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SPECIAL
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INSIDE!

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1 June 2008

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Café MAC by: D'Zaar Announcing New & Improved Menu

D'Zaar Catering & Food Service, the operator of Café MAC, has been operating Café MAC successfully for over a year by offering a light Mediterranean menu.

The menu reflects Victor and Viola Azar's (a brother & sister team), signature items, which are mostly made from scratch.

The new exciting items have been offered at D'Zaar's other corporate locations for a couple of successful years. (See centerfold for the full menu and a valuable coupon.)

Since 2004, D'Zaar catering prides itself on being the first food service in the region to offer zero trans-fat food. Also, high fructose corn syrup, MSG and other harmful substances have been largely


eliminated from D'Zaar's kitchens.

The new menu does not reflect D'Zaar's full catering menus. Catering is offered on a custom basis, you may see examples of such menu lists on www.dzaar.com.

Also, a very important part of the custom catering is providing food made from local sustainable ingredients provided by local farmers to those who request such foods for their events. D'Zaar has been a very active proponent of sustainable organic farming and has catered to such events as Bioneers and Future Wise.



John Buck: Iconography
Through November 16, 2008
2316 W. First Ave. Spokane Tues-Sun 11 a.m. to 5 p.m.



This ad is sponsored by ClickSpokane.com and D'Zaars

Café MAC

by:



D'ZAAR

Catering & Food Service

www.dzaar.com

Open Tuesday thru Saturday

11:00 a.m. to 4:00 p.m

(509) 363-5358

About D'Zaar Catering & Food Service

D'Zaar was started in 2003 by Viola & Victor, a sister & brother team to provide cafeteria and catering services to the business community in the Spokane region. The first client was Triumph Composite Systems (former Boeing) in Airway Heights. Avista Corp became our second client. The latest client whom we are also proud to serve is the MAC.

While at Triumph & Avista, we offer a large variety representing cuisine from all over the World; we decided to offer a light Mediterranean menu at Cafe MAC. This is due to the availability of equipment and the size of the kitchen. For our catering services, we offer menus that are not reflected here. Please consult our web site for these menus or call Victor at (509) 768-3940 for custom catering.

At D'Zaar, we pride our selves for tasty foods that are made with your health in mind. At dzaar.com, find information on how we do this.

Health Never Tasted So Good

Salads & Starters

Caesar Salad - \$5.50
romaine lettuce & homemade croutons tossed with Caesar dressing & Parmesan Cheese

Greek Salad - \$5.75
romaine lettuce, cucumbers, tomatoes, Kalamata olives & Feta cheese tossed with our garlic house dressing

D'Zaar Cobb Salad - \$6.50
romaine lettuce, crazens, feta or blue Cheese crumbles, shredded carrots & our home-made candied walnuts tossed with raspberry vinaigrette

Hummus Platter - \$6.50
traditional, chipotle, jalapeneo, & ginger hummus served with kalamata olives, feta cheese & pita bread

D'Zaar Sampler - \$9.50
everything in the hummus platter plus jadra and beef & lamb gyros

Add grilled chicken or Beef & Lamb Gyros meat to above salads for \$2.00

Soup of the Day \$2.75 or \$3.75



2316 W. 1st Ave. - Inside the MAC
509-363-5358 - www.dzaar.com

*"Health
Never
Tasted So
Good!"*



**1 FREE MEAL WITH PURCHASE OF ANY MEAL
OF EQUAL OR LESS VALUE**

Bring This Coupon & A Friend

Limit 1 Per Customer - Not valid with any other offer
This coupon is redeemable only at Café MAC
Offer Good Until JUNE 30, 2008

Specialties

Beef & lamb Gyros -	\$5.75
<i>gyros meat topped with our Tzitziki sauce, lettuce & tomato served on pita bread or as a wrap</i>	
Beef & Lamb Gyros Melt -	\$5.75
<i>gyros meat on pita topped with mozzarella, cheddar and feta cheeses melted & browned in the convection oven</i>	
Spano Burger -	\$6.00
<i>turkey burger patty made with spinach, feta cheese & seasonings served with Tzitziki sauce and chips</i>	
Chicken Gyros -	\$5.75
<i>grilled chicken, lettuce & tomatoes topped with our Tzitziki sauce served on pita or as a wrap</i>	
Hummus Pita or Wrap -	\$5.75
<i>your choice of hummus, tomatoes, cucumbers, sprouts on pita or as a wrap</i>	
Chicken Feta Wrap -	\$6.50
<i>shredded chicken breast marinated with our house dressing, lettuce, tomatoes & feta cheese</i>	
Jadra -	\$5.75
<i>lentil & rice pilafed in olive oil, onion & seasonings - topped with Lebanese salad</i>	

Salmon Burger -	\$6.50	
<i>wild caught alaskan salmon, served with tahini/ parsley sauce, lettuce & tomatoes on a wheat bun and chips</i>		
Lebanese Burrito -	\$6.00	
<i>jalapeneo hummus, lettuce, tomatoes, sprouts, jadra, cucumbers & feta cheese in a toasted wrap.</i>		
	add gyros meat for	\$2.00
Turkey Sandwich -	\$5.50	
<i>On wheat bread and American or Swiss cheese topped with lettuce and tomatoes. Help yourself to the condiments on the counter.</i>		

Pizza on Pita

Meat Lovers Pizza -	\$5.50
<i>marinara based pizza with a 3 cheese blend, pepperoni, Gyros & chicken</i>	
Greek Pizza -	\$5.50
<i>marinara or garlic sauce based pizza with a 3 cheese blend, feta cheese, kalamata olives & beef & lamb gyros</i>	
Chicken Feta Pizza -	\$5.50
<i>garlic sauce based pizza with a 3 cheese blend, chicken, & Greek olives. For vegetarian, you may have it without the chicken for \$4.50</i>	

Desserts & Drinks

Baklava -	\$2.50
<i>phyllo pastry filled with chopped nuts and topped with honey syrup</i>	
Harisah -	\$2.00
<i>cream of wheat pastry baked with yogurt, butter & simple rose essence syrup</i>	
Turkish Coffee -	
<i>our own special blend with cardamom brewed with or without sugar and served in traditional lbriq and finjan - servings for 1, 2 or 4 \$2.49, \$3.49 or \$4.99</i>	
Fresh Lemonade -	\$3.00
<i>freshly squeezed lemon with the choice of Stevia (zero calorie natural sweetener) or simple rose essence syrup.</i>	

Home Brewed Iced Tea -	\$2.79
For other desserts, pastries & drinks, please refer to the display case for assortment & pricing	

Kids Menu

Grilled Cheese -	\$3.00
Cheese Pizza on Pita -	\$3.00
Pepperoni Pizza on Pita -	\$3.50

***** SHOCKING PROOF!!! *****

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"I've personally used my Top Secret Car Secret to buy every kind of car you can think of ... everything from your average middle-class car, all the way up to *Rolls-Royces* and *Lamborghinis* ... but where I've saved literally \$100,000's on these cars and MORE!"

www.clickspokane.com/carsecret



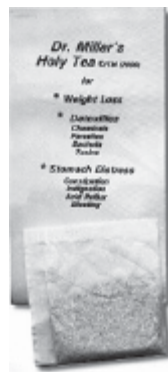
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E3Live™ is a gift of nature, a miracle food. We warmly invite you and your loved ones to experience certified organic E3Live™ for yourself.

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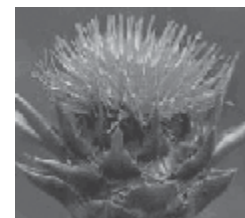
Dr. Miller's Holy Tea

"Based on a Medicinal Herb Called Holy Thistle Used For 2000 Years, This Amazing Cleansing Tea Has Been Used Successfully For Over 20 Years."



Dr. Miller's Holy Tea - formulated by Dr. Bill Miller (Ph.D. Nutritional Science) of Jackson, Tennessee - is a unique herbal blend of safe, all-natural ingredients **designed to gently cleanse the digestive tract and detoxify the body.**

"I am very excited about Dr. Miller's Holy Tea. I started drinking the tea during the first week of March 2008 and now by the middle of May I have lost about 35 pounds and I feel great. However, I also realized some other health benefits. I was diagnosed with hypothyroidism about 20 years ago and I was told that 95% of my thyroid was dead and that I will be taking medication for the rest of my life. With Holy Tea, I started to decrease my dosage gradually and now it had been over a month without thyroid medication and I feel more energetic than ever while still losing weight, which means that my metabolism is working great with out the medication. I also stopped taking my high blood pressure medication. This was also a 20-year-old problem. I now monitor my blood pressure many times a day and for about 10 days now, I have not needed to take the medication. I am so thankful to Dr. Miller. His product is amazing."

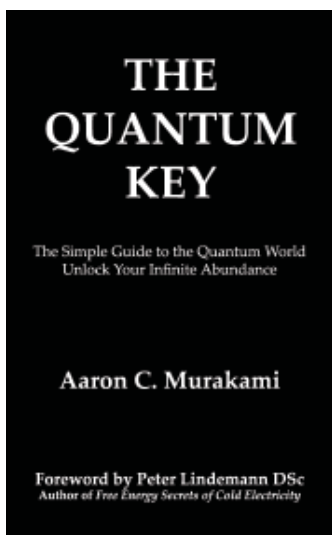


- Victor Azar, Spokane WA

Get Started Now: www.holyteaclub.com/drink

THE QUANTUM KEY

*The Simple Guide to the Quantum World
Unlock Your Infinite Abundance*



The Quantum Key is the must have, must read book for anyone who was a fan of *What the Bleep* and *The Secret* or any consciousness sciences, abundance systems concepts or free energy technologies. Learn a Unified Field Philosophy that walks one through what the quantum potential actually is and how to channel it from a virtual state to an observable state that causes effects in the physical world. Learn how mass and matter are made possible because of quantum potential, and also explore the simplest model of gravity and inertia and much more. The most important part of the book is the clarification of the difference between open and closed thermodynamic systems and how open systems can freely output more than one has to input into the system without violating any physical laws at all. Truly the physics of abundance!

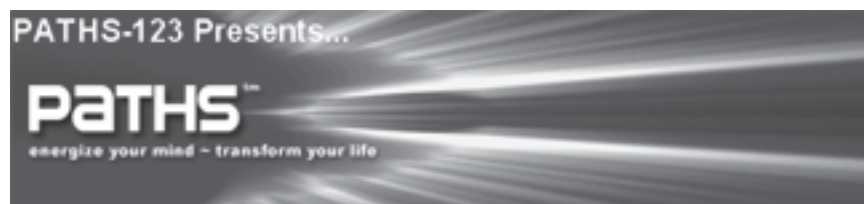
"After reading The Quantum Key I finally understand the quantum nature of our universe and our individual lives. Literally a whole new world was opened up to me that affects my understanding and quality of daily living. While

the phrase "quantum physics" can be intimidating, and also esoteric in nature, I found this book to be very practical in improving my life. I wholeheartedly recommend reading this book ASAP!"

- Kevin Pirolo, Originator of Pre-Paid Phone Cards in the United States

"I have read The Quantum Key 5 times now since I bought it in Vegas from you. It most definitely awakened/enlightened me to the power of/and truth of our being. We are consciousness. I was empowered with the chapter showing the distinction between open and closed systems. I am forever grateful for your effort and deliberate work to consciously awaken others!" - Grace Haeusler, Winner of 3 Gold, 2 Silver and 1 Bronze medals in Karate at The Wide World of Sports 2007

The Quantum Key Homepage: <http://www.thequantumkey.com>
Shopping Cart Direct Link: <http://www.esmhome.org/shop>



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