

# 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, mark your calendars! Not only am I going to be on ABC's View from the Bay tomorrow at 3:00 PM, the Food Network's very popular nationwide TV show "Diners, Drive-Ins, & Dives" will be filming at Rocco's Cafe all day Sunday, August 3rd, AND all day Tuesday, August 5th!! Come down and eat and be part of the TV audience!

### ~ Chef Don's TV Shows ~

**Chef Don on ABC 7's "View from the Bay" ~ 3:00 PM Tuesday, July 29th 2008**

Our very own Chef Don Dial will be cooking Chicken Cacciatore over Polenta. He will also be explaining five different ways to prepare and serve Polenta! Tune in to Channel 7 at 3:00 PM tomorrow, 7/29/08. Or you can watch live from the internet. Link below.

**Website:** [Watch ABC's View From the Bay Live!](#)

**The Food Network's TV Show "Diners, Drive-ins, & Dives" Filming at Rocco's Cafe!**

Yes, that's right. Your very own neighborhood Rocco's Cafe has been selected to be on the VERY POPULAR Food Network TV show 'Diners, Drive-ins & Dives', and the filming starts this **Sunday, August 3rd at 6 AM**, and continues **all day on Tuesday, August 5th**. Chef Don will be cooking many different recipes, including different Breakfast, Lunch & Dinner dishes. PLEASE COME DOWN & SUPPORT ROCCO'S CAFE, BE PART OF THE TV AUDIENCE, & HELP EAT ANY LEFTOVERS MADE FOR THE TV SHOW! MANGIA!!

**Website:** [Diners, Drive-ins & Dives](#)

### ~ 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

### ~ 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 August 15th, 2008

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!

Save  
30%

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: August 31st, 2008

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