



Real Food Kitchen News

Homemade Food Served Daily since 1999 January 2014

Three Great Locations to serve you!

The Original-
Dublin
6058 Dougherty Road
925-829-6200
Since 1999

Now Open!
Walnut Creek
2280 Oak Grove Rd
In Citrus Marketplace
Off Ygnacio Valley Rd
925-945-6200

Now Open!
Livermore
2259 Las Positas Rd
Off N. Livermore Ave.
925-447-9500
Since Nov 2013

Behind the Scenes at Denica's



Just a glimpse into what is entailed to produce consistently delicious homemade food for all three of our locations:

- 24 hour crew working hard all night under the supervision of Eva, our superstar executive chef
- 150 dozen eggs delivered fresh from Challenge dairy



- 10,000 cookies being scooped by hand
- 15 Cases of Roma tomatoes being roasted for our delicious salsas



Chopping those veggies by hand for our homemade soups.

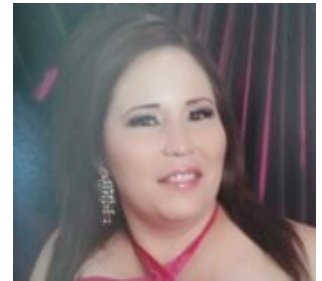
With 3 locations to serve you, it is vital for us to serve the same delicious consistently good food at all three locations. We are mixing all of our batters, dressings and soups at our Livermore location to ensure that the Buffalo Chicken Chowder we all love so much is the same no matter which restaurant you dine at!

Our night crew works steadily while the restaurant is closed getting us ready for each new day. We make everything by hand in small batches, that is why our food is so good!

*Happy New Year!
Here's to a prosperous 2014 for us all!*

Getting to know you...

*Eva Zambrano
Executive Chef*



This month we profile Eva, who has been our head executive chef and super mixer since the early days in Dublin. Her sister was working for us at the time, and was ready to go on maternity leave. She recommended Eva to us as her replacement, and we were so blessed to have her come on board. She loves to cook and bake, and is extraordinary at making sure that we never run out of any of our signature items, from soup to salsa and everything in between. She has the respect of all of the team, and can be counted on for her always cheerful smile, integrity, and level head.

We sat down with her to find out a little more about what makes her tick!

What is your favorite color? Brown, like coffee.

What is your favorite food at Denica's? I love all the soups, the artichoke, buffalo chicken chowder, the cream of carrots...(we love the soups too!)

Do you have any kids? Three boys, ages 22, 16 & 7.

What do you like to do in your free time? Spend time with my family, bake and make cakes. I love to be in the kitchen cooking for my family making them all the special foods they like to eat.

Do you have any brothers and sisters? I have 4 sisters and one brother in Mexico, and 2 sisters and one brother here in California. My mother still lives in Mexico but visits us every year.

Where did you grow up? I grew up in Guadalajara, Mexico.

What do you like about living in the area? I like living here in California because there is opportunity to improve your life, there is work, and a good life for my family.



Our Three Boys

Our family is definitely huge, with 3 boys and 2 girls, although it is easier in so many ways now that they are grown!

Jimmy, our youngest, started middle school this year and has been growing taller overnight. He is still practicing Tae Kwon Do and has graduated up to a red belt, putting him just one level below black belt. He started Tae Kwon Do a few years ago, inspired by one of his good friends. It has been such a great activity for him, teaching him discipline and respect beyond the dojo.

Nicolas, our middle son, has enrolled in the Culinary program at school, and has been honing his knife and cooking skills every day. With three restaurants now, we definitely need all hands on deck, and his budding expertise in the kitchen is getting put to good use in our Livermore restaurant. He prides himself in his fitness, and rides his bike to and from school every day, as well as boxes twice a week to stay in peak state.

Noah, 18 now, has graduated high school. When he was a little guy I mostly kept my blinders on about what adulthood would look like for our oldest son. I have to say that I am so thrilled and relieved that the adult school program he is in until age 22 is FANTASTIC! He gets a monthly calendar with all of his jobs and outings planned out, and there is so much variety and areas for him to enjoy himself that he LOVES it! His teacher has a special needs son of her own, and so has first hand experience at parenting an adult with special needs.

Let no one ever come to you without leaving better and happier. ~Mother Teresa

Farewell Paige!

Last month one of our Dublin lead cashiers went home! While we are sad that one of our best is leaving us, we are also happy for her as well.

She was born and raised in South Carolina, and moved to California a year and a half ago with her long-time sweetheart Taylor. We were so lucky to get her on board soon after she relocated, and in the year and a half she worked for us she endeared herself to the whole team and our guests as well with her sweet smile and southern poise.

Her family is thrilled to have her close by again, and although they loved the weather, the mountains and the scenery here in CA, Paige and Taylor missed their families and the beaches back home.

Paige has a degree in design, and now that she is going back home, she will be pursuing her buyer's license and will be starting an online boutique. We are confident she will succeed at her new venture, she is an amazing young woman! We will miss her!



Paige is moving back home to South Carolina to be close to her family

January is full of fun days and foods to celebrate, and of course Denica's can help you with all of them!

January is National Hot Tea, Oatmeal, Wheat Bread, and Soup Month!

- Jan 5th is National Whipped Cream Day and Jan 13th is National Cocoa day (hot chocolate anyone?)
- Jan 20 National Cheese Lovers Day (our Grilled Three Cheese Sandwich will melt you from the inside out!)
- Jan 24 National Peanut Butter Day (have you tried peanut butter on your pancakes?)
- Jan 28 National Blueberry Pancake Day (on special the whole last week of January – don't miss these!)



**BECOME A BROWNIE AND GET A FREE BIRTHDAY MEAL FOR YOUR SPECIAL DAY!
DENICA'S REAL FOOD KITCHEN**

**6058 DOUGHERTY RD, DUBLIN, CA 94568
OPEN 7 DAYS A WEEK FOR BREAKFAST AND LUNCH!**

Recipe of the Month: Quinoa Tabbouleh

My new favorite side dish, perfect for a light lunch after the holiday over indulgence! This is packed with protein and flavor. Add a grilled chicken breast on the side and you are getting over 35 grams of lean protein!

Ingredients

1 3/4 cups water
1 cup uncooked quinoa
1/2 cup diced tomato
1/2 cup chopped fresh mint or parsley
1/4 cup raisins
1/4 cup chopped cucumber
1/4 cup fresh lemon juice
2 tablespoons chopped green onions
1 tablespoon extra-virgin olive oil
2 teaspoons minced fresh onion
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Preparation

Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients. Cover; let stand 1 hour. Serve chilled or at room temperature.

Thank you Vicki for the cute comic! We were so honored to be cartoon-ified and in print in the CCTimes! Check out her daily comics weekly in the Contra Costa Times Walnut Creek Journal. Vicki is a long time resident of Walnut Creek where she lives with her husband and 2 sons, aged 10 and 7. They are the inspiration for many of her comics.

In the Sandbox by Vicki Jacoby



January is National Oatmeal Month!

We have some new Oatmeal Breakfast items at Denica's just in time for National Oatmeal Month! Kick off your healthy eating January with some whole grain goodness.

- **Sunrise Breakfast**- a cup of our made to order old fashioned oats served with 2 eggs any style and a slice of toast.
- **Summer Oatmeal** – a cup of our oatmeal served with a cup of yummy fresh fruit and a slice of toast
- **Oatmeal** – served with your choice of dried cranberries or raisins. I love to add some toasted almonds to mine, or fresh banana instead of brown sugar

Oats are an excellent source of fiber, omega-3 fatty acids, thiamine, iron and beta-glucan (which may help regulate blood sugar) Oatmeal is also believed to help reduce harmful cholesterol levels and it may boost the immune system.

Denica's loves to give back! Here are some of the causes we are supporting lately-

- Dublin Elementary School
- ValleyCare Breast Cancer Program and NeoNatal Intensive Care Unit4
 - Aldea Foster Care Program
 - Cornerstone Church
 - Bay Area Fellowship of Christian Athletes
- Northgate High Teacher Appreciation

We love to support the community and give back! It is a small way we can say thank you to all of you that work hard for our schools, special needs, the environment, public safety and more. Let us know about YOUR special cause. We love to reach out, we live here too! We appreciate our guests and the effort they make to help our communities become even better places to live. With Love, Denicas



It's back at your request in Dublin! The classic Marley and Peter Tosh that you love is back in our Dublin location, we switched it up for a spell and had a mutiny! ☺

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Seeking Valentines Day Love Stories!



We want to feature some of our Brownie Points Club Members in our Valentine's Day stories next month.

Do you have a fabulous love story? How long have you been with your mate? Whether you've been together for 6 months or 6 decades, we want to hear from you! What's your secret? What keeps you sane? How do you keep the love, fun and romance alive?

If your tip, story or anecdote ends up in our newsletter you'll get **200 bonus points** on your Brownie Club account! That's **\$10 worth of free food!**

Email me at Denica@DenicasCafe.com and I look forward to including you in next month's Real Food News!



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daily since 1999*

Don't take our word for it, here is what our guests say when asked "What do you love about Denica's?"

"We love the French Toast Josephine!"
ERICA FILIAULT
Pleasanton CA

"Great customer service, very attentive staff. Amazing food and selection, kids play area, military discount are all reason why we continue to come back again and again."
TRAVIS WILKINSON
Dublin CA

"The quality of the food keeps me coming back!"
Bethany Okurowski
Pleasanton CA

"I have never been disappointed."
Jen Stimson
Pleasanton CA

The line was so long, but the wait was so short!
Thank you!!
Jennifer Freitas
Dublin CA

Love the samples and the friendly service."
KATIE WONG
Pleasanton CA

"I love the delicious food and friendly staff"
Regina Juan
Livermore

Walnut Chocolate Chip cookies and Breakfast all day!
Yvette Aguaristi-Walnut Creek

"Family friendly"
Marisa Vigo-Suisun City

Thoughts for today-

"Opportunity is missed by most people because it is dressed in overalls and looks like work." – Thomas Edison

"Success is a journey, not a destination. The doing is often more important than the outcome." – Arthur Ashe



We need your Yelp Help!!

Do you love Denica's? Do you Yelp? We need your help! We have over 700 reviews in Dublin, but our new babies in Livermore and Walnut Creek are lacking some online love! Please Yelp our other 2 locations so we can get on the Yelp map! Please tell the yelp users in these new cities what you love about Denica's, we need you, we love you, and THANK YOU!!



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