

THE BOCA RATON observer

THE ESSENTIAL LIFESTYLE MAGAZINE



LEARN FROM THE BURN

WORKOUTS THAT BENEFIT
THE BODY & MIND

IT'S A SMALL WORLD

THE STRUGGLES OF
LIVING WITH AN
AUTISTIC CHILD

EXTRAORDINARY MEASURES

FIVE DOCTORS REVEAL
THEIR MOST
MEMORABLE CASES

A BITTER PILL

SUFFERING WITH
HYPOCHONDRIA -
IT'S ENOUGH TO
MAKE YOU SICK

THE GOLDEN GIRLS (AND A GUY)

CENTENARIANS SHARE
WHAT IT'S LIKE TO
LIVE PAST 100

THE
HEALTH &
FITNESS
ISSUE

JANUARY 2011

GENTLE GIANT

MIAMI HEAT'S SOFT-SPOKEN
CHRIS BOSH LETS HIS
PLAYING DO THE TALKING

taste listings

THE DISH ON FOOD, WINE & RESTAURANTS

BITES

One of Chef Luis Aguilera's favorite dishes, the Ancho BBQ Ribs.



DISH AS YOU WISH

ZED451 Introduces Innovative New Menu

Things just got even more diverse at ZED451, the unconventional steakhouse in Boca Raton. The eatery now allows diners to mix and match favorite entrees and appetizers.

"With our new menu, each guest can experience ZED the way they want it," explains Chef Steve Byrne, director of culinary operations. "In addition to our signature prix fixe menu featuring unlimited sampling from our popular seasonal Harvest Tables and chef selections, guests can now share the same table and feast on any combination of appetizers or entrees."

The way the ZED Menu Experience works: Dishes are served from grill to table by the chef, including fresh meats, fish, poultry and game; there are also generous Autumn Harvest Tables including more than 18 salads and vegetables, a charcuterie display, artisan cheeses, breads and homemade spreads.

Patrons with more delicate appetites can now order smaller meals, either by combining visits to the Autumn Harvest Tables with a la carte items — or by simply ordering entrees, salads and/or side dishes a la carte. And don't forget the desserts, made by Pastry Chef Koki Mikosha. How does S'more Pie, with sour cherry filling, rich chocolate ganache, cheese-cake ice cream, maraschino cherries, toasted coconut, shaved chocolate and pecans sound?

For more information, call 561-32ED451 or visit zed451.com.



ZED451
Chef Luis
Aguilera

ASIA SUSHI/WOK/GRILL ▶ 7600 Camino Real | Boca Raton | **561.544.8100** | Lunch Monday-Friday, Dinner nightly except Friday and Saturday.

BANGKOK IN BOCA ▶ Royal Palm Plaza | 500 Via de Palmas | Boca Raton | **561.394.9912** | Lunch Monday-Friday, Dinner nightly.

BLUEFIN SUSHI THAI GRILL ▶ 861 Yamato Rd. | Boca Raton | **561.961.8988** | Lunch Monday-Friday, Dinner nightly.

GAY DA VIETNAMESE ▶ 7400 N. Federal Hwy. | Boca Raton | **561.968.0278** | Lunch Tuesday-Friday, Dinner Tuesday-Sunday.

DAIMATSU SUSHI ▶ 41 Royal Palm Plaza | Boca Raton | **561.361.7557** | Lunch Monday-Friday, Dinner nightly.

EDO SUSHI-UPSCALE JAPANESE SUSHI & PAN-ASIAN BUFFET ▶ Waterway Shoppes of Parkland | 7609 N. State Road 7 | Parkland | **954.755.3191** | Lunch and Dinner daily.

FAH ASIAN BISTRO ▶ Boca Valley Shopping Plaza | 7461 N. Federal Hwy. | Boca Raton | **561.341.0400** | Lunch Monday-Friday, Dinner nightly.

GARY WOO ASIAN BISTRO ▶ 3400 N. Federal Hwy. | Boca Raton | **561.368.8803** | Lunch Monday-Friday, Dinner nightly. Closed Tuesdays.

HOUSE OF SIAM ▶ 25 N.E. Second Ave., #116 | Delray Beach | **561.330.9191** | Lunch Monday-Friday, Dinner nightly.

JAPANGO ▶ Riverstone Shoppes of Parkland | 7367 N. State Road 7 | Parkland | **954.345.4268** | Regency Court | 3011 Yamato Rd. | Boca Raton | **561.996.1263** | Lunch Monday-Friday, Dinner nightly.

KANSAI ▶ 7140 Biscayne Way | Boca Raton | **561.395.8862** | Dinner nightly.

KYOJIN BUFFET ▶ Shops at Boca Grove | 21073 Powerline Rd. | Boca

Raton | **561.218.1708** | Lunch and Dinner daily.

LA TRE ▶ 249 E. Palmiero Park Rd. | Boca Raton | **561.392.4568** | Dinner nightly.

LEMONGRASS ASIAN BISTRO ▶ 420 E. Atlantic Ave. | Delray Beach | **561.378.5050** | Lunch and Dinner daily. ▶ 101 Plaza Real South E. | Boca Raton | **561.544.8181** | Lunch and Dinner daily.

MAI HIBACHI ▶ 4801 Linton Blvd. | Delray Beach | **561.499.2768** | Lunch and Dinner daily.

PEI WEI ▶ 1914 N.E. Fifth Ave. | Boca Raton | **561.226.0290** | Lunch and Dinner daily.

P.F. CHANG'S CHINA BISTRO ▶ 1400 Glades Rd. | Boca Raton | **561.383.3722** | Lunch and Dinner daily.

PHUKET THAI ▶ Palms Plaza | 22191 Powerline Rd. | Boca Raton | **561.447.8863** | Lunch Monday-Friday, Dinner nightly.

SAITO'S JAPANESE STEAKHOUSE ▶ 8316 Jog Rd. | Boynton Beach | **561.369.1768** | Lunch Monday-Friday, Dinner nightly. ▶ CityPlace | 700 S. Rosemary Ave., #208 | **561.296.8881** | Lunch and Dinner daily. ▶ Palm Beach Gardens | 4675 PGA Blvd. | **561.202.8888** | Lunch and Dinner daily.

SOBA SUSHI CAVIAR LOUNGE ▶ Mizner Park | 415 Plaza Real | Boca Raton | **561.820.0808** | Lunch Monday-Saturday, Dinner nightly.

STIR CRAZY FRESH ASIAN GRILL ▶ Town Center | 6000 Glades Rd. | Boca Raton | **561.338.7500** | Lunch and Dinner daily.

SUSHI RAY ▶ Shops at Boca Center | 5250 Town Center Circle | Boca Raton | **561.394.9508** | Lunch Monday-Friday, Dinner nightly.

SUSHI THAI ▶ 100 N.E. Second St. | Boca Raton | **561.750.4448** | Lunch and Dinner daily.