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FOR IMMEDIATE RELEASE

## **FORMER CHEF/PROPRIETOR OF INN SEASON CAFÉ** **RETURNS SEPT. 10-19 FOR TALKS & BOOK SIGNINGS**

**George Vutetakis**, former chef and proprietor of the [Inn Season Café](#) in Royal Oak, Mich. who now lives in San Diego, returns to metro Detroit Sept. 10-19 for appearances, events and to sign copies of his recently published book, ***Vegetarian Traditions: Favorite Recipes from My Years at the Legendary Inn Season Café.***

Vutetakis will be at the following events; all are free and open to the public:

### **Friday, Sept. 10**

7-9 pm

Book Signing & Talk - "Spice Up Your Life with Chef George: Secrets of Using Spices & Masalas"

[The Health Oasis](#)

1120 N. Washington, **Royal Oak**

Info and RSVP 248-544-2022

### **Saturday, Sept. 11**

8 am-1 pm

Book Signing/Meet & Greet

Royal Oak Farmers Market

316 E. 11 Mile Rd., **Royal Oak**

2-3 pm

Wellness Training Institute 1st Anniversary/

Vegetarian Dish Cookoff Judging & Talk with Dr. Michael Dangovian - "Food as the Key to Inner Healing"

*Complimentary appetizers provided by Inn Season Café*

39242 Dequindre, Suite 104, **Sterling Heights**

Info and to register: 586-795-3600

### **Sunday, Sept. 12**

9 am-1 pm

Book Signing/Meet & Greet

Birmingham Farmers Market

Parking Lot #6 off Woodward, **Birmingham**

### **Thursday, Sept. 16**

6-8pm

Book Signing & Talk - "Vegan & Vegetarian: How to Make It Work for You"

Wayne County Community College District, Northwest Campus Welcome Center

8200 W. Outer Dr., **Detroit**

Info and to register: 313-496-2704

### **Saturday, Sept. 18**

11 am-2 pm

Book Signing/Meet & Greet  
Royal Oak Farmers Market  
316 E. 11 Mile Rd., **Royal Oak**

5-7 pm  
Book Signing  
Inn Season Café  
500 E. Fourth St., **Royal Oak**

**Sunday, Sept. 19**

9 am-1 pm  
Birmingham Farmers Market  
Parking Lot #6 off Woodward, **Birmingham**

*Vegetarian Traditions* reveals recipes for many of the dishes that established the Inn Season Café as a favorite Midwest destination for natural, vegetarian and vegan dining. During the 20 years that Vutetakis was chef/proprietor (until 2002), he introduced metro Detroiters to creative, fresh and healthy dishes inspired by his travels to Greece and India.

More than 150 vegan entrees, soups, salads and desserts in an easy-to-follow format are accompanied by color photos. The 200-page hardcover retails for \$29.99 and is available on Amazon.com, at select bookstores and at the Inn Season Café, located at 500 E. Fourth St. in Royal Oak. Signed copies can be purchased on the author's website, [www.thevegetarianguy.com](http://www.thevegetarianguy.com), where he shares recipes, videos and stories.

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