

## Skipper's Fish Fry & Market

*What you can expect at Apex's newest Fish Fry*

At Skipper's, you can expect **freshness**. We serve the freshest seafood available cooked for you seconds after you order it. You can expect **value**. We offer generous portions at fair prices. You can also expect Skipper's to give you great **flavor**—we make our food right here using our own special recipes. In addition, we hope you will find the **atmosphere** to be casual, friendly and fun—a place where you and your family will feel comfortable and relaxed.

## So, where is the "Market" part of Skipper's Fish Fry & Market?

*Skipper's Market coming soon*

At Skipper's, we know that sometimes you want to eat at home. That's why Skipper's Market is coming soon. We'll have a variety of our homemade foods available for you to buy and serve at home. Look for our signature soups, sauces, coleslaw, and even seafood! Skipper's Market can help with family meals or entertaining, so watch for the "Market" part of Skipper's Fish Fry & Market.

## Meet the Skipper

*Will the real Skipper please stand up?*

If you want to know who is in master of the ship at Skipper's, you'll need to meet the true skipper..Walt Bench. Walt is energetic, enthusiastic and down-right fun! Better than all that, Walt is a great cook with exacting standards! He graduated from Elon College and has worked in multiple segments of the foodservice business during the past 14 years. His claim to fame is his scrumptious lobster bisque...served right here at Skipper's. You'll be able to recognize Walt by his warm smile, his ability to do five things at one time, and the line of children trailing after him because he is just so nice. Please let Walt know if there is anything he can do to improve your Skipper's voyage...after all, he's the Skipper of this ship!

## What's so healthy about fish anyway??

*Fish—a healthy way to eat*

Fish and other seafood can play an important role in a good diet. Because fish are high in protein but low in unhealthy fats, they make a great alternative to red meat. Fish are a good source of vitamins and minerals. They also contain nutrients called omega-3 fatty acids, which can prevent heart disease and may help with healthy brain development. So, eat your fish at Skipper's and enjoy!

## More on health...Skipper's focuses on the "healthier way to fry"

*Premium oil has triple benefit*

Committed to keeping our food as "healthy" as we can, Skipper's fries with a premium quality canola oil blend. Although it may be a bit more expensive for us, it helps keep the trans fatty acid content of our food as low as possible. This premium canola oil blend also helps reduce the amount of oil that absorbs into the food so that you can enjoy the taste of your food—not the oil. To top it off, this oil blend is cholesterol free! We will continue to look for ways to offer you not only the most delicious food, but also the healthiest food we can!

## Skipper's offers specialty hotdogs

*Speaking of red meat!*

We searched the world over to bring you what we think are the tastiest hotdogs around. We serve Hofmann's hotdogs and conies—all natural, no preservatives, natural casings and absolutely delicious!

## Looking for your comments

The early days of a restaurant can be hectic. That's why we want your comments! What do you like about Skipper's and what do you think we can do better? We want to make Skipper's a place that you and your family want to come back to again and again. Please let us know how we're doing and how we can make Skipper's your favorite fish fry. The comment box is in the lobby—or tell the Skipper!