

# Rocco's Cafe

"One of the Best Kept Secrets of SOMA"



## Rocco's Neighborhood Newsletter

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Dear Don,

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 of all, Happy Father's Day to all you fathers out there! Remember you have the option of coming to Rocco's for [Breakfast](#), [Brunch](#), or [Lunch](#) on Sunday instead of the old traditional Barbeque! Second, I can't believe it's Summer already! Well not officially. But for most of you with kids that finish school this week your summer UN-officially begins NOW. Stop by and get some [pasta to go](#) for the youngsters, or let them fend for themselves while you enjoy an evening out at Rocco's! You always have choices at Rocco's Cafe!

### ~ 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 ~

### 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](#)

### Major League Baseball! ~ Bay Bridge Series: S.F. Giants vs. Oakland A's ~ AT&T Park

Friday, June 13th 7:15 PM

Saturday, June 14th 6:05 PM

Sunday, June 15th 1:05 PM

**Buy Tickets:** [Giants vs. A's](#)

### North Beach Festival ~ June 14th & June 15th, 2008 ~ 10am to 6pm

Every year 'Little Italy' celebrates San Francisco's oldest street festival with arts and crafts, a pizza toss competition, local delicacies, Italian street chalk art, cooking demonstrations and cheese carving. The weekend kicks off with the Animal Blessing at the national Shrine of St Francis, and entertainment includes live jazz, rock, blues, salsa and swing music in a salutation to the Italian and Beat Generation history of the neighbourhood.

**Venue:** North Beach District; main stage in Washington Park

**Date:** Saturday, June 14th & Sunday, June 15th, 2008

**Time:** 10am to 6pm

**Website:** [www.sfnorthbeach.org/festival](http://www.sfnorthbeach.org/festival)

### San Francisco Pride Parade & Celebration 2008 ~ Saturday & Sunday June 28th-29th

This year marks the 38th anniversary of the San Francisco LGBT Pride Celebration and Parade. This year's theme is, "United by Pride, Bound for Equality." The two-day event is packed with a wide variety of vendors, artists, music in a variety of genres, performers, dance stages and venues, and fun. There really is something here for everyone.

**Date & Time:** Saturday, June 28th ~ Celebration in the Civic Center from 12pm to 6pm

**Date & Time:** Sunday, June 29th ~ Parade at 10.30am on Market St. from Embarcadero to the Civic Center where the Celebration continues from 12pm to 7pm

**Website:** [www.sfpride.org](http://www.sfpride.org)

## ~ Rocco's Catering ~

Are you planning on having a Graduation party but still have not really PLANNED the party? 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 Caf 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: June 21, 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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