

# A SIGNATURE CULINARY EXPERIENCE



## APRÈS SAUNA

Enjoy a 75-minute sauna experience from Stoked Sauna Co. at the Frontenac Club, followed by seafood fondue and natural wines at The Secret Garden Inn.

**Price:**

\$255 per person (includes a 75-minute guided sauna session, a guided sightseeing trolley ride to The Secret Garden Inn, a four-course dinner with natural wine pairings).

**Dates:**

Multiple seatings on Saturday, January 28 and Sunday, January 29, 2023.

**For reservations or information:**

email Victoria at [info@secretgardeninn.com](mailto:info@secretgardeninn.com) or call (613) 548-1081.



EXPERIENC

## *Event Description*

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2023 is in full swing and what better way to fuse feel-good vibes into the new year than a 75-minute guided sauna experience (with an optional cold plunge) followed by an indulgent seafood fondue feast, paired with a selection of natural wines chosen specifically to suit your palate.

This endorphin-rich packaged experiential journey begins at the Frontenac Club where the team from Stoked Sauna Co. will guide you through a 75-minute sauna experience (with an optional but highly recommended cold plunge).

Following your sweat session, you will be transported by the Kingston Trolley to The Secret Garden Inn, where you will be served a multicourse seafood-focused menu created by celebrity chef, seafood specialist, and Prince Edward Island native Charlotte Langley. As an added bonus, you will explore and taste traditional pairings and non-traditional wines from some of the most unique and innovative natural wine producers selected by natural wine expert Jackson MacLennan.

# fresh

## Event dates

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### Saturday, January 28

Two seatings

⤵ *First seating:*

**2 pm:** 75-minute Stoked Sauna Co. session at the Frontenac Club, allowing for approximately 90 minutes for changing and guided sightseeing trolley transfer to The Secret Garden Inn

**5 pm:** Fondue and wine experience at The Secret Garden Inn

⤵ *Second seating:*

**4 pm:** 75-minute Stoked Sauna Co. session at the Frontenac Club, allowing for approximately 90 minutes for changing and guided sightseeing trolley transfer to The Secret Garden Inn

**7 pm:** Fondue and wine experience at The Secret Garden Inn

### Sunday, January 29

Two seatings

⤵ *First seating:*

**9 am:** 75-minute Stoked Sauna Co. session at the Frontenac Club, allowing for approximately 90 minutes for changing and guided sightseeing trolley transfer to The Secret Garden Inn

**12 pm:** Fondue and wine experience at The Secret Garden Inn

⤵ *Second seating:*

**11 am:** 75-minute Stoked Sauna Co. session at the Frontenac Club, allowing for approximately 90 minutes for changing and guided sightseeing trolley transfer to The Secret Garden Inn

**2 pm:** Fondue and wine experience at The Secret Garden Inn

## *MENU*

### *The Secret Garden Inn*

#### *First Course*

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Seacuterie to share with crisps, citrus, crusty bread, and good olive oil

#### *Second Course*

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Fragrant winter greens with fennel, celery, parsley, and allium vinegar

#### *Third Course*

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Cheese creamy lobster bisque fondue with crab, lobster, shrimp, clams, and mussels

#### *Dessert Course*

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Creamy sea-salted caramel gâteau au fromage







## *Stoked Sauna Co.*

[stokedsaunaco.com](https://stokedsaunaco.com)

## *About Stoked Sauna Co.*

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Stoked Sauna Co. offers a natural Nordic practice of sauna bathing. These unforgettable wellness experiences offer a deeper connection to lasting health benefits in a calm, empowering environment, leaving you feeling relaxed and refreshed, ready to tackle all that life demands.

### **Sauna benefits:**

- // Improved heart health
- // Flush toxins
- // Improved brain health
- // Reduce stress
- // Induce deeper sleep
- // Help fight illness
- // Burn calories
- // Cleanses skin

### **Cold plunge benefits:**

- // Fight inflammation
- // Improve circulation
- // Dopamine (feel-good chemical) boost
- // Support and speed up recovery
- // Strengthen nervous system
- // Enhance resilience

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# *Chef Charlotte Langley*

Chef Charlotte Langley infuses her passion for seafood and great culinary experiences into the vision of Scout, her signature tinned fish company. She has more than 15 years of expertise in the seafood culinary scene, as a chef at some of Canada's most recognized restaurants and with frequent media appearances to share her seafood recipes. She continues to advocate for sustainable seafood practices as the official Canadian Chef Ambassador for the Marine Stewardship Council. At Scout, she is responsible for recipe and product development. Chef Charlotte sees Scout's crafted tinned fish as her way to share both her love for ocean and waterway stewardship and the uniquely delicious flavours of sustainable seafood. She also brings gregarious east coast energy, joy, and creativity to her culinary appearances.



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# *Jackson MacLennan*

Jackson MacLennan is a passionate and knowledgeable wine curator and tasting host based at the Annex Hotel's Wine Bar in downtown Toronto. He specializes in finding and sharing natural, biodynamic, and organic wines from around the world. Through his love of storytelling, he showcases not only some truly unique and funky wines, but the tales that come from the land and the producers that cultivate them.