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Rose Reisman's GLOW: Fresh Grill and Wine Bar Now Open

First of its kind in Canada Featuring Rose's Unique Take On Food

Toronto, ON - October 29th, 2009: Glow Fresh Grill and Wine Bar restaurant, a casually sophisticated California style grill and wine bar, is proud to announce that it has officially launched! Designed by renowned team of Mackay Wong, Glow is the collaboration of *Living Well* expert, Rose Reisman, and Pickle Barrel President, Peter Higley. Walk into the restaurant on any given day and you will find Rose checking on the food in the kitchen, conversing with the Head Chef, or chatting with patrons.

Glow showcases a lighter, seasonal menu that allows the natural ingredients to shine without being masked by heavy sauces or deep-frying. Rose's daily signature soups are delicious, whole wheat flatbreads get you started and fresh seafood's are only a few of the features available from the diverse menu. The restaurant's signature Glow salad combines the ripest avocados, tomatoes, and berries; while the lamb chops are prepared with a delicious pistachio crust and pomegranate molasses.

Discerning Wine list

To complement Glow's diverse menu and Rose's philosophy, over one hundred wines are provided by the bottle, half-bottle, and glass. Old world *syrahs*, *sangioveses*, and *tempranillos* are contrasted against new world *sauvignons*, *merlots*, and *zinfandels*. Wine aficionados will be entranced by the presentation of comfortable and familiar wines alongside a more adventurous selection pushing their comfort zones.

Desert a Mini Indulgence

Of course no meal is complete without dessert, which Glow presents as mini indulgences. With over 14 flavors changing daily, the triple chocolate threat, key lime pie, and peanut butter cheesecake dessert shooters are perfectly satisfying without being excessive. Diners will leave well sated physically and emotionally.



What makes Glow an exceptional dining experience?

1. Delicious and balanced meals without the excess calories, fat, and sodium.
2. Seasonally inspired foods that reflect the freshest bounty of products available.
3. A casually sophisticated dining experience ideal for entertaining business colleagues or sharing a drink with friends and family.
4. A cool and inviting private dining room, perfect for special occasions.

About Rose Reisman

Rose Reisman is Canada's "go to" nutrition and wellness expert. A Registered Nutritional Consultant from the Canadian School of Natural Nutrition, Rose has written over 16 best-selling recipe books on nutrition and wellness, and is the Editor in Chief of *Fit Parent* magazine. She regularly contributes to various TV and radio programs ranging from Canada AM to Global TV to CBC.

Rose earned the Cuisine Canada Silver Culinary Book Award in 2005 for *Weekday Wonders: Healthy Light Meals for Every Day*. In 2008, she received the Outstanding Public Contribution Award from the Schulich School of Business at York University, and in 2009, Rose was nominated for the Earnest and Young Entrepreneur of the Year Award. Rose is also the national spokesperson for the "Breakfast for Learning" organization.

About Peter Higley

President of The Pickle Barrel Restaurants Ltd., Peter Higley is a lifelong veteran of the restaurant industry. Starting out as a busboy at the age of 14, he climbed the ladder as a dishwasher, waiter, cook, and manager. Peter's dedication and thirst for knowledge eventually brought him to the top, where he has led The Pickle Barrel Restaurants through over 25 years of success.

About GLOW Fresh Grill and Wine Bar



Glow is a casually sophisticated California style grill and wine bar, dedicated to providing fresh and flavorful food with a rejuvenating and calming atmosphere. The interior design features natural materials such as wood, stone and fabric, while natural light permeates all areas of the space, including the 100-seat patio overlooking the Shops at Don Mills' outdoor gathering places. The restaurant's beet logo alludes to the richness of healthy vegetables in dark soil, reinforcing the back-to-nature message.

Glow is also home to two exclusive art installations. *Mille Fiori* (a thousand flowers) is a luminous and vibrant glass garden of bold and unexpected forms by world-renowned Studio Glass Artist, Dale Chihuly. *Sprouts Box* is a unique work featuring delicate pieces by one of Canada's leading glass artists, Susan Edgerley.

The restaurant, which originally opened in July 2009 and immediately began serving over 400 patrons a day, was unfortunately damaged by a fire. Now with fresh décor and new fall menu additions, the restaurant has officially launched.

Glow Fresh Grill and Wine Bar is located in the heart of the new shops at Don Mills, 7 Marie Labatte Rd, Unit #: E1, Toronto, On, M3C 0J1. For further information, please call 416.384.1133 or visit Glow's website at <http://www.glowfreshgrill.com>.