

SLOW ROAST MEATS

ROASTED

BARRELHOUSE & EATERY

CLASSIC COCKTAILS

Dr. Karen A. Hacker, Director
Allegheny County Health Department
542 Fourth Avenue
Pittsburgh, PA 15219

July 21, 2016

Dr. Hacker,

As the current Vice-President of the Western Pennsylvania Restaurant and Lodging Association, I have been extremely pleased with the goals of the program as presented to the PRLA during previous meetings. I am committed to furthering the campaign, and I am proud to help generate awareness of the program, both with my employees and to the public. Therefore I would be amiss if I did not apply for the designation myself.

Since we have newly received our Health Department Permit at Roasted Barrelhouse & Eatery, we are now eager to gain the Live Well Allegheny Restaurant designation.

Knowing I was intent on participating in the program as I created our menu and our overall concept, I made sure to keep in mind what we would be doing that would be beneficial to fostering a healthy lifestyle overall.

Some of the things we have specifically included in our concept that have been implemented are the following:

- Sandwiches are offered on our menu as half portions as well as whole.
- Roasted Vegetables and salads are offered as a side dish.
- We have a section on our menu that indicates we are happy to accommodate vegetarians and vegans, and we have many options available that can be customized for the patron.
- We do not have deep fryers, grills, or griddles; nor do we cook anything that is "greasy" or that has grease laden vapors - In fact, most of our food is oven roasted in the traditional method, hence our business name.
- We make everything on our menu from scratch and we do not purchase or sell any processed or pre-cooked foods, therefore our menu items do not have chemical additives or unnecessary preservatives.
- We use only extra virgin olive oil and will never have any trans-fat oils at all.
- We promote alternative cocktail options by providing smaller sized drinks on highballs, and we encourage the substitution of soda in place of ginger-ale, sprite, etc. in mixed drinks.
- We provide a free garage for employees to keep their bicycles and we award them when they ride to work. (Also, the Rent-a-bike station is across the street, and we encourage patrons to utilize the bikes).
- We are a no-smoking facility, and we encourage all employees to quit smoking if they currently do so.

There are many other things we do that may apply, and we will constantly look towards implementing further health-oriented policies, procedures, and goals.

If you have any questions or inquiries, please call me at 412-983-3797.

Best Regards,



Peter M. Landis