



**THANK YOU FOR
JOINING US!**

EVENT PRESENTED BY



“With each meal, we make choices that help or harm the planet. ‘What shall I eat today?’ is a very deep question. You may find that as you practice mindful eating and begin to look deeply at what you eat and drink, your desire for certain foods may change. Your happiness and that of the Earth are intertwined.”

– Thich Nhat Hanh



@NAUTICALGIN

Signature Cocktail: Mermaid's Garden

*Nautical Gin, Lavender
Lemonade, Sea Purslane (A
Sea Vegetable Grown by Pine
Island Redfish at Mote),
Gamble Creek Farms Purple
Daikon Microgreens*

**GAMBLE
CREEK**
Farms

Purple daikon microgreens are rich in antioxidants that promote cellular repair.

@GAMBLECREEKFARMS

Nautical American Gin was created in 2015. In the spirit of exploration, botanicals from all over the world were hand selected to be part of the blend. The most unique ingredient is Pacific kombu, which adds the perfect touch of mineral and salt, making this an excellent spirit for martinis and citrus-based cocktails.

SEA PURSLANE!

Sea purslane is an edible, salt-tolerant "sea vegetable" grown collaboratively by Pine Island Redfish and Mote. Raising sea veggies together with seafood can turn fish waste into plant fertilizer. Visit Mote online to download their Sea Purslane Cookbook!



MARINE AND FRESHWATER
AQUACULTURE RESEARCH



@MOTEMARINELAB
PINEISLANDREDFISH.COM

On Tap: Peninsular German Pilsner

A German-style Pilsner brewed with German grown barley and three different German hops: Tettnanger, Mittleföh and Hersbrucker. It's crisp, refreshing and uncomplicated, each sip naturally leading to the next. Purchase this "Beer for the Bay" at the Brewhouse year-round to support Tampa Bay Watch!



**GRAND
CENTRAL**

STP BREWHOUSE FLA

@GRANDCENTRALBREWHOUSE

Grand Central is partially powered by solar panels. The bags that their grains arrive in are repurposed by other companies, and their spent grain is delivered to a local farm for use as fertilizer. Cheers to eco-friendly brewing!

Sip: Souleil Wines

Enjoy a selection of vegan, organic wines with a purpose. A portion of Souleil's profit supports ocean conservation!



Ask our bartenders for a full list of what's available in our coolers, including a selection of sparkling water. Mocktails will be served throughout the event, see map for details!

TIDAL GINGER BEER

A refreshing, non-alcoholic sparkling beverage crafted with organic ginger. Spicy, corn syrup-free, low in sugar, and delicious as a mixer or on its own.



@TIDAL_GINGERBEER

Tidal Ginger Beer was founded by Patrick Bennetts and Craig Vogeley and is brewed and canned in St. Pete. It contains 1/3 as much sugar as most ginger beers on the market, and is made with fresh ginger rather than extract.



Ginger is a powerful digestive aid that relieves nausea and supports the immune system.

MOCKTAILS OFFERED BY HERBAN FLOW AND PETRICHOR MUSHROOMS


Lion's Roar Paloma (0% ABV)

*Ritual Zero Proof Tequila, Fever Tree Grapefruit,
Infused with **Petrichor Mushrooms** Lion's Mane
Liquid Nano-Extract for Focus and Clarity*

Dark and Cordy (0% ABV)

*Ritual Zero Proof Rum, Fever Tree Ginger Beer,
Infused with **Petrichor Mushrooms** Cordyceps Liquid
Nano-Extract for Energy and Immunity*

FUNCTIONAL FUNGI



Functional mushrooms have benefits beyond basic nutrition, and are often used in traditional medicine. Modern science is only beginning to unlock their unique power to support the human body and brain.



@PETRICHORMUSHROOMS

@HERBANFLOW

@PETRICHORMUSHROOMS

Micheal Shea and Howard Schmidt founded Petrichor Mushrooms in 2020. Based in Sarasota, FL, they are producing the world's first nano-emulsified mushrooms. The process makes beneficial compounds in functional mushrooms easier for the body to absorb, amplifying their therapeutic effects.

Herban Flow is St. Pete's ultimate source for functional and non-alcoholic beverages. They offer a curated selection of 0% ABV beers, wines, and spirits, along with plant-based elixirs that support a variety of body systems and promote healing and relaxation. Customers can shop in-store or online.



**HERBAN
FLOW**

@HERBANFLOW

PLANT-BASED GRAZING TABLE

*Please enjoy our 100% plant-based grazing table, styled by **Graze Craze** and featuring snacks from **Graze Craze**, **St. Pete Youth Farm**, **Catalyst Creamery**, **Seed to Surf**, **Nuts for Cheese**, **The Crumb Factory**, **Endangered Species Chocolate**, **Valkyrie Doughnuts**, and **HaleLife Bakery**.*



graze  **craze**
CHARCUTERIE BOARDS & BOXES

@GRAZECRAZE_STPETE_FL

CREATIVE CARRY OUT

We all love the convenience of takeout, but it often comes with a significant amount of single-use plastic packaging. Consider bringing your own reusable bag and containers, or ask the restaurant if they offer biodegradable alternatives upon request.

Graze Craze is Tampa Bay Watch's favorite place to source snacks for events and eco charters. They offer beautifully arranged platters of fresh, healthy ingredients and use environmentally friendly materials and utensils. Let them customize an edible work of art for your next celebration!



@STPETEYOUTHFARM

*The collard pesto on our plant-based grazing table was made by the **St. Pete Youth Farm** using greens grown by young community members in South St. Pete.*

The Youth Farm is a welcoming place where young people develop important life skills. They encourage creative thinking and personal growth as students learn everything from growing their own food to financial literacy. Through this youth development program, they support the next generation of leaders and entrepreneurs.

Catalyst Creamery is dedicated to creating premium, plant-based cheeze that tantalizes the taste buds and invites exploration. They handcraft their cheezes with the highest-quality ingredients and focus on delivering exceptional flavor and texture, so that foodies of all backgrounds can enjoy the ultimate culinary experience. Available at **Rollin' Oats Market** in St. Pete!



@CATALYSTCREAMERY

WHY HEMP?



The Catalyst Creamery products you are sampling tonight are made with hemp seeds. Hemp is a more sustainable base for vegan cheezes than cashews or almonds. It requires less water and pesticides to grow and the plant's deep roots improve soil health for future crops. Hemp seeds are high in protein, healthy omega fatty acids, and iron!



@CRUMBFACORYBAKERY



@ESCHOCOLATE



@SEEDTOSURF



@VALKYRIEDOUGHNUTS_STPETE

"Eat food.
Not too much.
Mostly plants"

– Michael Pollan, author of *In Defense of Food* and other bestsellers in food-health

Animal agriculture is a significant source of greenhouse gas emissions. Adding more plant-based foods to your diet reduces demand for meat and dairy, which reduces land clearing, fertilizer use, and greenhouse gas emissions. Plus, they're delicious!

TRY: MEATLESS MONDAY



Meatless Monday is a global movement that encourages people to reduce meat in their diet for their health and the planet. By eating plant-based just one day a week, you can reduce your risk of preventable chronic disease, preserve land and water, and combat climate change.

If 60% of Americans ate plant-based for a single day, it would save the equivalent of 104,000 Olympic swimming pools of water and the land area of the California Redwood Forests! Imagine the impact if that happened every week!

INVASIVE WILD BOAR RAGU

Prepared by Chef Jason Goddard and Chef Margaret LaVetty, Sea Salt St. Pete

Potato Gnocchi, Shogun Farms Invasive Wild Boar, Kale, Truffle Pecorino



Sea Salt St. Pete is Discovery Center Education Manager Zoe Caraffi's favorite spot for happy hour!

Wild hogs were introduced to Florida by the Spanish explorer Hernando DeSoto in the 1500s. Their population grew quickly, and today they are common across Florida and the United States. Their feeding and wallowing behaviors are damaging to native plants and agricultural crops.

Shogun Farms traps invasive wild boar and raises them on a diet of locally grown produce scraps and acorns. The final product is a healthy, humanely-raised, hormone-free alternative to conventional pork.



DINE ON INVASIVES!

Eating invasive species such as boar and lionfish can help mitigate the harmful impacts they cause.

©SHOGUNFARMSTAMPA



SEA SALT ST. PETE
@SEASALTSTPETE

Sea Salt St. Pete uses products of the highest quality that are prepared and presented in a unique way, while creating a warm, welcoming local environment that results in a truly memorable dining experience. Their seafood is prepared from the finest seasonal, organic and sustainable ingredients that come directly from local farmers and day boat fishermen whenever possible.

CHEF JASON GODDARD

Born in Iowa, Chef Jason Goddard grew up on a small sustainable farm, which produced products for both his family's table, and for sale at local farmers markets. Jason began cooking and working in the culinary industry at age 13, learning the business from the women of the countryside where he lived, and training with local butchers. He fine-tuned his craft working for caterers, high volume restaurants and organic cafes. After years of real world experience Jason has further developed his skills in the kitchen of Sea Salt, where his creative talents have led to his appointment as executive chef.

CHEF MARGARET LAVETTY

Chef Margaret LaVetty graduated from San Francisco's California Culinary Academy at the age of 19. She embraced a wide range of culinary experience in several highly-regarded restaurants before landing in Saint Petersburg, FL. From her beginnings as Saucier at the original China Grill in New York, to Sous Chef at Campanile in Los Angeles, to Chef De Cuisine at Nemo in Miami Beach, Executive Chef at Miami's Anise Taverna, to Chef of St. Pete's beloved Mazarro's Italian market; LaVetty's comfort zone has always been the kitchen. "Nothing gives me more satisfaction than knowing my creations are being enjoyed, shared, and remembered."

VEGAN

VEGETARIAN

MUSHROOM “CRAB” CAKES

Prepared by Chef Alessandro
Silvestro, Oystercatchers

*Cactus Hat Lion's Mane Mushrooms,
Corn and Jalapeno Mousse, Crispy
Kale, Brick Street Farms Red Sorrel*



@BRICKSTREETFARMS



**(ECO) FRIENDLY
FUNGI**

Mushrooms are a very sustainable crop to produce! They can be grown in small spaces and require very little water and fertilizer.

@CACTUSHATMUSHROOMS

The red sorrel in this dish was provided by Brick Street Farms and grown in downtown St. Pete. This plant is known for its antioxidant properties and has traditionally been used to treat inflammation.



SIGNATURE OYSTERS

Prepared by Chef Alessandro Silvestro,
Oystercatchers

Estuary Oysters from Apalachee Bay, FL, Green Apple Relish, Vanilla Infused Ponzu, Bubu Arare, Brick Street Farms Shiso



@BRICKSTREETFARMS



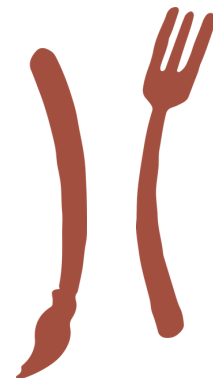
"Making, not Taking"

@ESTUARYOYSTERS

Estuary Oysters uses a unique ranching method to grow delicious oysters in the pristine waters of Apalachee Bay, FL. Floating cages mean continuous water flow and more tidal exposure. These conditions result in a highly nutritious, thick-shelled oyster with firm meat.

Oyster aquaculture is **restorative** – the animals filter the surrounding water as they grow!

Brick Street Farms is disrupting traditional ways of agriculture by bringing farm to fork to cities around the globe. They believe now is the time to rethink food access, supply chains, and climate impact while contributing to healthier lives.



Oystercatchers has been a local gem for over three decades, providing some of Tampa Bay's best seafood, along with a locally beloved atmosphere.

They strive to use fresh, local ingredients throughout their entire menu, ensuring that flavor and quality are prioritized no matter what.



OYSTERCATCHERS

OYSTERCATCHERS RESTAURANT

@OYSTERCATCHERSTAMPABAY

SHELLS FOR SHORELINES

Oystercatchers is a Tampa Bay Watch oyster shell recycling program partner! Shells from the oysters enjoyed in their restaurant are cured and used to build oyster reefs.

Look for our Vertical Oyster Gardens hanging from their dock!



CHEF ALESSANDRO SILVESTRO

Growing up immersed in the rich culinary culture of Napoli, Chef Alessandro Silvestro has led with the same passion and dedication to quality throughout his life. Alessandro was heavily influenced early on by his grandparents, Nonna Edda, second to none in the kitchen and Ugo, whose appreciation for food and wine were equally unmatched. He traveled the world after school to pursue opportunities in culinary arts, working under many great chefs. After landing in Florida, Alessandro found his home in the Tampa restaurant Oystercatchers which helped inspire his appreciation for oysters. Chef Alessandro sees oysters as “bees of the sea” and is currently working passionately with the help of oysters to cook sustainably while maintaining the rich culture that has guided him since youth.

SPICED CHAAT BRUSCHETTA

Prepared by Chef Lokesh Vale, The Twisted Indian

Crisp Puri, The Tempeh Shop Soy Tempeh, Cocojune Coconut Raita, Red Onion, Brick Street Farms Micro Cilantro



The Twisted Indian uses all eco-friendly, biodegradable packaging for their takeout offerings!

The
Tempeh
Shop

@THETEMPEHSHOP

BRICK
STREET
FARMS

@BRICKSTREETFARMS

cocojune

@COCOJUNE_ORGANIC

WHAT IS TEMPEH?

Tempeh is a nutritious plant-based protein made from fermented soybeans. With a dense texture and nutty flavor, it's a versatile meat alternative. It requires less land, water, and energy to produce than animal-based protein sources.

Brick Street Farms supplies many restaurants in the Tampa Bay Area with fresh ingredients - but you can support local farmers and enjoy their offerings at home too!

They offer pickup and delivery of sustainably grown greens and a selection of food products via their website.



THE TWISTED INDIAN
@THETWISTEDINDIAN

The Twisted Indian began as a food truck before expanding into a permanent space on Central Avenue in St. Pete's Grand Central District.

Chef Lokesh Vale's goal is to make Indian food approachable. He offers both classic and creative dishes featuring the spices and flavors of India, including a variety of plant-based options. The Curritos and Yogi Fries are Discovery Center team favorites!

SPICE UP YOUR LIFE



Many spices used in Indian cooking contain antioxidants and micronutrients and have anti-inflammatory properties. Turmeric is known for its immune-boosting effects, while cinnamon helps regulate blood sugar levels and aids in digestion. Incorporating these spices into your diet not only enhances the flavor of your meals but also contributes to overall health.

CHEF LOKESH VALE

Chef Lokesh Vale enjoyed watching his father cook as a child, and began cooking on his own at age 16. With a Bachelor's in Hospitality and an Associate's in Culinary Arts, he honed his craft working at the Four Seasons in Mumbai and Washington, D.C. for four years before opening The Twisted Iron food truck in Tampa. Buoyed by its success, Lokesh launched The Twisted Indian restaurant in St. Pete, where he strives to make the flavors of India accessible and enjoyable for everyone who visits.

HOMEGROWN SHRIMP AND GRITS

Prepared by Chef Vonda Wynn, Yak's Food Obsession

HomeGrown Shrimp, Cheddar Grits, Gamble Creek Farms Kale, Organic Smoked Sausage, Bell Peppers, Brick Street Farms Micro Broccoli, Parsley

**GAMBLE
CREEK**
Farms

@GAMBLECREEKFARMS

**BRICK
STREET**
FARMS

@BRICKSTREETFARMS



@HOMEGROWNSHRIMPUSALLC

Traditional shrimp fishing methods can be harmful to the environment, resulting in habitat destruction, bycatch of non-target species, and disruption of marine ecosystems.

HomeGrown Shrimp, based in Indiantown, FL, uses state of the art, energy-efficient technology to farm shrimp without antibiotics, hormones, or other harmful additives. Their product is rated a Green Best Choice by the Monterey Bay Aquarium Seafood Watch Program.



YAK'S FOOD OBSESSION

@YAKS_FOOD_OBSESSION_

Yak's Food Obsession was founded two years ago as a mobile platform for Chef Vonda Wynn – nicknamed “Yakkie” as a talkative child – to serve meals crafted with love to the Tampa Bay Community.

Available to cater all types of events, Chef Vonda and her team prefer to “cook to the occasion,” working with clients to create a personalized culinary experience.



NOW THAT'S DEDICATION!

Chef Vonda cleaned more than 1,000 shrimp to prepare her dish for Earth Night guests to enjoy!

CHEF VONDA WYNN

First inspired by her grandmother as a young child, Chef Vonda Wynn has been cooking all her life. After serving as a law enforcement officer for 32 years while raising a family, she decided it was time to pursue her true passion – creating delicious, nourishing meals for her community.

Chef Vonda's favorite thing about food is the way eating, drinking, and socializing can bring people together. For her this profession is all about love and community, which she expresses through each soulful dish she prepares.

CHEF RAY'S VEGAN COLLARDS

Prepared by Chef Ray Flournoy, The Fit Kitchen

St. Pete Youth Farm Collard Greens, Gamble Creek Farms Swiss Chard, Gamble Creek Farms Kale, Red Cabbage, Seasoned and Sauteed to Perfection

**GAMBLE
CREEK**
Farms

@GAMBLECREEKFARMS

WHY COMPOST?

Composting reduces waste sent to landfills, minimizing methane emissions and helping combat climate change. Additionally, it enriches soil with essential nutrients, fostering healthier plant growth and supporting sustainable agriculture. Visit Gamble Creek Farms to learn more about their unique composting program!

COMMUNITY COMPOST!

The St. Pete Youth Farm recently launched their Community Compost Initiative! Tampa Bay residents can sign up to participate, and it's easy – just pick up a bucket, fill it with appropriate food and kitchen scraps, and drop it back off at the farm.



@STPETEYOUTHFARM

CHEF RAY'S CLASSIC COLLARDS

Prepared by Chef Ray Flournoy, The Fit Kitchen

St. Pete Youth Farm Collard Greens, Red Cabbage, Smoked Turkey, Jalapeno, Seasoned and Sauteed to Perfection



©STPETEYOUTHFARM

WHAT IS COMPOSTING?

Composting is the process of recycling organic matter, such as food scraps and yard waste, into nutrient-rich soil conditioner through the natural process of decomposition.



THE FIT KITCHEN
@THEFITKITCHEN.I

The Fit Kitchen is a catering and meal prep service based in St. Petersburg, FL. Chef Ray Flournoy aims to help his clients look and feel their best by serving healthy, flavorful dishes.

Whether you are hosting an event, planning a date night, or interested in a cooking class, he can customize an incredible experience for your group. Plans for a storefront are in the works.

CHEF RAY FLOURNOY

Chef Ray Flournoy is a St. Petersburg native, raised in the heart of the city on Union Street. He graduated from Boca Ciega High School in 2001, and later graduated with a degree in Hospitality Tourism and Management from St. Petersburg College.

“St. Pete is my home, it’s where I find my motivation. I am blessed to serve and feed my community.”

-Chef Ray

Ray’s biggest motivation is cooking for others, watching their reactions and surprising them with explosive flavors. When he isn’t in the kitchen, his focus is fitness and family. He looks forward to a good workout, going to the movies, and shopping.



VEGAN

VEGETARIAN

SEA PURSLANE SALAD

Prepared by Chef Anisa Mejia, Nana's Restaurant & Juice Bar

Brick Street Farms Greens, Sea Purslane (A Sea Vegetable Grown by Pine Island Redfish at Mote), Gamble Creek Farms Purple Daikon, Carrots, Chickpea Croutons, Lemon Vinaigrette



@BRICKSTREETFARMS



@GAMBLECREEKFARMS



@MOTEMARINELAB

PINEISLANDREDFISH.COM



At Mote's Marine and Freshwater Aquaculture Research Park, Pine Island Redfish recycles nutrients from fish waste to grow the sea purslane you are tasting tonight, along with red mangroves used for shoreline restoration.

DID YOU KNOW?

A sea vegetable is an edible plant that grows in or near the ocean.

VEGAN

VEGETARIAN

A WORK OF CAVIART

Prepared by Chef Anisa Mejia, Nana's
Restaurant & Juice Bar

*Plant Based Foods Caviart Seaweed-Based Caviar,
Carrot Lox, Cucumber, Cashew Cream Cheez*



PLANT BASED FOODS INC

@PLANTBASEDFOODSUSA

EDIBLE HABITAT

*Seaweed farming sequesters
carbon, creates habitat, and
doesn't require fertilizer.*



Caviart

@CAVIART_SEAWEED_CAVIAR

Wild caviar is obtained by harvesting female fish and extracting their eggs. This depletes the population and prevents reproduction, threatening fish stocks and disrupting ecosystem balance.

Crafted to look and taste like lumpfish caviar, Caviart is made with seaweed, protecting future generations of wild fish.

VEGAN

VEGETARIAN

ZOODLES WITH KELP SAUCE

Prepared by Chef Anisa Mejia, Nana's
Restaurant & Juice Bar

*AKUA Kelp Crumbles, Italian Marinara, Raw Gamble
Creek Farms Zucchini Noodles, Cashew Ricotta*



@LIFEAKUA

SUPERKELP!

*Kelp is a
nutrient-dense
superfood, rich
in iodine,
omega-3s, and
antioxidants.*

Akua's products are building a
healthier ocean, one bite at a time.

Farmed kelp:

- Removes more carbon from the ocean than land-based plants do from the air
- Creates oxygen, which helps reduce ocean acidification
- Requires zero fresh water, dry land, fertilizer, or feed to grow

**GAMBLE
CREEK**
Farms

@GAMBLECREEKFARMS

Kelp farming also creates millions of
aquaculture jobs worldwide!



**NANA'S RESTAURANT
& JUICE BAR**

@NANAS_YBOR

At Nana's Restaurant & Juice Bar in Historic Ybor City, FL, Chef Anisa Mejia serves a rotating menu of creative vegan dishes, smoothies, and juices influenced by the flavors of the Dominican Republic.

Nana's has an adjacent courtyard that features beautiful murals, an herb and vegetable garden, and space for the yoga classes and community outreach events she hosts.

CHEF ANISA MEJIA

Growing up in a Dominican family, Chef Anisa Mejia has been cooking authentic Dominican food since she could reach the stove. While studying Business Management in college, she began her journey into veganism with her mind set on finding ways to make healthy, delicious food that honored the nostalgia of her youth. After working with notable vegan chefs in Miami, she opened Nana's Restaurant & Juice Bar in Ybor City as a family business and a platform to nourish the community. Chef Anisa makes everything from scratch, and has a unique ability to create dishes that can bring back the memories of childhood, sharing her roots with peers through food.

Studies have consistently found that adopting a plant-rich diet results in better health and lower carbon emissions. In other words, eating more plants is good for you AND the planet!



GRILLED KEY LIME OYSTERS

Prepared by Chef Michael Butler, The
Helm Provisions & Coastal Fare

*Grilled Calusa Oyster Company Oysters on the Half
Shell, Key Lime Butter, Brick Street Farms Micro
Cilantro*

TAMPA BAY'S HOME GROWN OYSTER

Reed and Maura Smith are the only
farmers actively growing oysters
in the Tampa Bay region.

On their 4-acre aquaculture lease,
they produce delicious oysters
that filter billions of gallons of
water each year.

They are grateful to play a role
in reviving the rich oystering
history of Tampa Bay through
regenerative aquaculture that
leaves our ecosystem cleaner and
healthier for both humans and
wildlife.



@CALUSAOYSTERCO



@BRICKSTREETFARMS



*Cilantro microgreens contain
very high levels of the
carotenoids, which are
essential for organ function!*

BRONZED LOCAL TILEFISH

Prepared by Chef Michael Butler, The Helm Provisions & Coastal Fare

Pole Caught Gulf Golden Tilefish Filet, Spring Pea Puree, Brick Street Farms Pea Tendrils

FISHWATCH

The NOAA Fishwatch program lists Golden Tilefish as a responsibly managed fishery:

- The stocks are not overfished
- The fishing gear used to harvest them does not cause habitat destruction
- Regulations are in place to minimize bycatch (non-target species caught unintentionally)

Fishwatch.gov is an excellent resource for consumers who want to purchase sustainable seafood – seafood that is harvested or produced in ways that protect the long-term health of species populations and ecosystems.



Pea tendrils contain 8 x more Vitamin C than blueberries! Eat them often to maintain healthy teeth and bones. Vitamin C is also great for immune system function.



©BRICKSTREETFARMS



The Helm Provisions & Coastal Fare is a collaborative raw bar, restaurant, and market experience in Tampa Bay joining you with captain, farmer, and chef.

**THE HELM PROVISIONS
& COASTAL FARE**

@HELMTAMPABAY

They proudly bring together the coastal flavors of the Atlantic seaboard, and prepare each dish with love using the freshest local ingredients.

HEIDI AND MICHAEL BUTLER

Chef Michael was born and raised in Fort Lauderdale, studied at Johnson and Wales in Rhode Island, and lived in Maine. Heidi was born in upstate New York, grew up in South Carolina, put her roots in Florida, and is never pulling them up again. Those geographical influences are found in the plates and cases of The Helm. Heidi and Michael are dedicated to supporting local growers and community events.

The Helm is a Tampa Bay Watch oyster shell recycling program partner! Shells from the oysters enjoyed in their restaurant are cured and used to build oyster reefs.



VEGAN

VEGETARIAN

MISO MUSHROOM CUPS

Prepared by Chef Brian Lairby, Miso Lucky Food Truck

*Petrichor and Cactus Hat Lion's Mane Mushrooms, Red Miso Glaze, Sea Purslane (A Sea Vegetable Grown by Pine Island Redfish at Mote), St. Pete Ferments Kimchi Emulsion, Brick Street Farms Shiso and Citrus Lace *Served in a wonton or Brick Street Farms Butter Leaf Lettuce Cup*



@CACTUSHATMUSHROOMS



@PETRICHORMUSHROOMS

Lion's mane mushrooms contain compounds that have been studied for their potential cognitive benefits, including improved memory, focus, and overall brain health. These mushrooms may also have neuroprotective properties, which could help in preventing age-related cognitive decline and neurological disorders.



MISO COBIA CUPS

Prepared by Chef Brian Lairby, Miso
Lucky Food Truck

*Pole Caught Atlantic Cobia, Sweet Red Miso Marinade,
St. Pete Ferments Kimchi, Gamble Creek Farms Purple
Daikon Emulsion, Brick Street Farms Cilantro and
Citrus Lace *Served in a wonton or Brick Street
Farms Butter Leaf Lettuce Cup*



SUSTAINABILITY CHECK

Atlantic pole caught Cobia is rated a Green Best Choice by the Monterey Bay Aquarium Seafood Watch Program, indicating that it is a responsibly managed fishery.

Visit the Seafood Watch website, download the app, or pick up a wallet-sized Pocket Seafood Guide at the Discovery Center for easy reference while seafood shopping.



@STPETEFERMENTS

*Kimchi is a
fermented food
that supports
gut health by
providing
probiotics.*



MISO LUCKY

@MISOLUCKYFOODTRUCK



Miso Lucky Food Truck offers a combination of dishes, flavors and styles from the Pacific with Chef Brian Lairby's own twist. From miso noodles to coconut garlic stir fried rice, banh miso sandwiches (a take on the banh mi) to tacos.

Featuring vegan and vegetarian options in addition to meat and seafood – there is always something to Get Lucky with on Miso Lucky! Brian and his wife, Ashley, work hard to source fresh, local ingredients.

CHEF BRIAN LAIRBY

Prior to launching Miso Lucky with Ashley, Chef Brian Lairby was the Executive Chef at the critically acclaimed French restaurant Bizou Brasserie, located in Tampa's Old Federal Courthouse Building. The pair also own and operate a sister food truck, Say Cheese, and Rolling Spirits Mobile Bar. Chef Brian specializes in putting a twist on classics and creating delightful original dishes. They offer custom catering at events across the Tampa Bay region.