

# AN INVITATION TO LUCY'S FOODIE EMPIRE IN THE LAKES

Submitted by: Apples & Pears Marketing

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Lucy Nicholson (<http://www.lucysofambleside.co.uk/>) is inviting food (<http://www.lucysofambleside.co.uk/lucy4/menu.html>) and travel (<http://www.lucysofambleside.co.uk/lucy4/party.html>) journalists from across the UK to come to Cumbria (<http://www.lucysofambleside.co.uk/lucy4/lucy4reservations.html>) and experience all that her foodie ([http://www.lucysofambleside.co.uk/on\\_a\\_plate/index.html](http://www.lucysofambleside.co.uk/on_a_plate/index.html)) empire, 'Lucy's of Ambleside' ([http://www.lucysofambleside.co.uk/on\\_a\\_plate/uptheduff.html](http://www.lucysofambleside.co.uk/on_a_plate/uptheduff.html)) has to offer. Journalists will receive a complimentary overnight stay including bed and breakfast in return for editorial coverage of the cookery school (<http://www.lucysofambleside.co.uk/outsidecatering/index.html>), restaurant, deli (<http://www.lucysofambleside.co.uk/delicatessen/index.html>), wine bar or Lucy herself and a hotel credit.

Food fanatic, Lucy Nicholson left London and a job in the music industry in the late eighties to create her dream of a foodie empire in the Lake District. Lucy's love of food and people has led to the creation of a combination of a small deli Lucy's Specialist Grocers, a restaurant Lucy's on a Plate, a wine bar/bistro Lucy4 and a purpose built cookery school LucyCooks!

Lucy Nicholson: Through flying the flag for local food over the past twenty years, Lucy can certainly take partial credit for transforming the beautiful town of Ambleside into the 'gastro-hub' that it is today. Lucy's character, passion and dedication have led her to create a unique and welcoming place for everyone to enjoy, in the hope that she can inspire a little foodie creativity in us all!

LucyCooks: Whether you're 9 Or 90, there is a course to suit everyone from novice to Nigella! From 'A taste of Australasia' to 'Desserts-Chocoholics Unite' and Family Fun Days to Demo and Dine's, all guaranteed to inspire foodie creativity and induce a state of gastronomic delight! LucyCooks also has an active corporate programme with entertaining, hospitality and teambuilding opportunities. We invite you to try a cookery course of your choice at the cookery school and perhaps learn a new skill or two along the way!

Lucy's on a Plate: Bustling and busy with scrubbed pine tables, chapel chairs and a relaxed and friendly air, Lucy's on a Plate, serves locally sourced produce, freshly prepared on the premises, including Local Windermere Char fish, Fell bred beef and local venison! Lucy's is famed in the Lakes for her decadent puddings and the regular 'Up the Duff' pudding nights are a real treat. The pièce de résistance is the vast dessert menu with over thirty home made puddings! We are looking for restaurant reviews and feature opportunities for Lucy's on a Plate... We challenge you not to be seduced by Lucy's sinful sweets!

Lucy's Specialist Grocers: Lucy's deli is an Aladdin's cave of culinary treats from cheeses to chocolate to chutneys! Tickle your tastebuds with a wonderful range of mouth-watering produce sourced from around the world, from the Lakes to the Lebanon! From the minute you walk through the door you'll enjoy the aromas of delicious cakes, scones, gluten free goodies and pastries baked on the premises. Visit the website and select a few goodies to sample.

Lucy4: Forget formal dining, this is relaxed, sociable eating! We invite you to come along to Lucy4 and enjoy a drink and a bite to eat. An interactive menu allows you to pick, mix and share a tapas style menu, from 'mix and match' sharing plates with a group of friends or enjoying an intimate dinner with that special someone there is plenty of choice be it meaty, fishy or veggie!

For further information about any of Lucy's businesses, take a look at the websites [www.lucysofambleside.co.uk](http://www.lucysofambleside.co.uk) or [www.lucycooks.co.uk](http://www.lucycooks.co.uk) or call 015394 32288.

To arrange a press visit or for further information please contact Marie Saunders at Apples & Pears Marketing. Telephone: 0115 925 5999, e-mail: [marie@applespears.co.uk](mailto:marie@applespears.co.uk)