



**For Release: Immediately**

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**FOR IMMEDIATE RELEASE**

## **“Eat Flavorful, Eat Lighter” at the Copeland Family of Restaurants**

*The Copeland Family of Restaurants Now Features Dishes that are 550 Calories and Under*

NEW ORLEANS, Louisiana (January 16, 2012) Copeland's of New Orleans and Copeland's Cheesecake Bistro bring New Orleans flavor to a Lite menu with lower calorie chef crafted dishes. This menu, with dishes that are 550 calories and under, was introduced into both concepts on January 11, 2012.

Each concept will carry its own Lite menu with many different options for guests to choose. Copeland's of New Orleans will feature dishes such as White Bean Chicken Chili, Creole Stuffed Bell Pepper, Grilled Chicken Creole and more. Copeland's Cheesecake Bistro will feature Turkey Stuffed Portabella, Salmorra Chicken, Chili Ginger Shrimp along with other flavorful Lite dishes.

“Most people eat to live but here in New Orleans, we live to eat. Now you don't have to sacrifice flavor to eat Lite,” said Al Copeland Jr. Chairman of the Board at Al Copeland Investments. “We created new signature dishes that are packed with flavor but not with calories. We used our secret blend of proprietary spices to create dishes that are 550 calories and under.”

Along with the six new entrees at each concept, Copeland's of New Orleans and Copeland's Cheesecake Bistro will offer two low calorie desserts. Sweet Deceit is the Copeland Family of Restaurants' low-carb, reduced sugar cheesecake with only 4 grams of sugar per slice. The other low calorie dessert is the Poached Apple, which is a Fuji apple, poached in Syrah, with cinnamon, orange, star anise and served with vanilla honey yogurt sauce.

For more information on Copeland's of New Orleans, Copeland Cheesecake Bistro, or Al Copeland Investments please visit [www.alcopeland.com](http://www.alcopeland.com). “Passion for food! Passion for People! Copeland's!”

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### **About Al Copeland Investments (ACI):**

The Copeland family of companies includes restaurants, hotels and Improv comedy clubs through out the US, including Popeyes Restaurants, Diversified Food and Seasonings, Copeland's of New Orleans, and Copeland's Cheesecake Bistro. A southern icon, Al Copeland's memory lives on through the Al Copeland Foundation which is dedicated to funding cancer research. For more information on ACI and the Al Copeland Foundation, visit [www.alcopeland.com](http://www.alcopeland.com) and [www.alcopelandfoundation.org](http://www.alcopelandfoundation.org)