

MEDIA RELEASE

White Oaks Opens New Restaurant Experience - Grow Kitchen & Cafe

Niagara-on-the-Lake, Ontario (October 19, 2016)

Ready to make good on that promise you made yourself to eat healthier? As usual, White Oaks has you covered! The farm to fork movement is taking a whole new, very personal approach – one that will have you eating food grown just steps away from your table.

Grow Kitchen and Café at White Oaks is about to change the way you think about plant-based dining. In the space of just a few months, we've forged a partnership with the horticultural department at Niagara College and changed a whole lot of grass on the White Oaks property into something far more delectable – an organic culinary garden. Where once we had manicured lawns, we now have fertile garden patches filled with students happily planting, nurturing and harvesting organic produce. It's a partnership made in dining heaven!

You're going to love this...and you're going to learn to love surprises because at Grow, we'll go with the flow. Menus will be determined by what's freshest and most fabulous each day, and every meal will be dictated by the whims of the harvest.

Grow's chic but relaxed, rustic vibe will be cool and inviting. Think of it as the best place in the region to discover the joys of healthy, local, farm-garden-to-table dining while having lunch or dinner with a friend, checking your email, or just giving yourself some time to chill and enjoy all that White Oaks offers. As Ferris Bueller said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

The biggest buzz of all...

White Oaks has added its very own bee hives to the mix, so we can all look forward to sampling homegrown honey soon! Don't worry – the bees are homebodies so they'll hang out in the hives. All you'll need to think about is being on hand when the combs are brought in!

About White Oaks Resort & Spa:

White Oaks Resort & Spa is located in the heart of Ontario wine country, Niagara on the Lake and offers more than 60,000 sq.ft. of luxury conference meeting and exhibition space and 220 beautifully appointed guestrooms. Dining experiences at White Oaks range from fine dining LIV Restaurant, to casual pub favourites at Play Bar and Grill and vegetable-based, healthy farm to table offerings at Grow Kitchen & Café. The world class Spa at White Oaks tempts with pure indulgence, and offers the most results driven skin care in a stunning setting. The Club at White Oaks is a magnificent three story fitness and racquet club with private membership. All contained under one roof, White Oaks Resort provides hotel guests, club members and conference delegates an outstanding Niagara experience.

For More Information:

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