

Celebrate at Octave!

Vegetarian Week 18th – 24th May 2009

It is believed that vegetarian ideology was practiced amongst religious groups in Egypt as early as 3,200BC, where the Egyptians would abstain from the flesh based upon their karmic beliefs in reincarnation.

Did you know that it is estimated that at the beginning of 2000, there were 59.2 million people living in the United Kingdom with 7% (that's over 4 Million) who are Vegetarian?!

Octave is a fresh cook premises and prides itself on being able to cater for a variety of dietary requirements, please contact us for further information.

octave *echo*

Octave Supper Club... let's eat,
let's drink and let the music play

MAY 2009
ISSUE 17

Competition

Want to be in with a chance of winning
a delicious dinner for two?

Just simply answer the question below...

What do Joss Stone, Charles Darwin
and Sir Ian McKellan all have in
common? Are they all...

- a) Omnivores?
- b) Vegetarian?
- c) Octovorous?

To win, send your answers by email to
info@octave8.com, with the subject header
'Competition'. All entries to be received by
30.06.09. Good luck!

Cocktails for just £4.50

Fancy a cooling **Sea Breeze**? Crunchy
Caipirinhia? **Marvelous Moscow Mule**?
Lip Smacking Margarita? **Or a charming
Cosmopolitan**?

Then pick up any of these **fine cocktails for
just £4.50** every Monday to Wednesday
between 5pm – 8pm.



If music be the food of love... then play on at Octave!!!

Octave is about to introduce its fresh new menu for the summer. For a preview we've decided to probe its source, our head chef Pawel Jaworski.

If you could be any ingredient what would you be?

A hot chilli! Because I am fiery and it's the best food spice, you always want to add more to get that kick!

What is your favourite food? Seafood, I love making exciting dishes with fish including our pan-fried Sea Bream. The sweetness of this fish fuses together with smooth garlic potato mash, crunchy beetroot and a classic dill sauce providing an array of textures and flavours.

Do you enjoy working here at Octave? Having been here for three years, yes! I'm especially fond of my kitchen team, they come from all walks of life, bringing with them passion and talent. Like them I started out as a Chef de Partie then made Head Chef thanks to their encouragement, not only do they learn from me but I from them! They're always suggesting great ideas for new dishes.

Will we be seeing any of those new ideas at Octave?

We use only the freshest ingredients so I change the menu seasonally to reflect this. So from May there will be a great mix of summer vibes and European flair making its way to your plate.

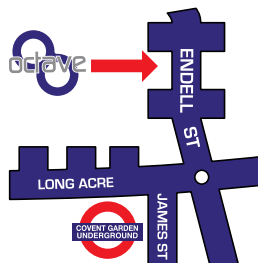
What have you been experimenting with? I like to try out new recipes each day, so I've focused on classic dishes but added a few twists! For example, I will be introducing new starters such as delicious pan-fried calamari rather than deep-fried and adjusting sauces on the mains to heighten but not smother the other ingredients. Then in the desserts I'm looking at refreshing and exotic fruits for those hot summer days... well we hope!!!

Octave's new summer menu will be ready to dance upon your taste buds from May accompanied by a dash of daring artists and over 70 cooling cocktails!



OCTAVE 27-29
Endell St, Covent Garden,
London WC2H 9BA

Tel: 020 7836 4616
Email: office@octave8.com
Online: www.octave8.com
OPENING HOURS:
Mon - Weds: 5pm - 11pm
Thurs - Sat: 5pm - 2am
Sun - Closed (available for private hire)



Gig Guide

may

MONDAYS: 8pm - 10.30pm FREE

- 4 **Closed: Bank Holiday**
 11 **Paul Eldridge**
 Classical sensibility with jazz pizzazz pianist
 18 **John 'Pianoman' Watson**
 Entertaining singer pianist
 25 **Closed: Bank Holiday**

TUESDAYS: 8pm - 10.30pm FREE

- 5 **Adrian Reid Duo**
 Tasteful avant-garde pianist
 12 **Rita Geaquinto Duo**
 Refined yet expressive pianist
 19 **Alex Hutton Duo**
 Hypnotic & erotic pianist
 26 **Craig Schneider Duo**
 Lively graceful singer pianist

WEDNESDAYS: 8pm - 10.30pm FREE

- 6 **Joe Stilgoe Duo**
 Witty, divinely talented singer pianist
 13 **Chantelle Duncan Duo**
 Powerful & soulful singer with an exquisite tone
 20 **Eriko Ishihara Duo**
 Delicate & touching singer pianist
 27 **Rafael Pesce Trio**
 Cool Brazilian guitars, vocals & percussion

THURSDAYS: 9pm - 11.30pm £5

- 7 **Seb Pipes' Life Experience**
 Stirring sax led band with infectious energy
 14 **Jonathan Gee Trio feat. special guest**
 Inventive original pianist with rhythmic sophistication
 21 **Patricia Lowe Quartet**
 Fine & mellow soulful singer with songs from her debut album
 28 **LCD - Mornington Lockett/Laurence Cottle/Martin Drew**
 Legends of British jazz come together with flair & virtuosity

FRIDAYS: 9pm - 11.30pm £5

- 1 **Nigel Price Organ Trio**
 Spirit lifting, hard swinging jazz with guitar, hammond & drums
 8 **Seb Genovese Quartet**
 Guitarist/singer plays modern bossa nova to samba jazz - featuring saxophone
 15 **Joe Stilgoe Trio**
 Witty, divinely talented singer pianist
 22 **Nina Ferro Trio**
 Fabulous performer with a knockout voice
 29 **Christine Tobin Trio f Phil Robson**
 Tough yet tender & adventurous singer - BBC Jazz Award winner '08

SATURDAYS: 9pm - 11.30pm £5

- 2 **Ed Jones Trio**
 Burning saxophonist of Killer Shrimp fame; fasten y'seatbelts
 9 **Nicola Emmanuelle Quartet**
 Ella & Anita move over - divine siren's songs
 16 **Yots.K Quartet**
 The punk Shirley Bassey of Jazz
 23 **Hope Augustus Trio**
 Pure toned singer fresh from West End stage - class
 30 **Drugstore Cowboy**
 Exciting, groove driven quartet with sax & trumpet

june

MONDAYS: 8pm - 10.30pm FREE

- 1 **Craig Schneider**
 Lively graceful singer pianist
 8 **Jonathan Gee**
 Velvet toned singer & world class pianist
 15 + 22 **TBC**
 29 **John 'Pianoman' Watson**
 Entertaining singer pianist

TUESDAYS: 8pm - 10.30pm FREE

- 2 **Eriko Ishihara Duo**
 Passionate yet gentle & lyrical singer pianist
 9 **Adrian Reid Duo**
 Tasteful avant-garde pianist
 16 **John 'Pianoman' Watson Duo**
 Entertaining singer pianist
 23 **Craig Schneider Duo**
 Lively graceful singer pianist
 30 **Barry Green Duo**
 Imaginative & fresh young pianist - music for close listening

WEDNESDAYS: 8pm - 10.30pm FREE

- 3 **Chantelle Duncan Duo**
 Powerful & soulful singer with an exquisite tone
 10 **Chico Chagas & Jovino dos Santos Neto Duo**
 Legendry accordionist & pianist/flutist play bitter sweet melodies- a real treat
 17 **Paul Eldridge Duo**
 Hot piano & shimmering bass grooves
 24 **Rafael Pesce Trio**
 Cool Brazilian guitars, vocals & percussion

THURSDAYS: 9pm - 11.30pm £5

- 4 **Jonathan Gee Trio ft special guest**
 Inventive original pianist with rhythmic sophistication
 11 **Jake Goss Quartet**
 Outstanding & passionate band led by blazing home grown saxophonist
 18 **Jon Irabagon Quartet**
 remarkable New York Saxophonist, winner of 2008 Thelonious Monk International Jazz Competition
 25 **Louise Parker Trio**
 Gutsy, soulful singer with serious chops

FRIDAYS: 9pm - 11.30pm £5

- 5 **Mick Hutton/Andy Panayi Quartet**
 Straight from Ronnie's to us - virtuoso players with luminosity and groove
 12 **Christine Tobin Trio feat. Phil Robson**
 Tough yet tender & adventurous singer - BBC Jazz Award winner '08
 19 **Nina Ferro Trio**
 Fabulous performer with a knockout voice
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