

Great People~Awesome Food~Better Beer



www.beerbros.ca

New Menu!

Great News! Chef Malcolm decided to roll out a bunch of tasty new treats for you to devour. Enjoy the flavours of the season. Winter-Spiced Roast Chicken anyone? And not for the meek, spicy Pilsner Shrimp Pizza. Wow! Beer Cuisine gets kicked up a notch for sure. Forget about the construction and traffic, walk down give your taste buds the royal treatment! Don't miss the chance to try our version of Beery Dry Ribs! The menu kicks off officially today so be the first to taste the adventure. See the new menu on the website www.beerbros.ca ~ "Can't wait to try all the rest of the new dishes!" - Darren Brown, Regina

October 22nd, 2010



Chef Malcolm is the Champion of Beer Cuisine

Gold Medal Plates

Chef Malcolm will be going to Saskatoon Saturday to compete in this prestigious event that raises money for Canada's Olympic athletes. The winner goes on to the National Finals in Kelowna in February. As Beer Bros. Preferred Guests, you can preview his brilliant dish Wednesday & Thursday evenings! Go Chef!

Metamorphosis starts the new Globe season.

Globe season has started and we have a deal for you! Dine at Beer Bros. before Oct. 31th and we'll give you a **FREE \$15 Gift Card** to return again! Don't miss the chance to try the new menu and get **FREE STUFF**.

AlleyKat Brewer's Dinner Nov. 13th

Hot on the heels of the outrageous Half-pints Dinner on Oct. 2nd is the first visit from Edmonton's AlleyKat Brewery. We're promising another great ex'beer'ience. Let me tell you that \$50 for a meal like this is just this side of free. (plus tax & gratuity) Seats are limited so call now for your reservation (585-2337) before it's too late!

This is Outrageous!

BEER IS GOOD FOR YOU !! But we already knew that.



It's tasty and good for you!

Take heed all you beer lovers. It is now a proven fact that beer - yes, BEER - can provide the same health benefits as wine. No matter what type of ale you prefer, studies conclusively show that drinking beer in moderation (up to 2 drinks a day for us guys) can and will reduce your chances of strokes, as well as heart and vascular disease.

It's called the *French Paradox* — the link between the low rate of heart disease among the French and their fat-laden diet was a daily dosage of red wine. Well, there's no denying the results of that study. But what the public *doesn't* know is that the health value of beer has been known, documented and applied for centuries. But there are folks out there who don't want you to know about it (I wonder why).

According to Mr. Jim Anderson, wine connoisseur, "When you compare the raw ingredients that go into wine and beer, you'll find that wine, on one hand, is made purely from grapes, water and yeast. Grapes are a fine source of sugars, fiber and chromium, but few of those things survive the fermentation and filtering process. Yeast has loads of complex B vitamins, but again, they do not appear in the final product due to filtering."

Beer, on the other hand, is made from *grains*, water and yeast. Grains commonly used are barley and wheat (with cheaper, mass-produced beers relying on corn and rice), both of which are loaded with a variety of vitamins that survive the fermentation and filtering process. And the vitamin value of the yeast is conserved in the hundreds of unfiltered beers that are on the market -- both on tap and in bottles. - Simon McNeil, Askmen.com