avila Restaurant at Sycamore Mineral Springs Resort.**



The award-winning San Luis Obispo, CA restaurant, long-celebrated as the city's "most romantic," is set to ignite passion and palate with a festive four-course dinner menu available for the evening of February 14 only.

Using fresh and sustainable ingredients, Chef David McWilliam spoils sweethearts with offerings such as **Butter Poached Lobster, Beef Carpaccio** or **Crispy Eggplant Napoleon** as starters, followed by main plates such as **Pan Seared Scallops with Tomato Coconut Risotto, Mushroom Ravioli with Wilted Watercress and Sautéed Mushrooms** or **Medallions of Veal & Sautéed Shrimp.**

And for those sweet on decadence, **Orange Sponge Cake Layered with Chocolate Mousse** and **Vanilla Cheesecake with Berry Coulis and Fresh Berries** provide the perfect finale to an enchanting and delectable dinner.

To further set the mood for amore, **every lady will receive a long-stemmed rose**, and Cupid's couples can enjoy their meal while listening to the **soothing acoustic sounds of guitarist Mark Owens.**

Price for the Prix Fixe Valentine's Dinner is \$50 per person; \$65 with wine pairings. To make a reservation, please call (805) 595-5365.

Sycamore Mineral Springs Resort rests atop hot mineral springs and spans more than 100 acres of forest, hills and meadows in San Luis Obispo. It features secluded hillside mineral springs tubs, a labyrinth, meditation gardens, a renowned wellness center, a pool, and a gourmet restaurant. Moments away from the ocean, award-winning wineries, golf courses, Hearst Castle, and many charming Central Coast towns, it offers guests an exceptional opportunity to restore the spirit, nourish the mind and heal the body. The resort is located at 1215 Avila Beach Drive in San Luis Obispo, on the road to Avila Beach.

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