

January 3, 2011

## **Labeebee's Mid-East Café Brings Healthy Mid-East Eats to Cherokee Street Neighborhood**

Marks the 12<sup>th</sup> new business to open in last 12 months

St. Louis: Labeebee's Mid-East Café announces it is open at 2609 Cherokee Street, St. Louis, MO. The new café brings a New York-style small, casual eatery to St. Louis, serving healthy and flavorful Middle Eastern eats on the busy corner of Jefferson and Cherokee Street.

Everything is made with a health-oriented mindset and nearly everything is made from scratch in-house. The few items not made from scratch are sourced from Lebanese bakeries and health-oriented suppliers. The only fried item is the falafel, and it's fried in a high grade olive and canola oil blend, which provides healthy omega-3 and omega-9 fatty acids. Fresh carrot juice is made to order. For those wanting to be healthier in 2011, Labeebee's Mid-East Café suggests ordering the Chicken Shawarma Wrap with a Fattoush side salad – this tasty and satisfying meal has less than 450 total calories.

Labeebee's Mid-East Café opened for business on Dec. 8. With the start of the New Year, it is also adding several new menu items:

- Falafel Salad: Vegan and non-vegan options of this salad of Romaine, artichokes, Kalamata olives, roasted red peppers, mushrooms, onions, tomatoes, and cucumbers tossed in a house-made vinaigrette dressing and topped with falafel balls, Feta cheese (non-vegan) and yogurt tahini sauce (non-vegan)
- Spinach, artichoke pizza: Hummus, spinach, artichokes and feta cheese on a pita pizza crust
- Shawarma pizza: Hummus, Kalamata olives, onions and feta topped with lamb or chicken on a pita pizza crust

Other featured menu items include:

- Cherokee Street Hummus: Hummus topped with cilantro pesto oil and chili powder
- Lamb Shawarma Wrap: Slow roasted leg of lamb in Syrian pita with yogurt tahini sauce, tomatoes, onions, romaine and choice of optional toppings
- Hummus and Fattoush Wrap: Hummus and the Fattoush Salad (Romaine, tomatoes, cucumbers and onion in house-made vinaigrette dressing) wrapped in Syrian pita

Labeebee's Mid-East Café is currently open Tuesday-Saturday from 11 a.m. to 8 p.m. and the owners plan to extend the hours, eventually being open every day from 11 to 11.

Labeebee's is at least the 12<sup>th</sup> new business to have opened along Cherokee Street in South St. Louis City in the last 12 months. Other additions include: Peridot, Mid-West Guitar, Cherokee Photobooth, Foam Coffee and Beer, STL-STYLE, 2720, Gallery A.M., Nebula Coworking, Phono-Mode, St. Louis Curio Shoppe and First Punch Film Production. Other area businesses are flourishing; The MudHouse and Stable, among others, are recognized leaders. Coming soon to the neighborhood is Lotus Arts Studio, a yoga and belly dancing studio. The neighborhood was recently named "Best Neighborhood" by Washington University's Student Life Magazine.

Labeebee's building at 2609 Cherokee was last inhabited in 1989. The building retains much of its original character, including a vintage billboard for the former St. Louis powerhouse bank Mercantile Trust Company. The advertisement was originally an exterior wall of the building housing Foam Coffee & Beer.

Founded in 2008, Labeebee's was originally located in Downtown St. Louis. The owners, Justin and Shelby Shire, moved the business to the Cherokee Street Benton Park neighborhood.

For more information, please contact Justin Shire at 314.401.3696 or [labeebees@gmail.com](mailto:labeebees@gmail.com). For a complete menu, see [www.labeebees.com](http://www.labeebees.com).