

Talon

TAP & SPIRITS

{ FEBRUARY EVENTS }

- **SAT., FEB. 1ST**
Deschutes Brewery 12-2pm
"Wowzal" Lo-Cal Hazy Pale Ale on draft
live music - Synergy Jazz 5:30-7:30pm
- **SUN., FEB. 2ND**
***** BIG GAME DAY *****
Come watch the big game on our 15 "55 inch TV's, Kickoff at 4pm
\$3 well drinks and FREE chips/salsa with purchase of draft beer
- **THUR., FEB. 6TH**
Angel's Envy Tasting Party 5:30-7:30pm
Kentucky Straight Bourbon Whiskey, \$8 Old Fashioned and/or Manhattan
- **FRI., FEB. 7TH**
National Wear Red Day
Wear red on this particular Friday and we'll take \$2 off your drink
Payette Brewing Company Sampling 5:30-7:30pm
"Slaughterhouse" India Red Style Ale on draft
live music - Red Light Challenge 5:30-7:30pm
- **SAT., FEB. 8TH**
Boise Brewing Tasting 12-2pm
"Red Velvet" Cream Ale that is infused with cherries and cocoa nibs on draft
live music - Rawley Frye 5:30-7:30pm
- **SUN., FEB. 9TH**
National Pizza Day
- **THUR, FEB. 13TH**
Western Son Vodka 5:30-7:30pm
Try our signature cocktail, the "Prickled Pink" made with Western Son Prickly Pear Vodka
- **FRI., FEB. 14TH**
Valentine's Day "Love Potion #9" Valentine's Day featured cocktail
live music - Dry Buck Bluegrass Band 5:30-7:30pm
- **SAT., FEB. 15TH**
Lost Grove Brewing Sampling 12-2pm
live music - Blaze & Kelly 5:30-7:30pm
- **TUES., FEB. 18TH**
National Drink Wine Day \$2 OFF ANY WINE BTG ALL DAY
- **THUR., FEB. 20TH**
Western Collective 5:30-7:30pm
"Haute Route" Double Hazy IPA on draft & "Picabo" Hazy IPA Cans
- **FRI., FEB. 21ST**
Roadhouse Brewing Co. 5:30-7:30pm
"Mountain Jam" on draft & "The Walrus" Imperial IPA in cans
live music - Blind Harpdog Wilson 5:30-7:30pm
- **SAT., FEB. 22ND**
National Margarita Day
\$5 House Margaritas, \$6 Strawberry and/or Pineapple & Serrano Margaritas ALL DAY
live music - Fabulous Blue Rayz 5:30-7:30pm
- **TUES., FEB. 25TH**
Mardi Gras "Fat Tuesday" Drink specials such as \$6 Sazarac Hurricane cocktails plus food specials here at Talon
- **THUR., FEB. 27TH**
Iron Horse Brewery 5:30-7:30pm
"PB&Death" Dark Smooth Ale & "Double Rainbow" Red IPA in cans
- **FRI., FEB. 28TH**
Sockeye Brewing Sampling 5:30-7:30pm
The seasonal "Maibock" Amber Style Lager on draft with
"Pineapple" Brut IPA can specials
live music - Synergy Jazz 5:30-7:30pm
- **SAT., FEB. 29TH**
Charity Party with Party Animal Vodka 12-2pm
Raffle & prizes with proceeds donated to the Meridian Humane Society
live music - Laura & Taylor Music 5:30-7:30pm



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We will help you dream up something spectacular. Whatever your style, allow us to transform your wedding or next event into something extraordinary!



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NUTRITION GUIDANCE
WITH MOLLY TEVIS, RDN, LD



February - National Heart Health Month

Did you know that in a 70-year lifespan, your heart will beat 2.5 billion times? When it comes to your health, taking care of your heart should be top of mind. Small, daily habits – like eating a variety of nutrient-rich foods, limiting saturated fats, salt and added sugars, staying active and taking medications as prescribed – will give you long-term benefits for your health and your heart.*

Make the switch to smart fats:

1. Get Nutty: A handful of nuts almost every day may help keep heart disease away!
2. Go Fish: Enjoy at least 2 servings of fish (salmon, tuna, mackerel, halibut, trout, sardines) each week to boost omega-3s!
3. Use Better Oils at Home: Having preferred oils at home will guarantee you'll get more smart fats when cooking and baking. Start by switching to unrefined, cold pressed extra virgin olive oil or avocado oil whenever possible.
4. Perfect Pairings: Pair whole food plant fats such as avocados, olives, nuts, and seeds with your colorful vegetables for optimal nutrient absorption and retention.

For nutrition guidance and consulting call

208-803-2206

and make your appointment today!

FEBRUARY 2020



HAPPENINGS & EVENTS

FUN lovin'



SUN

MON

TUE

WED

THU

FRI

SAT



HAPPENINGS & EVENTS

FEBRUARY 2020



DON'T FORGET AT TALON TAP & SPIRITS

Mule Monday!

\$5 Moscow Mules Every Monday (excluded from happy hour)

Hot Toddy Tuesday!

\$6 Jameson Irish Whiskey Hot Toddy (excluded from happy hour)

Live Music Every Friday & Saturday Night!

Game Day Viewing with 15 55" TV's

Talon

TAP & SPIRITS

CHECK OUT FEBRUARY
EVENTS ON BACK

LET YOUR IMAGINATION go wild WITH oats!

Celebrate American Heart Month this February with 3 fun Oat Recipes demonstrated by in-store dietitian Molly Tevis.



2 FOOTBALL SUNDAY

Watch the big game in our lounge on 55" TVs and receive free chips and salsa with any draft beer purchase!
Kick Off 4:30pm



5 NATIONAL NUTELLA DAY!

Celebrate World Nutella Day with demos of fresh strawberries and bananas with Nutella in our Produce Department.

6 CHOCOLATE-DIPPED STRAWBERRIES

Now through Valentines Day, Get your customized hand-dipped chocolate strawberries for all of those loves in your life!

SEAFOOD SPECIAL

3-day seafood sale starts today!



8 SUGAR COOKIE DELIGHT!

Sample Fresh Baked Iced Sugar Cookies with local Starlight Spices Cured Sugars. 12-4pm

EXOTIC NIGHT

Come sample the exotic fares we have to offer along with a glass of house wine or draft beer. 6pm, \$20; Sign up at the catering desk!

9 BIG BAD BARREL AGED BEERS

Join us in our beer & wine department for a Big Bad Barrel Aged Beer Tasting
6pm, \$15

10 PERFECT FOR VALENTINES DAY!

Join our experts and taste delicious wines paired with yummy chocolates!
6pm, \$25; Sign up at the catering desk

11 HEALTHY COOKING

Learn how to pick, store and use various herbs and spices as sodium free flavors for everyday meals.
11am, \$5; Sign up at the catering desk!



13 SWEET TREAT

Make your sweetheart some hand tempered bark and strawberries.
11am, \$25; Sign up at the catering desk

14 HAPPY VALENTINES DAY!

Come check out our Spindrift demo from 2pm-5pm and try their raspberry lime and grapefruit seltzer water.

15 POTSTICKER PRACTICE

Learn the perfect techniques to perfect eggrolls and potstickers. Includes snacks & a glass of Sake!
6pm, \$20; Sign up at the catering desk!

16 NATIONAL ALMOND DAY

Sample Almonds for National Almond Day!
12-6pm



18 WINE & CHEESE PAIRING!

Find the perfect pair by tasting some of our fine wines with our specialty cheeses.
6pm, \$25; Sign up at the catering desk!

19 WHAT A CATCH!

Join us for a Louisiana Crawfish Boil in our Seafood Department!



20 NATIONAL CHERRY PIE DAY!

Try samples of our fresh baked Cherry Pies in our bakery dept.
Noon-6pm!

21 CALLING ALL KETOS!

Join local company Muscle Donut and sample their line of keto products. 10:30am-2pm

BOTTLE SIGNING

Join Notable Winemaker Charles Bieler of Charles and Charles Wines in the wine department signing bottles. 2-4pm

22 CHARCUTERIE 101

Learn how to make your own charcuterie platter with one of our experts.
6pm, \$20; Sign up at the catering desk



24 NATIONAL TORTILLA CHIP DAY

Try our House Made Tortilla Chips with our Fresh Made Guacamole.

HANDS-ON MOZZARELLA

Make your own soft and chewy mozzarella! 6pm, \$15; Sign up at the catering desk!

25 NATIONAL CLAM CHOWDER DAY!

Sample Ivors Famous Clam Chowder in the Seafood Department.
4-6pm

26 NATIONAL PISTACHIO DAY

Visit our Produce Department to take home a bag of Pistachios to celebrate!

27 CHILI CHAOS

Warm up with a sample of our Chili at our front demo station for National Chili Day!

28 FLORAL CLASS

Join our Talented Floral Designers to make your own vased floral arrangement.
6pm, \$30; Sign up at the catering desk

