



Fresh **HARLOW** Connections



Complimentary Copy ~Heritage & Hospitality on Tap~ Summer 2015 www.parfittway.com

CHUCKANUT BAY DISTILLERY

By Liz Pleasant

Editor's Note: The pub has recently changed out many of its mega-brand spirits to locally produced ones. Here's a spotlight on one of the new local producers.

Matt Howell, co-owner of Chuckanut Bay Distillery in Bellingham, Washington, started making spirits professionally back in 2011. He admits that his interests in making booze started long before that. "I've been making lots of alcohols for a long time," Matt says. "I started brewing beer and making cider and wine when I was in high school because they wouldn't sell it to me."

Today Matt's alcohols are far beyond the rebellious home brew of his teenage years. With Chuckanut, he strives to make delicious, innovative spirits with ingredients grown by local farmers near Bellingham.

"We call it slow crafting. It's kind of a take on slow food," Matt says. "It was important for us to be a part of the community and work with local farmers." The freedom of owning a small independent distillery has also given Matt the opportunity to play around with different flavors and distilling processes—a fun aspect of the business he says a lot of other distilleries might not have.

Many well-known liquor, beer and wine products are owned by large corporations who in turn owns hundreds of other distilleries, wineries, and breweries. Anheuser-Busch InBev, for example, owns about 50 percent of the beer market in the U.S.—from mega brands like Budweiser and Stella Artois, to smaller locally founded breweries like Elysian Brewing.

"That doesn't preclude the possibility for those brands to be creative with their stuff or be aware of sourcing issues," Matt says. "I'm not saying that. But maybe it



diminishes a little bit, especially if you're thinking about Washington state agriculture, which to us is really important."

Matt says Chuckanut's Washington roots will never allow it to produce a rum—you can't grow sugar cane anywhere near Bellingham—but they've figured out a way to offer a pretty diverse selection of spirits from the local resources they do have. Currently Chuckanut is producing two types of gin and vodka as well as a whiskey, all made with Washington-grown ingredients. There are also more unique products

including Green Man's Dram, a hopped schnapps IPA fans should try. Come winter look out for Krampus, what Matt calls a 110 proof Christmas cookie, made from local wheat, honey, and hazelnuts.

Currently Chuckanut Bay spirits are only available in Washington bars, but Matt says they plan to expand soon. He hopes that expansion will be on almost all fronts—larger equipment, more staff and a bigger customer reach. "It's our goal to grow and take what we do elsewhere," Matt says. "But it's also our goal to never change our process to do that."

www.chuckanutbaydistillery.com

TYEE CHARTERS

Specializes in light tackle salmon on angling trips on Puget Sound leaving from right here in Eagle Harbor. Booking half & full-day trips all year long 206.799.2530

WWW.TYEECHARTERS.NET

WILLAPA HILLS FAMILY FARM & CREAMERY



by Liz Pleasant

If you've had the Pub's Big Boy Blue Burger than you've had Willapa Hills cheese. That cheese along with many others are made by Steve Hueffed and Amy Turnbull, owners of Willapa Hills Family Farm and Creamery, who have strong Bainbridge roots.

Amy grew up on the island and met Steve while she was working at a coffee stand in the ferry terminal. Steve was living in Suquamish, Washington and had accepted a temporary job that required a pre-dawn commute into Seattle each morning.

"For that two week period I had to be on the 5:15 A.M. ferry or whatever it was. It was horrible," he explained. "So for two weeks I bought coffee and saw her in the stand." Then one morning Steve arrived and Amy wasn't there. "She disappeared," he said. "I became a sleuth and tried to find her... at which point her comrades thought I was a stalker."

Amy was working towards her degree in naturopathic medicine and has cut back her hours to focus on school. But she did still work at the stand occasionally and eventually Steve was able to track her down.

"I would ride my motorcycle over and get a cup of coffee," he says. "Later she claimed, 'I knew. No one comes here just for a cup of coffee.' I mean I wasn't even getting on a boat!" In the end the two married and Amy opened up a naturopathic doctors office on the island.

After Amy and Steve's home renovations forced them to live in an airstream trailer for 18 months, the couple realized they didn't necessarily want to move into the big house they had just built. They did some "soul searching" (as Steve puts it) and bought a piece of property about half

an hour west of Chehalis, WA.

They weren't sure what they wanted to do exactly; they just knew they wanted to start a family business. Eventually the couple landed on cheese, and Willapa Hills was born. "Do something you love," is Steve's mantra. "Or, just love eating."

The couple started the farm in 2005 and by 2008 they were licensed to sell their cheese commercially. Today Willapa Hills has about seven employees, which makes Amy and Steve one of the largest employers in west Lewis County. Steve says that speaks more to the lack of jobs in the area than their business' actual size.

At the height of the logging industry, the area was booming with activity. As the timber industry dried up, so did the local economy. "Economically these communities have done nothing but shrink, shrivel and consolidate over the past 100 years," Steve explained.

If everything goes according to plan, Willapa Hills will produce more jobs for locals soon. They have plans to double their creamery space in the next six months. Big name grocery stores like Whole Foods already carry Willapa Hills cheeses. Steve and Amy hope to expand their distribution further this winter.

"Our goal is not to be huge, but huge is relative," Steve said. "Our goal is to build a scale of a business that can be sustainable for us and our family and have a team of people who we can pay a living wage." And, of course, make delicious cheesy goodness for customers across the country. Find out more about Willapa Hills Family Farm and Creamery at:

www.willapahillscheese.com

Bainbridge Boxing



National Champs Need Your Help

BAINBRIDGE TEAM INVITED TO WORLD EVENT IN SPAIN

Nationals to earn her current title as WKA National Champion.

One of the unique things about Bainbridge Island is that it still exhibits diverse pursuits within the community.

While you may have gotten to know Laura Swanson from her bartending and serving shifts here at the pub, you may not have known that she is a reigning World Kickboxing Association (WKA) National Champion. When she's not working here, she's committed to a grueling two to three times a DAY training schedule at Bainbridge Boxing.

Bainbridge Boxing, currently undefeated and owned by Ben Little (who ironically is XL) opened back in 2010. Before then, Bainbridge hadn't seen boxing since 1907. Laura isn't the only champ Ben has trained.

Josh Soliva, another fighter from Bainbridge Boxing, the current 145 lb. KOA super fight belt holder, is also the National Champion for his weight class. Both Josh and Laura traveled to Richmond, Virginia back in March to compete in the WKA National Championships. Both won spots on the 2015 United States national team for the WKA World Competition.

Laura's first fight was for a Kitsap Humane Society fundraiser at Bainbridge Boxing in 2012. Laura found a perfect fit in competing and decided to take her fighting career to the next level. She started being matched up for more fights and eventually made her way to

Bainbridge Boxing could not have gone to Nationals without the generosity of friends and family. When Josh and Laura won, so did all of their supporters. Getting to the world championships is going to take the same outpouring of support.

Many may not know but the boxing club also serves as a home to at-risk youth on the island as well as kids and adults who haven't found conventional team sports to be fulfilling. Coach Ben keeps the gym running mostly out of his own pocket. If students can't afford to pay, he has them sweep or mop up after practice.

Now the champs humbly ask for your help to send the Bainbridge Boxing Fight Team to win a world championship. The five-day competition will be held in Spain and expenses for the two fighters and their two coaches will add up quickly. The gym needs to raise the money by September in order to pay airfare and other travel expenses for Laura and Josh to compete for world titles and bring the unique distinction of world champions back to the Bainbridge Island community.

Any amount you can donate will help the Bainbridge Boxing Fight Team get that much closer to their goal. If you want to help Laura and Josh represent Bainbridge Island in the WKA World Championships, please donate to their Go Fund Me campaign at:

www.gofundme.com/bainbridgeboxing

Stay for free on our blue-painted cleats while visiting Parfitt Way restaurants & shops. Also, during summer months, the marina opens up 230' of sidetie for transient moorage.

If you want to spend the night call the dockmaster at 206.550.5340.

Alternatively, the Waterfront Trail now extends from the ferry terminal to just beyond the pub/marina property, then jogs up to Parfitt Way before it rejoins the waterfront at the end of Winslow Way. It's a fun way to get here from the ferry and an efficient way to explore the town.



Harbour Marina

AFLOAT OR AFOOT, ARRIVE AT THE PUB'S WATERSIDE DOOR

Harbour Marina affords boat owners ready access to the marina district. If you come by boat take advantage of our complimentary moorage at the south end of our eastern-most dock.



Stop Waiting, Get in Line from Your Phone

1

DOWNLOAD THE APP from the Android or iPhone app stores

2

SELECT THE PUB and add yourself to the waitlist

3

ARRIVE ON TIME and check-in with the host



Ambrose F. Grow

Ambrose Grow and his wife, Amanda, and their family came to Eagle Harbor in 1881. He was a Civil War veteran and came because of the descriptive letters he had read in the New York and Kansas papers telling of the virtues of Bainbridge Island. Selling his large farm in Manhattan, Kansas, he homesteaded 160 acres here along the waterfront. In addition to being a charter member of the Eagle Harbor Congregational Church and the Madrone Schools, he was a prolific correspondent to the happenings in Eagle Harbor and environs.



The Grow Family Homestead Still stands today as home to Harbour Public House

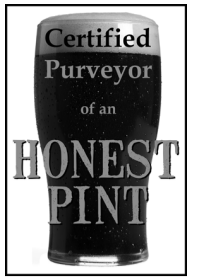


BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969



SINCE 1991



The wheat gluten free designation means the menu item includes no wheat in its regular preparation. However, wheat flour is still used in our kitchen. For an extra \$2 you may also substitute Udi's® Gluten-Free Burger Bun.

BURGERS*

all burgers grilled to order & served on a Pane d'Amore® burger bun

THE PUB ORIGINAL BURGER \$14
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo Served with our Pub-cut fries

MAKE IT YOURS ADD-ONS:

Beecher's Flagship® Cheese	\$3	Fried Organic Egg	\$2
Mt Townsend® Trufflestack Cheese	\$3	Bread Rolls & Butter	\$2
Willapa Hills® Big Boy Blue or Lily Pad Alpine	\$4	Sautéed Mushrooms	\$2
Goat Cheese or Mt Townsend® Cheese Curd	\$2	2 Bacon Slices	\$3
Pepperjack Cheese	\$2	Caramelized Onions	\$2

TRENCHERMAN BURGER \$17

Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese Served with Pub-cut fries

SAN ANTONIO BURGER \$16

Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo Served with Pub-cut fries

BACON BLUE \$18

Harlow Cattle Co.® grass-fed beef, 2 strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese With Pub-cut fries

BO BURGER WITH BACON \$17

Two slices of Montana bacon, an over-easy fried egg and Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef Served with Pub-cut fries

You can Substitute a free-range, skinless, boneless Chicken Breast or a Port Townsend-made Bob's Pecan® Veggie Burger Patty on any of the Burgers

* The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness

ALT BURGERS

CHORIZO ROLL \$13

Our version of this London Classic Pub-made, all Natural® pork chorizo, On a fresh Pane d'Amore® roll with organic arugula & Yakima grown Mama Lil's® sweet hot pickled peppers Served with Pub-cut fries

SMOKED SALMON ON RYE \$14

Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, arugula & our dill dressing with Pub-cut fries

SMOKED PORTABELLA VEGGIE BURGER \$14

A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese On a fresh Pane d'Amore® burger bun Served with Pub-cut fries

PUB PATTY MELT \$18

Harlow Cattle Co.® grass-fed beef on Pane d'Amore® toasted caraway Rye with melted Willapa Hills® Lily Pad Alpine cheese, grilled onions & Thousand Island dressing Served with Pub-cut fries

SMOKE ROASTED PULLED BBQ PORK \$13

Roasted & pulled Natural® pork Splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served over our Sweet Potato Pie & a side of Cole Slaw

PUB BBB.L.T. \$14

Six strips (yes six!) of smokey Montana bacon on toasted organic whole wheat sourdough with lettuce, tomato & mayo Served with either a cup of soup or a side salad with choice of dressing

You can Substitute Fresh Sliced Avocado for the Bacon



SOUP BOWLS

RIBOLLITA \$13

A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladelled over a thick slice of grilled rustic organic bread Served with a side Caesar

SOUP OF THE DAY bowl \$7 cup \$6

Made fresh & served with a Pane D'Amore® bread roll

BAR FOOD

FLASH FRIED CALAMARI \$12

Rings & tentacles dusted, deep-fried & served with our pesto aioli

OYSTER SLIDERS \$7

A single plump Goose Point® battered & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Standard order of 2 Each Additional Slider: \$3

OYSTER SMOKIES \$8

Three Goose Points® pub-smoked over alderwood & served with our chipotle mayonnaise

PULLED BBQ PORK or BBQ CHICKEN SLIDERS \$7

Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns Standard order of 2 Each Additional Slider: \$3

GARDEN GREEN® HUMMUS \$7

Green chickpeas, tahini & roasted garlic Served with fresh veggies & Pane d'Amore® baguette crisps

PUB QUESADILLA \$12

Roasted & pulled free-range chicken or Natural® pork between two grilled flour tortillas, chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado

PUB NACHOS \$9

Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream
Add 1/2 Avocado \$2
Add pulled chicken or Natural® pork or black beans \$3

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 20% service charge automatically included

We deep fry exclusively in trans-fat free Canola oil. Rather than landfill the waste oil, we recycle it.

GREENS & SALADS

BERRY CHICKEN SALAD \$15

Butler Green® organic greens tossed with fresh local berries, roasted & pulled free-range chicken, Mount Townsend® Cheese Curd & our blackberry vinaigrette

TEQUILA LIME CHICKEN BREAST \$16

Grilled free-range chicken breast marinated in tequila & lime juice Served over Butler Green® organic greens with black bean aioli, mango salsa & a pepperjack quesadilla

SUMMER SPINACH SALAD \$14

Roasted locally grown organic beets, toasted almonds & Willapa Hills® Big Boy Blue cheese tossed with balsamic vinaigrette & shaved red onion Add crumbled Bacon \$2

SMOKED SALMON TARTINE \$13

Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of Butler Green® organic salad greens

PUB FAVOURITES SALAD sm \$7 lg \$10

Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions Below

PUB CAESAR SALAD sm \$6 lg \$8

Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below

SALAD ADDITIONS (price added to price of salad)

Grilled boneless, skinless Free-Range Chicken Breast	\$9
Smoke Roasted & pulled BBQ Natural® Pork	\$5
Peppered Cod, Salmon Filet or Smoked Salmon	\$9
Grilled Smoked Portabella Mushroom	\$6
Bob's Vegetarian Pecan® Patty	\$7
Two Pane D'Amore® bread rolls & butter	\$2

SUBSTITUTE YAM FRIES \$2
SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES \$3

POUTINE

CLASSIC MONTRÉAL \$10

The Canadian classic prep of a plate of our fries topped with Mt Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy

BOURGUINONNE \$14

Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt Townsend Creamery® Cheese Curd

VANCOUVER \$10

Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd

SWEET PAPAS \$10

Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

LOCAL SEAFOOD

PORTUGUESE CLAMS \$16

Hood Canal Baywater® Salish Blue clams with pub-made chorizo pork sausage, sauteed peppers & onions & white wine

PAN FRIED OYSTERS \$15

Five plump Goose Point® oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-Cut fries & cole slaw

LITTLE BEN'S FISH TACOS \$15

Mexican food truck style — Organic corn tortillas with beer batter deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of 3 Tacos

ASIAN SALMON BOWL \$19

Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette

STEAMED MUSSELS IN BEER \$15

Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo

FISH AND CHIPS \$15

Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, cole slaw,lemon & Pub-made tartar sauce

STEAMED CLAMS \$16

Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls

PUB CLAM CHOWDER \$16

A New England Classic using local, in the shell, Baywater® Salish Blue clams, potato, onion, bacon & cream Sautéed to order with white wine & Garnished with a traditional pat of butter

OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

WASHINGTON BAKERS

PUB-BAKED RUSSET POTATO

One large WA baker with butter & sour cream	\$4
Add: Roasted & pulled Ranger® Chicken & Gravy	\$5
Roasted & pulled Natural® Pork & BBQ Sauce	\$5
Chicken or Beef Gravy from our own stock	\$2
Beef Bourguinonne	\$10
Sautéed Market Vegetable	Mkt
Garden Green® Garbanzo Hummus	\$2
Mt Townsend Creamery® Cheese Curd	\$2
Pico de Gallo	\$1

