

FOR IMMEDIATE RELEASE
April 5, 2012

CONTACT: David Armanasco
Armanasco Public Relations, Inc.
831-372-2259
darmanasco@armanasco.com

Café Fina features Carb-Loaded Seafood Pasta Special for Big Sur International Marathon Runners

Prepare for the big race with the best homemade pasta in town!

MONTEREY, CALIF. – The Big Sur International Marathon is April 29, 2012 and Café Fina on Old Fisherman's Wharf will be serving a special seafood and "carb-loading" pasta dish to help marathon runners prepare for their big race. Enjoy fresh pasta loaded with a medley of lean proteins: shrimp, clams, mussels, scallops and Monterey calamari.

At Café Fina, the pasta is made fresh every day and each dish has an authentic Sicilian flair. The home made pasta and light seafood provides runners with just the right mix of carbohydrates and protein to prepare their bodies for the challenge of a full marathon.

Pasta has always been a runner's friend because it contains easily digestible carbs and helps you restore energy. For runners preparing to run a 26.2 mile marathon, a pasta meal before the big day is somewhat of a ritual. The purpose of carb-loading is to help with the energy needed to complete an endurance event with less fatigue and improving athletic performance.

The Runner's Special – Carb-Loaded Seafood Pasta will be available at Café Fina on Old Fisherman's Wharf in Monterey for \$19.95 all during the month of April.

For more information, please visit www.cafefina.com or "Like" us on Facebook at www.facebook.com/CafeFinaMonterey

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About Café Fina

Dominic Mercurio's Café Fina opened in 1989 to rave reviews from both locals and its famous guests. Specializing in Italian seafood, Café Fina features fresh local seafood, seasonal organic vegetables from Dominic's ranch, fresh homemade pasta and a classic wood burning oven—the first in Monterey. In addition to its standard menu, Café Fina offers vegetarian, children's and banquet menus. The restaurant is pet friendly and has a doggie menu. Café Fina received the "2009 Best of Monterey Award" from the U.S. Commerce Association and is on the Monterey Bay Aquarium's Seafood Watch List. Café Fina is located at 47 Fisherman's Wharf No.1 in Monterey, Calif.