



March 18, 2016

Dear Dr. Karen Hacker  
Director Allegheny County Health Department

The Church Brew Works support Allegheny County Live Well Initiative. From our inception in 1996, we have sought to offer eclectic regional cuisine with an upscale and healthy flair. We have enclosed a list of steps we have embraced over the years that reflect our commitment to the "Live Well Allegheny" philosophy.

#### **Children's Menu**

We offer 100% natural juice drinks for Children as a Healthy Beverage Choice  
We offer a fruit cup packaged in 100 percent natural fruit juice  
We offer Apple sauce as another side dish  
We offer Chargrilled Chicken Breast

#### **Adult Menu**

We offer a Kale Slaw and a bean salad with olive oil/lemon juice as a healthy side dish.  
We offer a Pitt chicken salad with grilled chicken. We will offer fried chicken fingers onto the salad but it costs more.  
We have always offered a Vegan Entree since our inception 19 1/2 years when most guests were not even aware of the style of cuisine. We have offered a Vegan dish for over 7,000 days of operation.  
We rotate our menu about every six months. We introduced quinoa to our menu about 18 years ago, Quinoa will rotate on and off our menu. We currently have a quinoa salad and a Baby Kale salad on our menu but they will rotate off in time but a healthy alternative will remain.  
Since Inception, We have offered a bison burger which is considered healthier than normal beef burger  
We Utilize Morgan Ranch in our steak sandwich. Their beef is hormone free. Studies show better cholesterol benefits of Wagyu compared to lean beef. I have visited their ranch in the Sand Hills of Nebraska with my family and have proudly served their product for a decade. We will also use special cuts of Morgan Ranch Wagyu for weekend dinner features.  
We work with Dave and Andy's ice cream to serve ice cream made with the wort from our brewing process. We always offer a low fat yogurt selection.  
We grow basil, cherry tomatoes and herbs in our garden for "Dirt to Dish" cuisine.  
We do offer a fat free raspberry vinaigrette as a salad choice.  
We use trans-fat free oils in our cooking oils and cuisine  
We use locally sourced lamb from Pittsburgh's Serenity Hills Farms that is antibiotic/hormone free. The lamb are fed spent grain from our brewing process in a sustainable feed cycle.  
We seek to design our menus to add choices vs remove choices  
We focused several years ago to go to 100% sustainable seafood. We use Bay of Fundy salmon.  
We make sure we have vegetarian dishes in our appetizers and entrees.  
We have also coined the word "Flexitarian Cuisine" which is a philosophy embraced by some patrons whom seek to eat fish and perhaps chicken but will want vegetarian based sides.

#### **Other**

We use home grown garden mint from our herb garden in mojito  
We do not sell or offer tobacco products and are smoke free on our patio  
We have bike racks in front of venue for guests  
We have a bike rack in back for CBW employees  
We offer a Mangos teen drink as an adult non soda beverage.  
We offer two flavors of Ice tea that are brewed and served with no sugar added

As an Iconic destination Brewpub in the City of Pittsburgh that has gained national acclaim for both our beer and cuisine, we will strive to offer our patrons healthy culinary and beverage choices in the spirit of the "Live Well Allegheny" Campaign

Cheers - Sean Casey  
Founder and Proprietor - The Church Brew Works