



## We're Fun for Everyone.

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Hi! How are you?  
We're really glad you're here!

Welcome to The BEAT Kitchen Diner, where the flavours of nostalgia meet the groovy vibes of the 60s and 70s!  
Nestled in the heart of Downtown St. John's, NL,

The BEAT is a culinary haven crafted by business partners and chefs Brenda Armstrong, Ethan Murphy, and Tina Rowe.

### Meet The BEAT Culinary Team

#### Brenda Armstrong (The B)

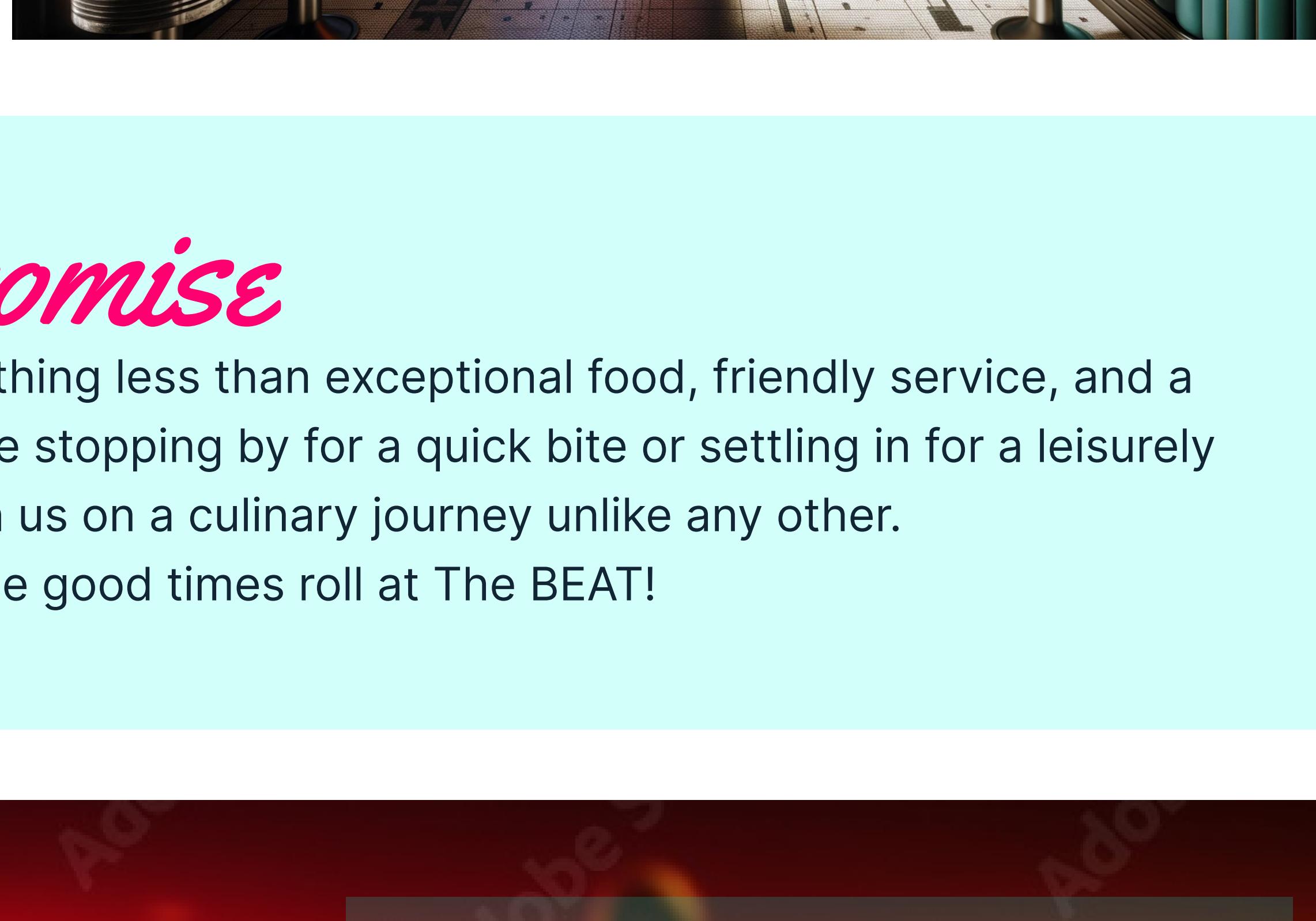
With a passion for bold flavours and a knack for reinventing classic dishes, Brenda brings her culinary expertise to The BEAT Kitchen Diner. Her love for cooking began at an early age, inspired by her grandmother's Newfoundland recipes and a deep appreciation for comfort food with a twist.

#### Ethan Murphy (The E)

A culinary virtuoso with a flair for creativity, Ethan brings his innovative approach to every dish he creates. As the winner of Next Level Chef Junior, Ethan's culinary skills are already making waves, and his future in the industry looks incredibly promising. He is known as one of the best burger makers in Canada!

#### Tina Rowe (And The T)

A master of balance and precision, Tina's culinary skills are matched only by her unwavering dedication to quality and craftsmanship. With years of experience in both savoury and pastry kitchens, Tina brings a unique perspective to The BEAT, infusing each dish with her signature style and attention to detail.



## Our Promise

When you dine at The BEAT Kitchen Diner, you can expect nothing less than exceptional food, friendly service, and a dining experience that leaves you craving more. Whether you're stopping by for a quick bite or settling in for a leisurely meal with friends and family, we invite you to join us on a culinary journey unlike any other.

So come on in, take a seat, and let the good times roll at The BEAT!

## Chef Ethan's Famous Woogie Boogie Burger

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## Latest Reviews

#### Review by John D.:

"What a gem of a diner! The Beat never fails to impress. From the moment you walk in, you're greeted with funky tunes and a lively atmosphere that takes you back in time. The food here is out of this world. I ordered the Psychedelic Veggie Wrap and it was hands down the best wrap I've ever had. The portion sizes are generous, and the presentation is superb. And let's not forget about the drinks! The Disco Diva Daiquiri was a hit with its refreshing blend of flavours. A must-visit spot for anyone looking for great food, fun vibes, and excellent service!"

#### Review by Emily T.:

"What a delightful dining experience! The BEAT Kitchen Diner exceeded all expectations. The menu is filled with creative and delicious options that cater to every palate. I couldn't resist trying the Disco Inferno Shrimp Scampi, and it was absolute perfection - succulent shrimp cooked to perfection in a garlic butter sauce. The ambience is so inviting, with funky decor and a playlist that transports you back in time. The staff were attentive and friendly, making sure our dining experience was unforgettable. I'll definitely be returning soon to explore more of their fantastic menu!"

#### Review by Sarah H.:

"Absolutely loved my experience at The BEAT Kitchen Diner! The atmosphere is so fun and nostalgic, and the food is simply fantastic. I tried the Funky Feta Fritters and the Stairway to Sirloin, both of which were bursting with flavour and cooked to perfection. The staff were incredibly friendly and attentive, making sure our dining experience was top-notch. Can't wait to come back and try more of their delicious menu items!"

#### Review by Stephan B.:

"5 stars all the way! The BEAT is a hidden gem in St. John's. From the moment you step inside, you're greeted with a warm and vibrant atmosphere that sets the tone for an incredible dining experience. The menu offers a fantastic variety of options, from classic comfort food to creative twists on nostalgic favourites. I had the pleasure of trying the Groovy Guac 'n' Roll and the Funky Monkey Quesadilla, both of which were packed with flavour and perfectly executed. The staff were friendly, attentive, and knowledgeable about the menu. Can't wait to come back and try more of their delicious offerings!"



The BEAT Kitchen Diner

12345 Water Street West

St. John's, NL, Canada

A1C 5B3

It's our pleasure to serve you!

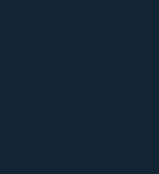
Mon - Thurs 8 am - 10 pm

Fri - Sat 10 am - 1 am

Sun 11 am - 8 pm

709-867-5309

hello@thebeat.ca



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