

KUSHTIMES

EL BOLETÍN

MEATLESS MONDAYS AT LOKAL

When it's Monday at Lokal, we go #Meatless. One day a week, we commit to eating vegetarian and/or vegan so we can make a lasting impact on our health and the environment. The Meatless Monday Movement wants to show you what's good for your body, can also be good for the planet. As a consumer, you have the power to change the world, literally, and reducing meat consumption is one way you can do it. According to several environmental studies, livestock production requires large areas of land and lead to high nitrogen and greenhouse gas emission levels. A small change in your dietary habits combined with the rest of the world can be all the difference in sustaining a healthy body and healthy planet. Next Monday join us for a delicious vegetarian meal like our Stuffed Poblano Peppers made with our black bean patty, rice and our homemade salsa, topped with cheddar, red pepper flakes and a Sriracha creamy garlic sauce. FYI, it's a bit spicy, but so worth the heat!

WE GIVE BACK

If you were not aware, reading is fundamental which is why Kush Hospitality employees went to read to the children at Centro Mater East Foundation in Little Havana in partnership with the United Way®. It was such a rewarding experience and we hope to have sparked an early love and curiosity for reading and learning in these little ones. Centro Mater East is a foundation and early education school which embraces the concept that love for the children brings hope for the future. They opened their doors 50 years ago and the foundation's mission is to support Centro Mater programs. By doing so, they are providing quality services to disadvantaged children by offering developmentally appropriate experiences conducive to enhancing the child's potential while empowering and strengthening the families. To learn more about how you can help, visit www.centromater.com to donate or volunteer!



FREE BEER AT KUSH

The last Wednesday of every month at 7pm is our Local Brewers Night! Which means FREE BEER FOR YOU! This event is held at KUSH in Wynwood, in the Botanica waiting room. This month we are featuring Haidar Hachem, a 30 year-old beer geek, born and raised here in Miami. By day, he's a Civil Engineer, but at night, he is a Beer Connoisseur! He's currently studying to become a Certified Cicerone (basically a sommelier for beer!), has a blog dedicated to craft beer, as well as contributes to The Miami New Times and Timeout Miami as a beer expert. Check him out on Instagram and YouTube as @thirsty_samurai_piggy where he shares pictures and videos about craft beer! On November 28th, he'll be pouring a Pilsner and an IPA he brewed just for you, so don't miss out! You can also check out his beer blog at www.samuraipiggy.com

NEW! BRUNCH AT SPILLOVER

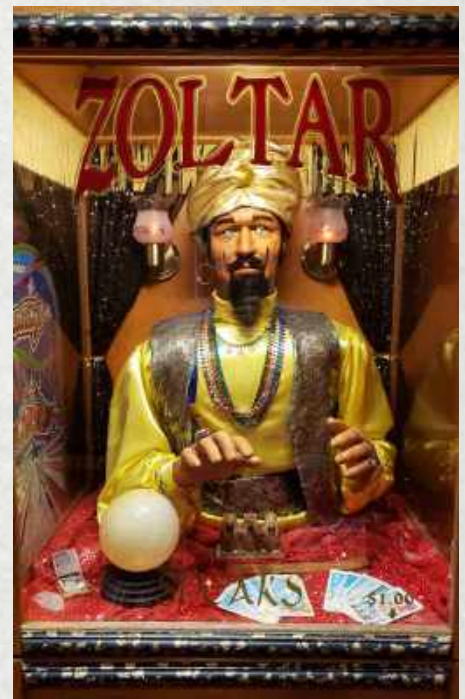
BRUNCH [IN]: A socially acceptable, encouraged excuse for day drinking and treating yourself.

Starting November 3rd, weekend brunch is coming to Spillover!

Be prepared for a locally curated brunch and cocktails menu that will blow your mind. So much love and creativity was placed into the selected items because we don't want to offer you the run-of-the-mill brunch options. We're committed to giving you the wow-factor our foodies deserve. Dishes like our Lobster Benedict, Red Velvet Pancakes and Scratch-made Guava Pop Tarts will have you ordering the whole menu in one sitting. We even have cookie decorating for the kids so that Mom and Dad can relax and enjoy their mimosas! **Brunch will be served Saturdays & Sundays 10:30am -2:00pm.**

FUN FACTS

We now have a Zoltar Machine at Vicky's House! If you grew up in the 80's, then you know exactly where this nostalgic gem comes from. And if you're a Millennial, then maybe you need to keep reading and find out more. Zoltar is a fortune telling arcade game from the 1988 movie "Big", starring Tom Hanks! Josh Baskin would do anything to be "big" in order to hang out with his crush at the carnival. Basically, a little boy finds a Zoltar machine and he makes a wish to be a grown-up. After Zoltar tells him "his wish is granted", the boy notices the machine is unplugged. He wakes up the next morning in an adult's body but still has the same personality. With the help of his best friend, Billy, Josh learns how to act like a grown up. But as he gets a girlfriend and a fun job, he doesn't want to be a kid again. Will Josh stay "Big" or become a 13 year old boy again? Watch the movie and find out! But before that, head to Vicky's House and see what your fortune entails!



CRISTY'S PICKS OF THE MONTH



WHAT IS CRISTY CRAVING THIS MONTH?

Hey Kush Kids,

I'm giving you full permission to use your YOLO card today. I want you to tap into your foodie cravings and feel no guilt or shame about it, because this month I'm craving The E.T. Goes To The Movies To Watch The Goonies Milkshake at Vicky's House! This vanilla milkshake is rimmed with chocolate frosting and caramel popcorn, topped with a mountain of whipped cream, Reese's Pieces, chocolate syrup, and garnished with a mini Baby Ruth chocolate bar and Cola Bottle Gummies. This is my milkshake dream come true. It's the ultimate "treat-yo-self" moment and you won't want to share. Head over to Vicky's House before a movie night or for some after dinner dessert and I promise, you'll regret NOTHING. Don't forget to share your experience @vickyshousebylokal on Instagram, tag us and #cristyscraving to be featured!

XO Cristy

Cristy Cernuda is our Director of Marketing and social media maven, committed to creating mouth-watering content featuring all things Kush Hospitality.



KEEPING UP WITH KAPTAIN KUSH

Bases Loaded is a baseball card store and the last of its kind. This is where Kaptain Kush spent ALL of his time as a kid. Kevin is the shop owner and with the help from his father Norm, he bought this shop 27 years ago. The ultimate father-son relationship, while working, they are talking about sports everyday. Before the internet, these shops were everywhere, as a meeting places for sports lovers. Now Bases Loaded is the last one standing. So if you like sports or have kids that love sports, check out this treasure and spend some money. After all, the holidays are coming and stockings need stuffing. It's sad to think that one day this piece of history may not be here and it would be a shame if you missed out. When you do go, be sure to say hello to Kevin and Norm from Kaptain Kush. **Bases Loaded is located at 9300 S Dixie Hwy #103, Miami, FL 33156.**

To find more local spots, follow Kaptain Kush's journey on Instagram @kaptainkush305

SPILLOVER ♥️'S U

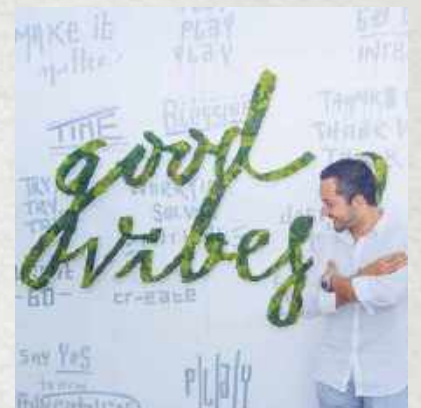
Get one FREE cocktail on us, on every day of the week that has a "U" in it when you present your UM student or faculty ID!

Having an event?

Let Spillover cater it!
For more information contact randi@kushhospitality.com
www.kushhospitality.com

VENDOR SPOTLIGHT

Meet Camilo Rojas with CR-eate Studios—an artist, typographer, photographer and overall visual arts master. There's no doubt that you've encountered his work because he's been paramount in bringing all of Kush Hospitality brands to life. From murals at Spillover, to neon signage at Kush, Camilo has made our aesthetic unique, playful and Instagram worthy. He caters to clients worldwide - from boutique businesses and start-ups to multinational corporations, creating comprehensive brands, visual identities and experiential graphic designs for retail and themed spaces, combining typography, imagery, wayfinding systems, architectural graphics, signage and art, in order to develop a more engaging and meaningful interaction between the space and the customer. Find him at www.cr-eate.com and follow him on social @cr_eatestudio to view life, business and travel from his creative perspective.



LOKAL
3190 Commodore Plaza
Coconut Grove, FL 33133
Ph. (305) 442-3377

VICKY'S HOUSE
3190 Commodore Plaza
Coconut Grove, FL 33133
Ph. (305) 442-3377

KUSH
2003 North Miami Avenue
Wynwood, FL 33127
Ph. (305) 576-4500

THE SPILLOVER
2911 Grand Avenue, Suite 400D
Coconut Grove, FL 33133
(Directly behind the Mayfair Hotel)
Ph. (305) 576-4500

STEPHENS DELICATESSEN
EST. 1954
1000 E 16th St,
Hialeah, FL 33010
(Leah Arts District)
Ph. (305) 887-8863

