



## The Loft at Longo's Bathurst

January – June 2015 Schedule

9306 Bathurst St., Vaughan, ON

Tel: (289) 304-9520

Email: [loftbathurst@longos.com](mailto:loftbathurst@longos.com)

### How to Register:

To register for a class and for more information, call or visit Longo's Personal Touch Service counter. Space is limited so book early to secure your spot.

#### Payment:

Payment may be made at the store by cash, debit, major credit card or Longo's Gift Card. Payment for phone-in registrations must be made by credit card.

#### Refunds:

Refunds are available up to 48 hours before the class begins, either in person or by notifying Longo's by phone. Refunds will not be given for a missed class.

#### Cancellation:

We reserve the right to cancel or postpone a class due to insufficient enrolment or other circumstances.

#### Allergies:

The Loft is not an allergy or peanut free area.

#### Food Sampling:

All classes include a sampling of the dishes prepared in class to be enjoyed in the Loft and a copy of the recipes for you to take home. Food cannot be taken home unless specified in the class description.

#### Class Format:

All classes are demonstration format unless indicated otherwise. Interactive classes allow you to participate in the preparation of some aspects of one or more dishes with the chef and other participants, or as indicated in the class description.

This Loft brochure is for the Bathurst location.

To view programs for other Loft locations, visit: <http://longos.com/Store/Loft.aspx>

## ADULT CLASSES

Monday, January 19, 2015 – 7:00pm – 9:00pm

### Mood-Boosting Foods for Optimum Health and Well-being – Class 1 (Interactive)

Personal Chef and Mood Food Specialist Patricia Muzzi leads this informative series that will provide a mini science lesson about brain function and how nutritious food directly impacts your mental and physical well-being. Learn how to identify and incorporate healthy "mood foods" when preparing breakfast, lunch, dinner and snacks, and gain a hands-on experience of basic essential food preparation.

Class menu includes a sunny citrus smoothie, sweet potato mini sliders topped with mango relish, wild salmon black bean roti wraps, and spiced apple berry quinoa nut crunch. **\$35**

Wednesday, January 21, 2015 – 7:00pm – 8:30pm

### HEALTH FIRST and Weight Loss with Dr. Steve Hirsch (Information Seminar)

For years, Dr. Hirsch, a distinguished family doctor and marathon runner, has quietly and effectively helped many of his patients prevent and/or manage diabetes, heart disease, high cholesterol and high blood pressure through his HEALTH FIRST program of weight loss and wellness. His weight loss program is both simple and sustainable. This seminar will teach you this easy-to-learn program. Don't miss out. **Cost includes a copy of Dr. Hirsch's book, HEALTH FIRST: Winning at Weight Loss and Wellness. \$20**

Tuesday, January 27, 2015 – 12:30pm – 1:30pm

### Gather, Cook & Learn: Game Day Party Ideas

Join us for an afternoon cooking class with our Longo's Loft experts as we show you some game day recipes that will be a touchdown. Keep guests coming back for more with our Gouda chorizo jalapeno peppers, cheddar cheese footballs, teriyaki chicken wings and triple pork sliders. **\$15**

Wednesday, January 28, 2015 – 7:00pm – 9:00pm

### **Ciao Tuscany**

Join Culinary Adventurist and Broadcaster Christian Pritchard of ChrisCooking.com on an epic journey back to beautiful Tuscany. The taste sensation begins with vegetable ragu over pappardelle. An insalata of carrot and tuna is incredible! Our secondi is pork loin stuffed with herbs and garlic deglazed in vino bianco with a side of tomato, eggplant and zucchini slightly breaded and baked. The dolci is gelato affogato. Wow . . . Ciao Bella! **\$30**

Saturday, January 31, 2015 – 10:00am – 12:00pm

### **Learn to Bake! We Bake for Change (In Support of Free the Children) (Interactive)**

Find out how you can bake a difference through yummy, family-friendly and easy Robin Hood baking recipes perfect for community or school bake sales. Chocolate chip pretzel cookies, chocolate and caramel banana surprises, and more from Robin Hood®! These delicious recipes will be popular at your next bake sale, classroom celebration or family gathering. A Free the Children volunteer will share ideas on how you can bake a difference locally and globally through bake sales. Open to participants aged 12 and over. Ages 6–11 must be accompanied by an adult participant. Fee will be donated to Free the Children. **\$10 per person**

*\*Robin Hood® and international charity Free The Children are teaming up for the WE BAKE FOR CHANGE campaign. Together we can bake a difference! Visit [freethechildren.com/webakeforchange](http://freethechildren.com/webakeforchange) for more information*

Thursday, February 05, 2015 – 7:00pm – 9:00pm

### **An Elegant Night Out**

This menu is perfect for a date night or a group of friends wanting to share an evening together with an elegant meal. We'll start off with wedges of a mushroom and Asiago tart served with arugula. While enjoying this, Chef Chris Pires will show you how to properly grill a dry-rubbed flank steak, make a sauce from the drippings, and serve this with a butternut squash purée – creamy and delicious with all the right seasonings. We will end the evening with a light cheesecake topped with seasonal fruit compote. The best part is you get to see it all made in front of your eyes so you can create this meal at home for family and friends! **\$30**

Tuesday, February 10, 2015 – 12:30pm – 2:00pm

### **Soup and Crackers (Information Seminar and Demonstration)**

In this class, Devra Wasser, Culinary Nutritionist, will make two soups from different cultures that embrace new flavours and enhance your palate. A miso soup with traditional Japanese flavours and a Mexican taco soup reminiscent of the spices from that part of the world. These healthy, low-glycemic and nutritious soups can be a meal unto themselves, full of macronutrients and micronutrients. We are also going to make our very own, easy-peasy and delicious sesame seed crackers to go with the soup, with ingredients that are easy on your stomach as well as your waistline. **\$25**

Wednesday, February 11, 2015 – 7:00pm – 9:00pm

### **Eating In (Interactive)**

Nothing brings home the comfort of winter dining like eating in. Let Personal Chef Luleta Brown show you how to make a wonderful meal at home with this delicious menu of squash and sweet potato soup with a Parmesan crisp; tamari, maple and citrus salmon; and for dessert, chocolate three ways. A restaurant-worthy dining experience without having to go to a restaurant. **\$35**

Thursday, February 19, 2015 – 7:00pm – 9:00pm

### **Easy Gourmet Entertaining - Asian Style (Interactive)**

Tonight join Chef Heather as she shows you some fantastic Asian dishes, perfect for entertaining. We begin with spicy beef satay with peanut sauce. Next, enjoy tasty chicken lettuce wraps, perfect for sharing between friends, then a quick shrimp pad Thai. The dishes can be prepped ahead of time and are quick to finish, which means they're perfect for serving to company. Then we will finish up our meal on a sweet note with banana and Nutella spring rolls. **\$35**

Tuesday, February 24, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: One Pot Meals**

Join us for an afternoon cooking class with our Longo's Loft experts as we show you how to put together easy meals without all the dishes. Spend more time with the family with these one pot meals: Chickpea, chorizo and spinach stew, lemon-spiced chicken with navy beans, and Thai coconut noodle soup. **\$15**

Thursday, February 26, 2015 – 7:00pm – 9:00pm

### **Three Meals from One**

No one has time to cook a meal from scratch every night. But we know we should be buying less prepared food. Let Chef Boyd teach you how to take one dish and turn it into three that can either be used that week or frozen for later. In this class, you will learn how to roast a chicken and turn it into three dishes: roasted chicken with lemon broccoli, chicken à la king, and a heart-healthy chicken and barley soup. **\$30**

Tuesday, March 03, 2015 – 7:00pm – 8:00pm

### **Elevated Energy (Information Seminar and Demonstration)**

The food you eat isn't just a means to quiet a hungry belly. It provides us with the substrates we need for boundless energy, proper sleep, and tip top digestion. Find out from Lynsey Walker of [lynseylovesfood.com](http://lynseylovesfood.com) what foods to eat and what to avoid that will give you quality restful sleep, boundless energy, and improved digestion (hello flat belly). Plus learn healthy habits, and quick recipes that can easily fit into any lifestyle that will have you looking and feeling like you just got back from an ultimate relaxing vacay. Topics to be covered:

- Clean vs. processed foods
- What foods and habits improve energy
- What foods and habits improve digestion
- What foods and habits promote restful sleep
- Quick recipe demonstration that includes above topics
- Hand out and recipe provided to participants

Recipes featured: cinnamon bun smoothie bowl, elevated energy power bowl and Thai coconut sweet potato soup. **You will receive a tasting sample of greens+ extra energy and greens+ Whole Body Nutrition and a Genuine Health coupon for all attendees. \$10**

Wednesday, March 04, 2015 – 7:00pm – 9:00pm

### **Mood-Boosting Foods for Optimum Health and Well-being – Class 2 (Interactive)**

Personal Chef and Mood Food Specialist Patricia Muzzi leads this informative series that will provide a mini science lesson about brain function and how nutritious food directly impacts your mental and physical well-being. Learn how to identify and incorporate healthy “mood foods” when preparing breakfast, lunch, dinner and snacks, and gain a hands-on experience of basic essential food preparation.

Class menu includes an avocado power shake, keen leafy green soup topped with Greek yogourt, sage roasted turkey breast served on spelt pasta with creamy zucchini Brazil nut pesto, and no-bake choco-almond butter cups. **\$35**

Tuesday, March 10, 2015 – 7:00pm – 9:00pm

### **From Budapest to Guadalajara**

Hungarian-Mexican cooking instructor Hendrik Varju returns with some of his all-time favourite recipes from his childhood. Hendrik will start you off with a delicious Hungarian coleslaw, both sweet and sour. For your entree, you'll enjoy chicken paprikash with dumplings called “nokedli” (you might know them as “spaetzle” in German cooking). Hendrik will ask some volunteers to help with the nokedli, as they are time-consuming to make for a large group, but so delicious with the paprikash sauce. For the final course, you'll savour “gelatina de tres leches” (a gelatin made with milk, evaporated milk and condensed milk. Combined with some vanilla flavouring and then sprinkled with Kahlúa, this dessert is the perfect way to end your meal. Come have a Mexican fiesta with Hendrik (sombrero is optional). Olé! **\$30**

Wednesday, March 25, 2015 – 7:00pm – 8:30pm

### **Eating Well 9-5: Nutrition Solutions to Keep You Fuelled at Work (Information Seminar and Demonstration)**

This year's nutrition month is dedicated to helping Canadians eat well at work. Do you get enough energy to start your workday? Do you struggle on what to pack for lunch? Are you ready for a nap at 3 p.m. and head straight for the vending machine? Join Registered Dietitian Filomena Vernace-Inserra and cookbook author Fina Scropo as they show you creative ways to get organized and keep your body fuelled throughout the day with healthy and nutritious meals and snacks. Recipes will include an all-in-one breakfast smoothie, leftover chicken redone for lunch and a power-packed snack mix. You'll also get 40+ ideas to help you think outside the bread slices. **\$25**

Tuesday, March 31, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Dishes, Lightened Up!**

Join us for an afternoon cooking class with our Longo's Loft experts as we show you how to skip the guilt but not the flavour. We will be making an artichoke and green chili dip, cherry ricotta cheesecake, mini cinnamon apple tarts and healthy fish tacos with chipotle cream. **\$15**

Tuesday, March 31, 2015 – 7:00pm – 9:00pm

### **Great Thai (Interactive)**

Learn how to make Thai cuisine with flare. Chef Rosemary Lee will show you how to put a great meal together to please the whole family. Learn how to make spicy Thai crab cakes, mahogany fire noodles with chicken and a delicious warm mango chocolate cake. Get ready to have a scrum-delicious dinner that the whole family will enjoy! Eat well and light. **\$35**

Thursday, April 09, 2015 – 7:00pm – 9:00pm

### **Eating Well for Optimum Health Information Seminar and Demonstration)**

Eating a well-balanced diet is an important component of a healthy lifestyle and can help prevent some types of diseases, promote healthy aging, and increase energy levels. Join Christina Zavaglia, Registered Dietitian and Certified Diabetes Educator to learn healthy recipes that don't sacrifice flavour. Enjoy a sampling of a heart-healthy chili, tomato and olive baked halibut served over quinoa, and a spinach, strawberry and goat cheese salad. **\$30**

Wednesday, April 15, 2015 – 7:00pm – 9:00pm

### **Shrimp and Scallop Festival**

Join Chef Jim Comishen as he takes the perfect matching of shrimps and scallops, and creates an exciting feast for family and friends. We start with a Southwestern baby shrimp and scallop parfait, finished with fresh cilantro and lime and served in a wine glass. We follow with a hearty and robust bowl of Manhattan-style shrimp, scallop and bacon chowder with a smoky tomato broth. Finally, a salmon Wellington in puff pastry stuffed with shrimp and scallop Newburg rounds off this great meal. **\$40**

Wednesday, April 22, 2015 – 7:00pm – 9:00pm

### **Brunch Instead of Lunch**

Culinary Adventurist and Broadcaster Christian Pritchard of ChrisCooking.com loves brunch. This menu of Canadian classics is adapted from The Steven & Chris show on CBC by Christian. Wake up to an amazing brûléed grapefruit with minted syrup. A frutti di bocca (mixed fruit) smoothie will blow your mind! A classic Roman cheesy frittata with an arugula salad is amazing. Finally, the ultimate Limoncello crème brûlée French toast will cap off the ultimate brunch! Who needs lunch? **\$30**

Tuesday, April 28, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Desserts that Travel**

Join us for an afternoon cooking class with our Longo's Loft experts as we share with you dessert recipes that are great to bring to gatherings. We will start off with pecan squares, tasty toffee cheesecake and finish with lemon blueberry tarts. **\$15**

Thursday, April 30, 2015 – 7:00pm – 9:00pm

### **Easy Energizing Springtime Meals (Interactive)**

It's no mystery that the mind and body are affected by the foods we eat. Understanding which foods have the most positive effect on our health is the key to long-lasting energy and vitality. Join Personal Chef Patricia Muzzi as she leads this highly informative class where you will be making and sampling delicious dishes including herbed asparagus arugula crostini, super green millet stir-fry with avocado pesto, Brussels sprout kale salad with pomegranate, and for dessert, coconut flour crêpes stuffed with blackberries and cashew cream. **\$35**

Thursday, May 07, 2015 – 7:00pm – 9:00pm

### **Foods of the Season (Interactive)**

What better way to re-awaken your culinary senses and enjoy the nicer weather than with a delicious dinner with Personal Chef Luleta Brown. On the menu, sautéed sesame asparagus with shiitake mushrooms, crispy prosciutto with a lemon-mustard dressing, chicken risotto with sweet peas, and for dessert, strawberry rhubarb fool with orange cream. **\$35**

Tuesday, May 12, 2015 – 12:00pm – 1:30pm

### **The NEW Greens (Information Seminar and Demonstration)**

You've heard mom tell you to eat your greens 'cause they're good for you. But did she tell you how delicious they can be, too? Registered dietitian Filomena Vernace-Inserra and cookbook author Fina Scroppo explore the intimidating abundance of green pastures in the grocery store and show you what to do with them to create unique, scrumptious meals. You'll learn about the power of greens that fill your body with protein, fibre and antioxidants. Your friends will be green with envy when they see what you've learned to make: pizza roll with rapini and basil pesto; eggs in stewed tomatoes and garlic beet greens; and cardoons au gratin. **\$25**

Thursday, May 14, 2015 – 7:00pm – 9:00pm

### **Go Gourmet in an Hour or Less**

Elegant, delicious and easy is the name of the game. Begin with a roasted beet and mandarin orange salad with goat cheese and pistachios. Following the delicious salad you will enjoy herb and Panko-crusted halibut on top of a creamy broccoli slaw. Finally Chef Heather will finish with individual sticky toffee puddings and seal the deal with a bourbon caramel sauce. **\$30**

Thursday, May 21, 2015 – 7:00pm – 9:00pm

### **Can Argentina be Chile?**

Popular instructor Chef Jim Comishen transports your palate to the cuisine of Argentina and Chile. First, it's Argentinean churrasco beef steak, with homemade chimichurri sauce over a bed of saffron rice. Next is Chilean red snapper with a coconut, coriander, sweet onion sauce served over a mound of gauchostyle black beans. For dessert, a sweet bread pudding with custard sauce and coconut, rounds off this great evening. **\$30**

Tuesday, May 26, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Antipasto Platters**

Join us for an afternoon cooking class with our Longo's Loft experts as we take you through some delicious antipasto recipes to jazz up any antipasto platter. We will show you how to make a chili and garlic baked ricotta, red pepper tapenade, artichokes with a caper, parsley dressing, marinated mushrooms, and olive balls. **\$15**

Tuesday, May 26, 2015 – 7:00pm – 8:00pm

### **Can't Take the Heat? (Information Seminar and Demonstration)**

Sure, no one wants to turn on the oven during the hot, hot summer but that doesn't mean a diet of only salads! Learn amazing tips, tricks and recipes that will ensure you have a healthy summer (no heat required) from Lynsey Walker of lynseylovesfood.com. Lesson will cover no bake tips and delicious, easy recipes for breakfast, lunch, dinner and dessert! A quick recipe demonstration and recipe handout will be provided for all participants to take home. Recipes featured: strawberry basil smoothie, raw noodle power bowl, spring bounty collard wraps and super simple blender "ice cream". **You will receive a tasting sample of greens+ O and Vegan proteins+ and a Genuine Health coupon for all attendees. \$10**

Wednesday, May 27, 2015 - 7:00pm - 8:30pm

### **Gluten Free, Dairy Free, Sugar Free...Help Me!! (Information Seminar and Demonstration)**

Culinary Nutritionist Devra Wasser comes to our kitchen with expertise from the Academy of Culinary Nutrition. She'll share her knowledge of making, baking and cooking with healthful ingredients that aid in nurturing and nourishing our bodies. Join her as she prepares a pumpkin seed crusted rainbow trout, a salad from the sea that includes apples, a hot cuppa cocoa, and a brunch frittata. Not only will all of these "freedom" aid in your digestion, but they will also give you more energy. Virtually everyone can benefit from the recipes that will be prepared in this workshop. Your metabolism will thank you too. **\$25**

Thursday, June 04, 2015 – 7:00pm – 9:00pm

### **Bento Sushi Making (Interactive)**

Learn how to make fresh sushi with Bento's highly trained expert chefs. Master the art of sushi preparation with recipes for the perfect rice and tricks for creating and forming your favourite sushi rolls. You will also get a chance to see an exciting demonstration on how to prepare the more advanced Nigiri sushi. You will not want to miss it! **All attendees receive a sushi mat to use during the class and to take home courtesy of Bento Sushi. \$25**

Thursday, June 11, 2015 – 7:00pm – 9:00pm

### **A Full Day in Mexico**

Mexican-Hungarian cooking instructor Hendrik Varju brings a full day of Mexican eating to your Longo's class. Starting with "desayuno" (breakfast), he serves you huevos rancheros – eggs served over quick-fried tortillas and garnished with green tomatillo salsa. For the mid-day meal, called "almuerzo," you'll get to fry your own tortilla to make tostadas – crisp fried tortillas covered in chorizo, lettuce, cilantro, onions, queso fresco and salsa. Absolutely delicious. Then you'll move onto a light "cena" (dinner), consisting of a Mexican bean and tortilla soup garnished with cheese, crispy tortilla strips and crunchy ancho pepper strips. Come enjoy the wonderful flavours of Mexico as Hendrik brings three traditional meals to your table. **\$30**

Tuesday, June 23, 2015 – 12:30pm – 1:30pm

### **Gather, Cook & Learn: Beets**

Join us for an afternoon cooking class with our Longo's Loft experts as we explore the world of beets. We will show you how to make an orange and beet salad perfect for summer entertaining: Roasted beets with feta, quinoa, beet and arugula salad, and to finish, sample some pickled eggs and beets. **\$15**

Wednesday, June 24, 2015 – 7:00pm – 9:00pm

### **East Indian Dinner**

Chef Aruna will show you how to make a creamy, mouth-watering and savoury butter chicken in one pot! The authentic experience will include homemade naan bread made right in front of you on the stove top. This meal will start with a fantastic paneer sizzler served with a cilantro-based chutney. Dessert will be a gourmet dried fruit and nut laddoo (truffles). **\$30**

## TEEN CLASSES

Monday, January 12, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens:**

#### **Pizza (Interactive)**

All teens love pizza but do they know how to make a delicious, healthy one on their own? Our Longo's Loft expert will help give them the skills to prepare them for their next stage in life. In this class, we will be creating three savoury pizzas and a dessert pizza. Your teens will never have to order in pizza again!

**\$15**

Monday, February 9, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens:**

#### **Family Dinner Time (Interactive)**

Allow your teen to take the reins of the kitchen for a night and cook a meal for the family. Our Longo's Loft expert will take your teen through a full course meal of stuffed chicken breasts, garlic mashed potatoes, roasted asparagus and a simple salad. Prepare your teen for the future while reaping the benefits at home. **\$15**

Monday, April 13, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens:**

#### **Snack Time (Interactive)**

Do your teens come home from school hungry and looking for a snack? Do they invite friends over only for you to prepare the food for them? Help your teen discover the joys of cooking with our Longo's Loft experts. In this class, we show your teen how to prepare healthy and easy hors d'oeuvres, perfect for after-school snacks. They'll be the most popular host/hostess around. **\$15**

Monday, May 11, 2015 – 6:30pm – 8:00pm

### **Gather, Cook & Learn for Teens:**

#### **Baking 101 (Interactive)**

Help your teen discover the joy of baking with our Longo's Loft experts. In this class, we will explore the world of desserts and give your teen the skills they need to satisfy their sweet tooth. We will make cupcakes, brownies, cookies and tarts. **\$15**

## PARENT & TODDLER CLASSES

Spend some quality time with your toddler while we combine the worlds of food and play. Children ages 1 and up can attend with a parent, grandparent or other loved one. Learn new kitchen skills and eat delicious food while spending quality time together. **\$10 per adult per class (accompanied by one toddler)**

Thursday, January 22, 2015 – 11:00am – 12:30pm

Let's roll up our sleeves as we create chocolate play dough, monkey bread and chocolate pudding.

Thursday, February 19, 2015 – 11:00am – 12:30pm

Lady bug pancakes, apple pizzas and blueberry hand pies.

Thursday, March 26, 2015 – 11:00am – 12:30pm

Today we tackle your sweet tooth with vanilla sprinkle cookies, surprise cookies and a cupcake!

Thursday, April 16, 2015 – 11:00am – 12:30pm

Let's roll up our sleeves to create tasty meatballs, baked zucchini chips, and sugar cookie cut outs.

Thursday, May 21, 2015 – 11:00am – 12:30pm

Let's have some fun making a fruit smoothie, honey bread, and no bake chewy Oreo bars.

## PARENT & CHILD CLASSES

The perfect way to spend a special Saturday morning cooking together. Children ages 3 and up can attend with a parent, grandparent or other loved one. Learn new kitchen skills and eat delicious food all while spending quality time together.

**\$15 per adult per class (accompanied by one child)**

Saturday, January 24, 2015 – 11:30am – 1:00pm

### **Sweet & Savoury Comforts**

Taco bowls  
Bacon cheeseburger roll-ups  
Brownie shortcake dessert

Saturday, February 28, 2015 – 11:30am – 1:00pm

### **Breakfast for Dinner**

Pancakes  
Hash browns  
Eggs and, of course, bacon!

Saturday, March 7, 2015 – 11:30am – 1:00pm

### **Appie Party**

Meatballs  
Spring rolls  
Mini caramel apple bites  
No-bake mini cheesecake bites

Saturday, April 18, 2015 – 11:30am – 1:00pm

### **Spaghetti 3 Ways**

Marinara sauce  
Alfredo sauce  
Basil pesto  
Cheesy garlic bread

Saturday, May 30, 2015 – 11:30am – 1:00pm

### **Family Pizza Day**

Dessert pizza  
Tortilla pizza  
Calzone pizza pockets

## KIDS WHO COOK

Monday, February 2, 2015 – 10:00am – 1:00pm

### **PA Day Chef Creations**

Does your child aspire to be a chef? Your child will learn the skills to create dishes for all the meals of the day. A Fruit smoothie for breakfast, followed by sloppy joes and a chicken parm pizza for lunch. For dinner kids will learn how to make their own twice baked potatoes and chicken fingers. Don't forget dessert, a delicious s'more sundae. We will teach your kids the basics they will need to work comfortably in the kitchen. For kids ages 6 and up. **\$25 per child per class**

## Creative Kids' Classes

Join us for some cooking fun as we continue with our creative kids' classes. Kids get to let their imaginations run wild with these funky classes of learning and laughing. When finished, they get to show off and enjoy their amazing creations. For kids ages 6 and up. **\$15 per child per class**

Saturday, February 14, 2015 – 11:00am – 12:30pm

### Sweetheart Valentine's Treats

Pink strawberry chocolate chip cookies  
Red velvet brownies  
Love letter sugar cookies

Saturday, April 4, 2015 – 11:00am – 12:30pm

### Easter Basket Treats

Bite-sized Easter brownies  
Spring butterfly or daisy cupcakes  
Easter egg nest cookies  
Easter egg marshmallow bark

Saturday, May 9, 2015 – 11:00am – 12:30pm

### Mother's Day Bouquet

Children create their own bouquet for mom with fresh fruit dipped in chocolate, chocolate dipped marshmallows and arranged in a beautifully hand-painted pot.

Saturday, June 20, 2015 – 11:00am – 12:30pm

### Delights for Dads

Cookie tie for dad  
Hamburger cupcakes & fries  
Hole-in-one brownie bites

## March Break in the Loft

10:00am – 1:00pm

Does your child aspire to be a chef? Give them a head start with our March Break Cooking Classes. We will teach your kids the basics they will need to work comfortably in the kitchen. For kids ages 6 and up. **\$25 per child per class**

Monday, March 16, 2015

### Minis

Strawberry, banana, pancake skewers  
Mini cinnamon buns  
Mini pie bar  
Mini chicken parmesan bites

Tuesday, March 17, 2015

### Illusions

Taco cookies  
Popcorn cupcakes  
Berry pie cupcakes  
Corn on the cob bites  
Pizza soup

Wednesday, March 18, 2015

### Sushi, Sushi, Sushi

Noodle salad  
California rolls  
Cucumber rolls  
Candy sushi

Thursday, March 19, 2015

### Cooking Creative Comforts

Cheesy chili mac  
Pigs in a poncho  
Gnocchi  
Fried ice cream  
S'mores pizza roll-ups

Friday, March 20, 2015

### Fun in a Muffin Tin

Granola yogourt cups with fruit  
Baked apple cider donuts  
Mini corn dog bites  
Deep dish pizza  
Chocolate chip lava cookies

## LOFT LOCATIONS:

### Aurora:

650 Wellington Street East, Aurora  
(905) 726-7928  
LoftAurora@longos.com

### Bathurst:

9306 Bathurst Street, Vaughan  
(289) 304-9520  
LoftBathurst@longos.com

### Boxgrove:

98 Copper Creek Drive, Markham  
(905) 209-7655  
LoftBoxgrove@longos.com

### Burloak:

3455 Wyecroft Road, Oakville  
(905) 825-8989  
LoftBurloak@longos.com

### Leaside:

93 Laird Road, Toronto  
(416) 421-6806  
LoftLeaside@longos.com

### Maple Leaf Square (MLS):

15 York Street, Toronto  
(416) 366-1717  
LoftMLS@longos.com

### Milton:

1079 Maple Avenue, Milton  
(905) 875-1186  
LoftMilton@longos.com

### Richmond Hill:

10860 Yonge Street, Richmond Hill  
(905) 770-7029  
LoftRichmondhill@longos.com

### South East Oakville:

469 Cornwall Road, Oakville  
(905) 338-1255  
LoftSeoakville@longos.com

### Weston:

9200 Weston Road, Woodbridge  
(905) 850-6161  
LoftWeston@longos.com