

# Rocco's Cafe

"One of the Best Kept Secrets of SoMa"



## Rocco's Neighborhood Newsletter

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Dear Patrick,

Welcome to another edition of Rocco's Neighborhood Newsletter. Thanks for subscribing to our newsletter and we look forward to seeing you in the restaurant soon!

### ~ A Note from Chef Don ~

First, it's only fitting that we take time during this Memorial Day Weekend to remember and acknowledge those soldiers and other individuals that have fallen in service to our country. Second, I think it's equally important to remember, acknowledge, and thank all those Americans now serving our country both home and abroad. Thank you.

### ~ Rocco's Healthy Lifestyle Alternatives ~

In your quest for a healthier lifestyle, remember Rocco's is here to help! Please ask us for any healthy alternatives you do not see on our menu and we will do our best to accommodate you.

Here are a few low-fat healthy options for you to think about:

**Breakfast** ~ Bowl of Granola w/ Almonds & Bananas; Cantaloupe w/ Low-Fat Cottage Cheese

**Salads** ~ Caesar Salad w/ Grilled Chicken, Prawns, or Calamari; Vegetarian or Pasta Salad

**Sandwiches** ~ Grilled Chicken Breast or Filet of Sole w/ Avocado, Tomato & Tartar Sauce

**Wraps** ~ Smoked Turkey w/ Cream Cheese, Cucumber & Roasted Bell Peppers

**Entrees** ~ Grilled Petrale Sole w/ Fresh Vegetables; Prawns or Calamari over Linguine

### ~ Upcoming Events ~

Carnaval 2008 ~ Sat. May 24th ~ Sun. May 25th ~ 10 AM - 6 PM Mission District

Celebrate Carnaval San Francisco's 30th Anniversary Bash this weekend! California's largest annual multi-cultural celebration - themed "Many Cultures - One Spirit" - will showcase the very best of Latin American and Caribbean cultures and traditions with a diverse array of food, music, dance and artistry, including works created by the talented community of Mission District residents and Bay Area artists. Spanning eight blocks, the Carnaval San Francisco Festival will take place on Harrison Street between 16th and 24th streets (10 AM - 6 PM).

On Sunday, May 25, the Carnaval Grand Parade starts at 9:30 AM at the corner of 24th and Bryant streets, where it will proceed west to Mission Street. From there, the parade heads north on Mission down to 17th Street, where it will turn east and flow into the festival area.  
Info: 415-920-0125

Website: [Carnaval SF 2008](#)

#### Memorial Day Parade & Ceremony 2008 ~ Monday, May 26th ~ 10:30 AM Presidio

The event begins at 10:30 AM at the Presidio Main Post Parade Ground. A parade led by the 91st Division Color Guard Pipes and Drum Band will proceed to the nearby National Cemetery. At 11 AM, the formal ceremony will include a laying of wreaths, remarks, a reading of the Gettysburg address, music by Pleasanton Community Concert Band, a 21 gun salute, and a helicopter flyover by the California National Guard. The ceremony will be followed by tours led by National Park Service rangers. A 1 pm Memorial Day event will follow at the Presidio Inter-faith Center.

Info: 415-561-5500

Website: [Memorial Day Parade & Ceremony 2008](#)

#### Annie Leibovitz: A Photographer's Life, 1990-2005 ~ Through May 25th, 2008

A retrospective of Leibovitz's professional photographs as well as those she has taken of her family and close friends. More than 200 photographs are included in the exhibition.

Location: Legion of Honor, 100 34th Avenue

Info: 415-863-3330

Website: [Annie Leibovitz Retrospective](#)

#### SF Jazz Spring Season ~ Through June 20th, 2008

The SFJAZZ Spring Season features five weekends of events, each showcasing a multi-generational approach to particular musical instruments and styles, high-profile jazz concerts, films and educational events.

Tickets: 866-920-5299

Info: 415-398-5655

Website: [SF Jazz](#)

### ~ Rocco's Catering ~

With Graduation right around the corner, now is the time to plan a party for that special someone. Let Rocco's Catering do all the work! Call now and take advantage of the coupon below! Also keep us in mind for Birthdays, Anniversaries, Weddings, and other Special Occasions. And remember, you also have these options:

- Host your party here at Rocco's Caf - on Sunday, Monday, & Tuesday nights you could have Rocco's all to yourselves! (Minimum number of people 30, Maximum 50)
- We prepare the food - you pick up or we deliver
- We prepare the food - we deliver, set up, and provide service staff

Come visit us at [Rocco's Caf](#) .. we're a neighborhood institution having the same ownership and many of the same staff today as the day we opened in June of 1990.

Thank you for being a Rocco's Cafe customer!

Don Dial  
Chef/Owner



## Free Drink

Bring this coupon and your valid email address to Rocco's Cafe and receive a complimentary beverage with any meal. Valid for Dine-In Only. No Cash Value. Not good with any other offer. One-Time Use per Valid Email Subscriber during offer period. Please forward this newsletter to friends using the Forward Email link below and by subscribing they will be able to enjoy this offer too! Thanks and Enjoy!

Offer Expires: May 31, 2008

## Save 30%

Bring or Mention this Coupon and Your Valid Email Address and Receive 30% Off your Next Party or Company Function. Allow Rocco's Catering the Opportunity to Make your Next Event not only Special but Stress-Free! Please Click Here <http://www.RoccosCafe.com/catering.htm>, Email us [Catering@RoccosCafe.com](mailto:Catering@RoccosCafe.com), or call Chef Don at 415-554-0522 for more information.

Offer Expires: June 30, 2008

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