

THE CENTRAL EXPRESS

Dear Penn pals

SUMMER IS NEARLY HERE, AND WE LOVE BBQ'S!

To Kick off the start off Summer, we will be offering our previously popular Summer Barbeque. The first date will be Saturday evening, May the 1st. Available from early evening until 10pm. We will be cooking everything from steaks, burgers and chicken to a veggie option for you. So, who needs to stop by at the greasy kebab shop on the way home? Not the Penn Drinkers, that's for sure! Prices depend on what you are ordering, from £2.50 to £6.50



BANK HOLIDAY FUN AT PENN!

Dates to keep in mind:

Easter Weekend: Sunday 4th

April - Grab your Carvery and then listen to Music from the Dave Griffith Duo seeing you into the bank holiday Monday.

The first May Bank Holiday:

Sunday 2nd May - Again, grab your Carvery. Bring on the Goodfoot. Extremely popular local band.

The Last May Bank Holiday:

Sunday 30th May - Evening Barbeque FUN! An evening of eating in the warmth of hopefully a lovely sunny late afternoon into dusk.

Pic of the month



Luck 'O' The Irish on St Patricks day at Penn

Sponsored this month by
Groom on the Green and The Beauty Room



QUIZ & CURRY NIGHT

For all you brain boxes....or brains with far too much useless information (I know quite a few of those). We started our Curry & Quiz night at the beginning of March, and it was great fun. The date will be the first Tuesday of the month. So, you may have already attended our Quiz on the 6th April by the time you read this, if you missed it then never fear, the next date is Tuesday the 4th May. Get your team together, a maximum of 6 persons. May I suggest you look through your phonebook and just contact your 'intelligent friends'..... Details as follows:

Cost: A measly £5.00 ,to include quiz entry and a plate of freshly made curry, rice and popadoms.

Time: 730pm for Curry Feast & 8pm for Quiz Kick off.

Prize: 1st prize, cash (amount varies depending on amount of teams playing) 2nd Prize ,free round of drinks for all in the team.

One last thing....GAME ON!!

PERSONAL PENN RECIPE

Baked Crab & Chive Soufflé with Parmesan Crust
Makes 6 single soufflés

1 pint Full Fat Milk
6 Free Range Eggs (separate yolk)
100 grams Plain Flour
80 grams Salted Butter
300 grams of Fresh Crab Claw Meat
1 small bunch of Chives
Seasoning (salt & white pepper)

To Finish, Cream and Parmesan

Method:

- Lightly butter 6 ramekins ,then dust with flour and tap out excess
- Melt butter in pan
- Add sieved flour to make roux
- Simmer milk separately
- Gradually add milk to roux to make béchamel
- Allow to cool to room temperature
- Add egg yolk to béchamel along with crab meat, chopped chives ,pinch of salt and pepper.
- Whisk egg whites in processer to form soft peaks
- Fold egg whites gently with wooden spoon into béchamel mix
- Fill pre-buttered ramekins ,leaving 1cm gap from top
- Lightly grate fresh parmesan on top
- Bake in preheated oven at 180 C for 8 minutes.
- Serve immediately



April

Sun 4th - Dave Griffith Duo

Fri 23rd - George Holloway

May

Sun 2nd - The Goodfoot

Fri 14th - The Riccardi Brothers

Sat 15th - Lanterne Rouge

LIVE MUSIC

June

Fri 4th - Dave Griffith & The Trouser Band

Fri 11th - The Big Lift

Sat 19th - Sam & Craig

April & May Issue sponsored by

April & May is sponsored by the stylish Groom on the Green the number 1 men's salon in Ashley Cross.
Read on for Competition details



DRINKY POOH'S!

- The new Ale is here, the recently fitted SHARP'S DOOM BAR. A very popular 3.8% Ale, Brewed in Cornwall. It's distinctive aroma and balanced flavour set it apart from other beers taking unsuspecting first time drinkers by surprise with its moreish appeal!!
- Look out for BECKS VIER a new 4% German lager we are selling!
- I'm thinking you may need reminding, as summer is approaching (yippee) so therefore Magners is back in force. We also have Pears Magners too. In a cold glass with ice is best served, Lets get summery I say!
- Now, we want you to try our Green Goblin Cider, I hear from a reliable source that it is not appreciated enough! So, to get you all trying it out, every Saturday night throughout April and May its on offer! **Buy one get one Half Price!**



RANDOM FOOD FACTS:

Lemons contain more sugar than strawberries

The onion is named after a Latin word meaning large pearl

Half of the world's population live on a staple diet of rice

During a lifetime the average person eats about 35 tonnes of food

In France, people eat approximately 500,000,000 snails per year

Cream is lighter than milk

The first breakfast cereal ever produced was Shredded Wheat

YOUR LOCAL FREE HAIR OR BEAUTY TREATMENT !!

A treat for Ladies or The Gents.

Firstly, let me introduce the Hair Salon for Men, Groom on the Green located in Ashley Cross. Established in 2004, it now has a great reputation in the area. They offer high quality grooming and barber services to the stylish men of Bournemouth & Poole.

Experienced staff make your visit relaxed and hassle free. In the salon they use and sell American Crew and Bed head products, only the best for their customers!

I would also like to introduce the new Beautique, part of Groom on The Green, primarily for the ladies, to satisfy all your beauty needs. However it is also available if any of you gents fancy a massage or wax!

Kacie, who has been working as a beautician for 3 years is taking on her first venture and she's confident once you've booked in you'll be revisiting again very soon. Visit the website to find any further information needed at **www.groomonthegreen.co.uk** or call **01202 734222**.

To win a £30 voucher to spend in Groom on the Green for you Gents or in the Beauty room for you Ladies then just email in the answer to the following:

What is the name of the road Groom on the Green is located?

A) Station Rd

B) Poole Rd

C) Ashley Rd

Email your answers to:

Carla@penncentral.co.uk

by the 31st May.



Best Training Course of the month



Course of the month – Assertiveness
Date – April 19th and May 6th
Time – 9:30am – 4:30pm
Cost – £175 + VAT per person

This course is suitable for anyone who is either too submissive or aggressive and needs to learn how to be more assertive in the workplace or for people who are experiencing others with these behaviours. This course will give you the techniques to deal with people in the appropriate manner using a confident and positive approach.

www.bestpoole.co.uk
Best Training, Mitre Court, 16 Commercial Road, Poole BH14 0JW

EXTRA INFO FOR YOU FOOTBALL FANS!!

Penn Central will be showing all of the world cup games from June. Ask at the bar for more info!



Join Penn central group on Facebook

Penn
Café Bar Restaurant

Penn Hill Avenue Poole Dorset BH14 9NA
Tel: 01202 710 888

the Canopy
restaurant

The Gallery