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NEWS RELEASE from Center for Ageless Living

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Sprouts up for Summer at Green House Rotisserie

Los Lunas, NM -- Ann Sessler, Culinary Manager at the Center for Ageless Living, believes that simplicity and fresh, natural ingredients form the base of delicious cuisine. Under her direction, The Green House Rotisserie serves up tempting combinations for dine in or take out Tuesday through Sunday, 11am – 7pm.

Organic, New Mexico-grown sprouts top off many of the summer spa menu items. Amaranth shoots, corn sprouts, fennel sprouts are just a sampling of a spicy blend that kicks up the salad or sandwich flavor and adds a healthy anti-oxidant boost to your selection. The sprouts crunchy, nutty taste provides an afterglow of tangy hotness that Sessler promises will impress your taste buds.

An updated spa menu features whole grain pastas, a variety of salads, sandwiches and healthy entrees; eat poolside at The Garden Gate Day Spa and Salon or call 866-1936 for takeout; customized catering also available. Green House Rotisserie menus can be viewed online at www.nmagelessliving.com/gh.htm.

The Green House Rotisserie is located on the campus of the Center for Ageless Living, just north of South El Cerro Loop on Highway 47 in Los Lunas.

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aging is part of life

agelessness is a way of living