

**NORTH CAROLINA'S ICONIC SANDERLING RESORT ENHANCES
TASTE OF THE BEACH WEEKEND FESTIVITIES**

The Resort's Award-Winning Culinary Team Pay Homage to Local Farmers and Fishermen with a Series of Savory Culinary Experiences, March 11-14, 2010.

Duck, North Carolina (February 8, 2010) – The Sanderling Resort & Spa, the award-winning beachfront property in North Carolina's pristine Outer Banks, will host a series of sublime culinary and spa experiences that showcase the abundance of artisan and organic ingredients grown in the local area. The culinary festivities are in conjunction with The Taste of the Beach, the Outer Banks annual seafood and wine event. Activities will take place March 11-14, 2010 and are sold *a la carte*. Prices range from \$40-\$200 per person and can be booked by calling (877) 650-4812. Accommodations can be added, rates start at \$129 per night.

The Taste of the Beach is a food-centric weekend celebration hosted by the Outer Banks Restaurant Association. Attendees will sample fare from 20 of the areas restaurants in the region. The Sanderling Resort has participated in the festival since its inception four years ago.

"Many food and wine aficionados stay with us during the Taste of the Beach event," said General Manager, Dick McAuliffe. "For years our guests have asked us to expand our on-property events during the culinary weekend and we've listened to them. We have two award-winning restaurants and close relationships with local farmers and fishermen so it's a natural progression to offer a series of intimate dinners with local purveyors."

Participants will enjoy wine pairing dinners prepared by the resort's renowned chefs Joshua Hollinger and Christopher Gerster and Michel Nischan, two-time James Beard award winner and acclaimed author of "Taste Pure & Simple", "Homegrown Pure & Simple" and most recently "Sustainable Delicious." Other highlights include wine and microbrew tastings, an informal family-style dinner with the region's leading local purveyors and a farewell brunch. Guests can also take advantage of the resort's blissful spa treatments in-between events. The Sanderling's culinary and spa experiences follow.

Thursday, March 11

- **Bubbly Beginning**

Start the weekend on *the right foot* with a relaxing foot treatment paired with a fresh pomegranate smoothie and homemade granola with yogurt in the spa.

9 am-5 pm

Price: \$40 per person

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- **Wine & Cheese Tasting**

Guests will enjoy a selection of fine wines from the Robert Kacher Collection and fine Bordeaux and Burgundy's from *Bordeaux Fine and Rare*, North Carolina's premier wine distributor. Wines will be complemented by artisan cheeses and house-made preserves and jellies created specially for the tasting.

5:30-7 pm

\$46 per person, inclusive of tax and gratuity

Friday, March 12

- **Sanderling Solace**

Guests are invited to participate in an Asana class to learn the art of breathing and work on perfecting their posture. The class will help to stimulate digestion, perfect before a day of food and wine tastings. Class will include a soothing head massage followed by a nutritional smoothie.

9 am- 5 pm

\$20 per person

- **Left Bank Wine Pairing Dinner**

A champagne reception followed by a five course epicurean splendor will be prepared by celebrity chef and two-time James Beard award winner Michel Nischan and The Sanderling's own Christopher Gerster and Joshua Hollinger. Dinner will be served at The Left Bank, the only AAA Four Diamond restaurant in The Outer Banks. Dishes will be paired with a selection of fine Bordeaux.

6:00pm reception; 6:30pm dinner

\$196 per person, inclusive of tax and gratuity

Saturday, March 13

- **Healing Waters**

Take time to hydrate your body before a full-day of wining and dining. The Spa at The Sanderling offers a soothing lavender bath followed by a relaxing neck and scalp massage.

9 am-5 pm

\$40 per person

- **North Carolina Farm to Table Dinner**

Attend an interactive family-style dinner using only North Carolina ingredients hosted by the region's leading local purveyors. Meet and mingle with farmers, fishermen and harvesters who can tell you exactly where your food came from. Dishes will be complemented by microbrews from The Weeping Radish and wine from North Carolina's award-winning Sanctuary Vineyards.

6:30pm

\$72.00 per person, inclusive of tax and gratuity

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- **Left Bank Tasting Dinner**

A grand tasting event that starts with a cocktail reception followed by a five course tasting menu prepared by Left Bank's Chef de Cuisine, Christopher Gerster.

5:30-10 pm

\$99 per person, inclusive of tax and gratuity

Sunday, March 14

- **Island Beauty**

This weekend offered fun well-worth it indulgences so begin the detox plan by replenishing your skin. Enjoy The Sanderling's antioxidant rich facial and natural elixir to fight free radicals.

9 am-5 pm

\$45 per person

- **Left Bank Farewell Sunday Brunch**

Not your typical brunch, The Sanderling's culinary talents will create an epicurean splendor in their open exhibition kitchen. Watch and taste the creations of Chef Gerster and Executive Chef Hollinger. Menu items will include: *Potato and Melted Leek Crepe, Carolina Shrimp, Herbed Beurre Blanc; Sautéed Heirloom Grit Cake, Tomato Marmalade, Spicy Sausage; Lightly Smoked Carolina Trout, Salad of Spring Vegetables and Greens, Poached Egg*

Sunday, March 14

11-2 pm

\$59 per person, inclusive of tax and gratuity

The Sanderling Culinary Weekend will take place March 11-14, 2010. Activities are sold *a la carte* and range from \$40-\$200. To book or for more details, call (877) 650-4812 or visit www.thesanderling.com. Accommodations can also be added with rates start at \$129 per night.

The Sanderling Resort & Spa is an independently owned beachfront property in North Carolina's Outer Banks. The resort features 88 guestrooms and suites and five rental homes, with views of the Atlantic Ocean and the serene Currituck Sound. Amenities include a tranquil spa showcasing healing treatments, fitness center and racket club and miles of nature trails. The resort is also home to the award-winning Left Bank Restaurant and The Lifesaving Station. For more information visit www.thesanderling.com or call (877) 650-4812.

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