



# OCTOBER HAPPENINGS



Located @ VIDA Hotel  
405 Conch Point Rd, West Bay  
938-9114





# OCTOBER

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## COOKING CLASSES

125 KYD INCLUDES

WELCOME DRINK + 2HR HANDS ON COOKING CLASS + 3 COURSES + WINE  
6-8PM

RESERVATIONS  
REQUIRED

### 15th **CARIBBEAN**

*Experience the vibrant, sun-soaked flavors of the Caribbean!*

- Trinidad doubles
- Stomp n go - sweet chilli
- Chef Recordo's jerk chicken dinner
- Sweet treat



### 22nd **MEDITERRANEAN**

*We will take your tastebuds on a tantalizing trip to the mediterranean exploring the beautiful diversity of this region.*



- Charred eggplant with burrata & pomegranate - walnut relish
- Chicken Koftas with tzatziki
- Family style mezze platters
- Sweet treat





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# COOKING CLASSES

125 KYD INCLUDES

WELCOME DRINK + 2HR HANDS ON COOKING CLASS + 3 COURSES + WINE  
6-8PM

RESERVATIONS  
REQUIRED

## 29th MEXICAN

*A fan favourite! Come join us for a night of delicious Mexican food.*

- Mexican street corn
- Chicken flautas & guacamole
- Birria tacos
- Tres Leches



## PRIVATE COOKING CLASSES

Your group! Your theme! Your date!

Gather at least 8 people and enjoy a private cooking class for just \$125 per person. Perfect for birthdays, corporate socials, or celebrations

**[events@nourishatvida.com](mailto:events@nourishatvida.com)**

*Subject to availability*