

**Media Contact: Peggy Mackinnon (303) 320-6082**

**BELMAR CHEFS DEMONSTRATE THEIR SKILLS**

***Free Cooking Demonstrations and Food Tastings at The Market at Belmar***

**LAKEWOOD, Colo.** (May 3, 2007)—Chefs from six Belmar restaurants are sharing their culinary secrets at The Market at Belmar at 11 a.m. and 1 p.m. every Sunday from June 3 through September 30 at the Chef Demonstration Tent on West Alaska Drive. Chefs from the Baker St. Pub & Grill, CHAMA cocina Mexicana y tequileria, Fantastic Bistro & Deli, Las Margaritas, Lucky Strike Lanes and the oven PIZZA E VINO, will take turns demonstrating their cooking skills and sharing their recipes and samples of their dishes.

These six restaurants are among 14 dining options at Belmar. The Baker St. Pub & Grill offers signature British favorites, such as fish and chips, bangers and mash, shepherd's pie as well as burgers, soups, salads and sandwiches. CHAMA, which is unique to Belmar, serves a wide array of traditional Mexican food as well as a selection of specialty dishes created from Chef Sean Yontz's family recipes. Fantastic Bistro & Deli, opening in June 2007, will serve deli classics, homemade pastries and an assortment of cultural dishes featured daily.

Las Margaritas, which opened in December, is a family owned and operated restaurant serving handmade fresh Mexican food. Lucky Strike Lanes offers a wide selection of finger foods and main dishes ranging from ancho citrus chicken skewers to a turkey and brie sandwich. The oven, which can only be found at Belmar, features wood-fired pizzas with toppings like house-made mozzarella, smoked ricotta, seasonal roasted vegetables and sausage from Marczyk's Fine Foods.

The schedule for these free events is as follows:

Jun 3	CHAMA
Jun 10	Baker St. Pub
Jun 17	Fantastic Bistro
Jun 24	the oven
Jul 1	Las Margaritas
Jul 8	Lucky Strike Lanes
Jul 15	CHAMA
Jul 22	Fantastic Bistro
Jul 29	the oven
Aug 5	Las Margaritas
Aug 12	CHAMA
Aug 19	Fantastic Bistro
Aug 26	Lucky Strike Lanes

Sep 2           Las Margaritas  
Sep 9           Fantastic Bistro  
Sep 23          Lucky Strike Lanes  
Sep 30          the oven

The chef demonstrations are part of The Market at Belmar, which is held from 10 a.m. to 2 p.m. on Sundays from June 3 through September 30 (except September 16). In addition to the traditional farmer's market fare, The Market at Belmar features an urban gardening series, pancake breakfasts, open bocce and pie-baking competitions. For more information, visit [www.belmarcolorado.com](http://www.belmarcolorado.com) or call (303) 742-1520.

Belmar is a 104-acre, mixed-use development located at Wadsworth Boulevard and West Alameda Avenue in Lakewood, and serves as the downtown for the City of Lakewood. Belmar includes shops, restaurants, entertainment, cultural activities, offices, homes and plenty of free parking.

###