

# Guiltless Gourmet

## Seasons Café delivers high-end food that is easy on the wallet

*By Marianne Canada / Photography by Justin Fee*

Seasons Café has not even been open for two years, yet it already has the feel of an established local fixture. The décor strikes a balance between serenity and energy, lovely celery-green walls and gleaming wood. And the staff seems happy and industrious—no accident, says Chef Deron Little, “We provide an atmosphere that is non-intimidating, a place you can feel relaxed and at home. The key to Seasons’ success is our employees. We feel that each person working here is here for a reason. We are more of a family, a family with a shared vision.” This is no party line. Even bartender Austin Chaires quips, “Work is work; it’s who you work for that matters.” This is a place that cares about its people.

And obviously, they are serious about food and a commitment towards value. It is important to everyone involved to provide high quality food and wine at prices that are reasonable. The menu tops out at the \$26 Garlic-Enhanced Beef Tenderloin, but the bulk of the offerings, from the enticing Morel Chicken to the fresh Pepper-Crusted Ahi Tuna are under \$15. Chef Little boasts that Seasons features an “all-day menu,” meaning that you can indulge in a full entrée at lunch or a lighter sandwich at dinner. This way, as a diner, the restaurant is not deciding how much you will spend on your meal for you.

The name Seasons has two origins. One, the most obvious, stems from the devotion to providing a seasonally-focused menu that evolves with the weather. The other is more abstract; Chef Little hopes that the customers at Seasons will live the seasons of their lives here, from first dates to birthday dinners to anniversaries and more. And from the looks of things, the way the stream of customers entering is almost always recognized by the staff, Seasons seems to be well on its way to making its mark on the world.

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## MUST HAVES FROM SEASONS CAFÉ

**CHICKEN SALTIMBUCCA CIABATTA:** Sautéed breast of chicken, delicately seared with prosciutto and covered in melted mozzarella cheese... served with pesto mayonnaise, oven roasted tomato and baby spinach leaves. (The Italian flavors make this special—the prosciutto, the oven roasted tomato and the pesto mayonnaise.)

**RACK OF LAMB:** Almond encrusted rack of lamb prepared to perfection and presented atop a prosciutto-tomato demi glaze... served with Seasons own mashed pear sweet potatoes. (The lamb being encrusted in almonds and the port wine prosciutto sauce are what makes this delicious.)

**GARLIC-ENHANCED BEEF TENDERLOIN:** Center cut fillet rubbed with fresh garlic cloves, grilled to order with marinated portobello mushrooms... finished with caramelized onions, sauteed spinach and a rosemary demi glaze. (They use only center cut beef tenderloin—this plate has a symphony of flavors.)