



NAPI'S NEWS

Provincetown's only published restaurant

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Dear Friends...

FROM HUMBLE BEGINNINGS

Located on a winding street full of colorful sunflowers and roses, a block away from the hustle and bustle of the town is a unique restaurant called Napi's. There you will dine surrounded by works of local artists, antique stained glass, hanging plants, and carousel horses.

The menu at Napi's features the freshest native seafood, fine steaks, pasta dishes with incredible sauces, a wide variety of vegetarian dishes, homemade whole wheat breads, and desserts.

Almost 20 years ago the site of Napi's Restaurant was a string of auto garages which housed Helen and Napi's antique business. Two years later the Van Derecks decided to enter the restaurant business, and construction began.

Napi, a builder and craftsman himself, assembled a crew composed of friends that included Conrad Malicoat, Mike Bagley, Bob Baker, and other talented townspeople.

A new restaurant was created from many reclaimed and salvaged materials. Skills and imagination were active partners in the construction. Jackson Lambert showed us that the world is full of beautiful, but discarded, building materials. From a lumber salvage yard in Quincy came quantities of yellow pine torn out of old factories in Boston. They were refinished and refashioned and given a second life.

Gradually the building took shape. As it did, the antiques were incorporated into the restaurant. You will see them around you as you dine.

Provincetown is the most famous art colony in the United States. Napi and Helen's roots go back to the days of Eugene O'Neill. They have collected artwork from those glorious days as well as the present. It was felt, from the outset, that the restaurant should represent the



Napi's Restaurant/illustration by Jackson Lambert

town and the creative people who have lived here. Look around and enjoy the artwork displayed in the dining area. There is Conrad Malicoat's unique brick mural, sculptures by Al Davis, cartoons from the pen of Howie Schneider, and many fine paintings by John Whorf, Sal Del Deo, George Yater, Frank Milby, and many more artists representing decades of the aesthetic tradition that have made Provincetown famous as a home for the arts. Napi's is proud to play an active part in that tradition.

OUR FIRST MENU

Our first menu was Middle Eastern. At the time other restaurants in town were seafood, Italian, or Portuguese. We often shared Yogurt, Pita bread, Hummus, Baba Ghanoush, Grapeleaves, and Tabouli with our Lebanese and Greek friends. We wanted to offer new and unique dishes for people to try. Today our menu has expanded, yet you can still share some of our Middle Eastern favorites like Shrimp Feta or a Greek Plate.

GOOD FOOD

At Napi's you can dine on fine steaks, freshly caught local seafood, a wide variety of vegetarian dishes, or on a light combination of appetizers.

Many of us want to eat lighter adding as little fat as possible. Fortunately, seafood like sole and cod have very little fat. Mussels are known to have as much pro-

tein as steak with no cholesterol. The steaks we use are the finest filet mignon. They derive their tenderness from the quality of the meat rather than from marbling. We use canola oil in all of our cooking. Our salads, sauces, and breads are prepared with canola oil. Except for special dishes which require olive oil or butter, all our sauteing is done with canola oil. There are a few items that we deep fry. These are also fried in canola oil.

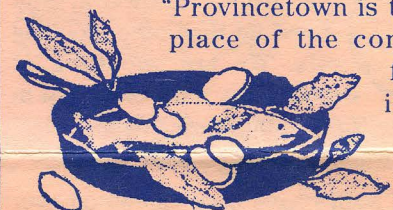
SEAFOOD

"Provincetown is the birthplace of the commercial fishing industry of the USA. It's the

seafood capital of the universe, the fishiest town in the world. Provincetown supplies fresh fish for the tables of gourmets everywhere. All the fish wholesalers in New York and Boston know that Provincetown fresh fish is the best there is. Our fleet is small but its catch packs a wallop in the marketing circles," writes Howard Mitcham in his book Provincetown Seafood.

BREAD

One thing that hasn't changed is our homemade bread. It is baked daily from whole wheat flour, a little white flour, molasses, oat bran, wheat bran, and



sunflower seeds. Of course, there are no preservatives added.

ORGANIC SALADS

Every summer we offer a special organically grown salad. In Wellfleet, tucked away in the woods off Gull Pond, there is a jewel of a farm replete with rare flowers, tasty European herbs, and lettuce by the bushel. The folks at Narrow Land Farm provide us with wonderful fresh salad greens and edible flowers. Depending on availability, we use their Baby Bibb Lettuce, Red Leaf and Green Leaf Lettuce, Mizuna – Japanese Parsley, Green Orach, French Sorrel, Watercress, Basil, Cilantro, and edible flowers.

These salads can be ordered at a slight extra charge as a replacement for the dinner salad. We usually recommend that a simple dressing of extra virgin olive oil and balsamic vinegar are the best addition.

CANOLA OIL



One of the hottest trends this year is the preference for foods low in saturated fats that raise serum-cholesterol levels.

The rising star is a cholesterol free vegetable oil that is 50% lower in saturated fat than other cooking oils. We are speaking of canola oil. It is the oil lowest in saturated fats. Canola oil originated in Canada where it has been used for years.

We at Napi's have used canola oil ever since it came on the market about four years ago. Our salad dressings are prepared with canola oil. The few dishes we deep fry are fried in the best oil we can buy – canola oil. And, canola oil is used in our baking. We have a special concern for our customer's health as our use of canola oil evidences.

LINGUICA

Many of the Portuguese who settled in town came from Olau, the Azores, and the Algarve. Their famous Portugese Soup derives its main flavor comes from Linguica.

What is Linguica? It is a Portuguese

sausage full of flavor but not spicy. If you'd rather have it spicier, you want chourico. We think highly of Fragoza Linguica made in Fall River because it has the best flavor. If you care to try some of the dishes on our menu made with Linguica they are Portuguese Soup, Portuguese Stuffed Mushrooms, Cod Oporto, and Pasta Portuguese.

And While You Dine –

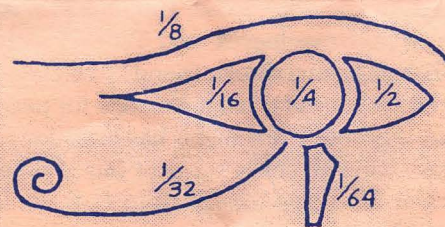
THE SACRED EYE OF HORUS

We are often asked about the origin and choice of the Eye of Horus as our logo. Napi spent a part of his youth in Egypt. Drawing on that experience, we decided on the sacred eye of Horus as our logo for the restaurant and, later, for our art gallery.

In appearance the eye of Horus combines the long eyebrow of man, the coiled "tear stripes" of the cheetah, and the cheek markings of the falcon.

Ancient Egypt originally had 42 provinces. These merged into two states, Upper and Lower Egypt. When later these became one, the chief god of Lower Egypt, Horus, the falcon-headed sky god and son of Osiris and Isis, gained ascendancy over Set, the wicked chief god of Upper Egypt.

According to myth, Set plucked out the eye of Horus and tore it to bits. But the wise god Thoth reassembled it, sticking it back together as if it were a cracked grain of barley so that each of the six elements of the eye came to be a hieroglyphic sign



for a fraction used in a bushel measure of grain, as shown here:

Many shades of mystical meaning are attached to the six parts of the eye. For those who encounter the eye of Horus on Freeman Street in Provincetown, however, the meaning is clear: superb food and fine artwork within.

BRICK BREAKTHROUGHS

To the east in Napi's Restaurant stands a brick wall built by Conrad Malicoat. At the time he was doing brick work on the perimeter, he asked if we minded if he tried a new idea he had, a technique that would stretch our understanding of the word "brick".

Slowly he added a few bricks, cemented them, went away for a day, came back and added some more. What took shape in the dining room indeed altered forever our perception of what a brick wall is. Rather than the usual straight, rigid structure Conrad created a curvilinear, somehow plastic wall that is both unique and pleasing to the eye.

Conrad has gone on to construct more of his walls, and has extended his artistry to fireplaces, both of which grace many homes in Provincetown today.

STAINED GLASS

In the afternoon light the colors from the stained glass windows in the front often cast patterns of color on the tables and carpet. Many came from our antique business. There are four windows with themes from the sea of fish, crabs, and seahorses. The windows of the saints over the bar are only the heads: we have the whole bodies. Together with the heads they would be 11 feet tall. We've never had a location that allowed for so much height. People have sometimes remarked about placing saints over the bar in a restaurant. We've noticed that they add a calming effect we are pleased with.



VAN DERECK'S

ICE CREAM

Our Ice Cream parlor, located at the corner of Commercial and Standish Streets, is in full swing for the summer with many delicious flavors of *Homemade Ice Cream*. We are the only ice cream parlor that still makes our own ice cream. Some of our favorites are White Russian made with Kahlua and Vodka, Pistachio, and Oreo Cookie. But our most popular flavors are still the old favorites like Maple Walnut and Black Raspberry.

We have the best Hot Fudge Sundaes made with our own Hot Fudge, Mix-ins, Waffle Cones, and of course Frappes. This

year we have added a new low calorie Hot Fudge. Try it on no fat frozen yogurt.

We have two kinds of soft serve ice cream. One is *frutage*: a very special frozen dessert made totally from fruit using no dairy, but with the creamy texture of ice cream. It is light and delicious with only 18 calories per oz. It has no added sugar, no dairy, and no cholesterol.

Columbo frozen yogurt is the other. It is the finest frozen yogurt we can buy. We offer both low calorie and no calorie in French Vanilla, Chocolate, Peach, or Cappuccino; or you can have two in a twist.

Duffy Speaks

Duffy has brought to our attention the serious plight whales face from two countries that have decided to press for changes in the international ban on whaling. Norway and Japan are attempting to commercially kill whales again.

Provincetown is the capital of whale watching on the east coast. One of the great summer attractions Provincetown offers is the vast number of whales to be seen off the shores of our area beaches. Our whale watch tours take many daily trips out to the feeding grounds where folks can witness these beautiful creatures in their natural environment. Through the efforts of organizations such as GREENPEACE great lengths were taken to protect the whales from extinction, and, in the

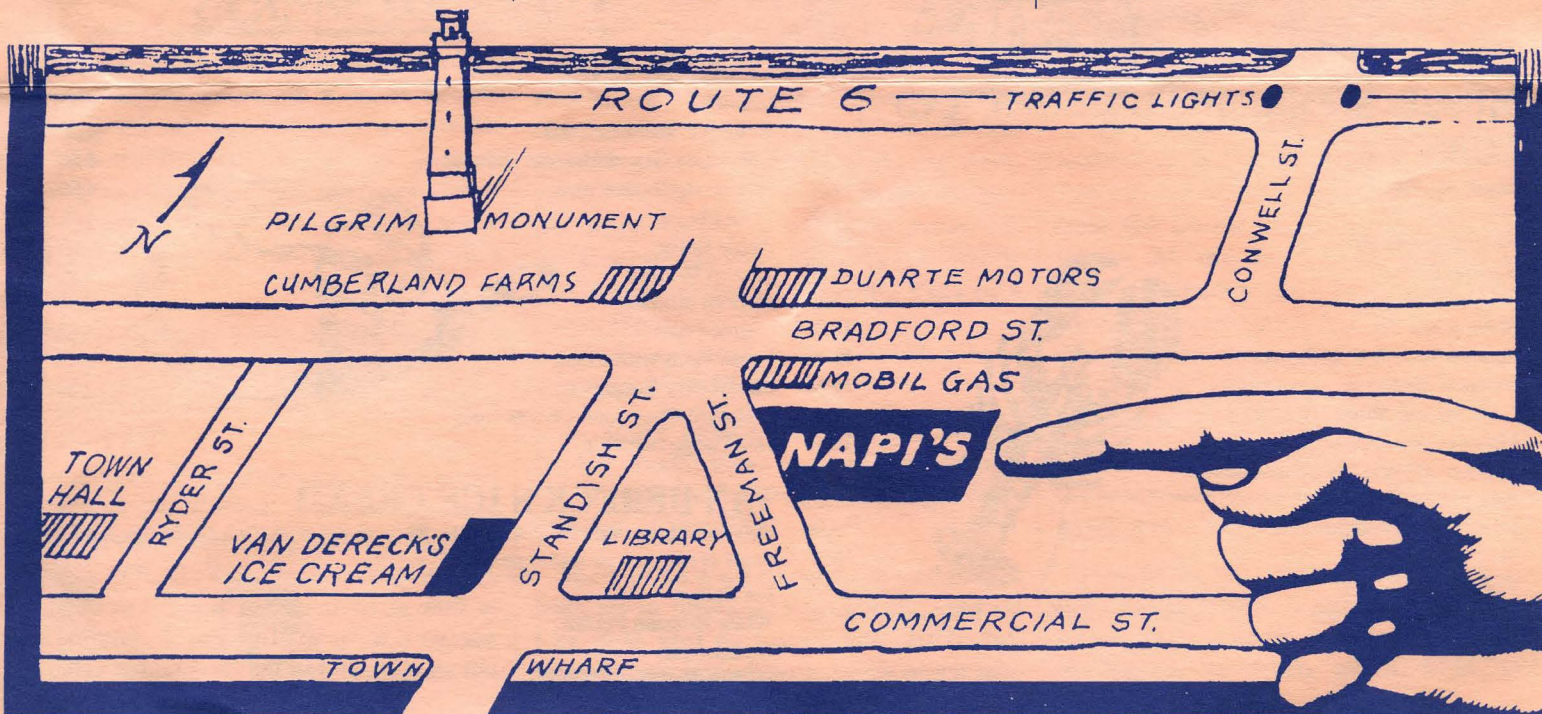
past decade most of us were able to relax knowing that the world wide focus on this issue clearly was effective in assuring their safety.

However, we were quite alarmed to discover several months ago that, in defiance of the laws of the International Whaling Commission, the country of Norway had resumed its efforts to kill whales under the guise of research purposes. In the first year alone they anticipate the capture of 2,000 whales.

Since then, Japan has undergone its own campaigns to encourage the sale of whale meat stressing its nutritional value and medicinal benefits. It is the intention of the Japanese Government and its fishing industry to engage in strong campaigns to resume commercial whaling after the International Whaling Commission meets in May of this year. Although consumption of whale meat has always been part of the Japanese culture, many of their younger citizens have given in to enjoying whales frolicking in the sea and have consequently become dissuaded from eating whale meat. However, the effects of broad campaigning to promote the sales of whale meat may add further harm to what is again becoming a serious threat to whales.



In protest to the actual resumption of whaling in Norway, we at Napi's have continued our boycott against all Norwegian products. We hope you will take the time to join us in this effort. There are many products available on the market that are from Norway such as frozen fish and cheeses, so you may want to pay more attention to the brands that you buy. You can also express your concern by writing to the Norwegian Government at this address: MS Gro Harlem Brundtland, Prime Minister, Kingdom of Norway, c/o His Excellency Mr Kjeld Vibe, Ambassador of Norway 2720 34th St. NW Washington, DC 20008.



APPETIZERS

SOUP

Provincetown has two famous soups; Portuguese Soup and Clam Chowder.

Portuguese Soup	3.50
Clam Chowder	3.50



INTERNATIONAL APPETIZERS

Portuguese Stuffed Mushroom Caps	4.75
Empress Mushroom Caps	4.75
Chinese Dumplings with Hot Sesame Sauce	4.95
Buffalo Wings	5.95
Greek Plate	6.50
Greek Grape Leaves	3.95
Hummus	3.95
Caponata	3.50
Chilled Oriental Noodles with Vegetables	4.25



SEAFOOD APPETIZERS

Smoked Salmon	6.50
Marinated Herring Fillet	3.95
Oysters on the Half Shell	6.50
Russian Oysters	6.75
Little Neck Clams	5.50
Steamed Mussels	6.95
Crab Cakes	5.95
Peel Your Own Shrimp	11.95



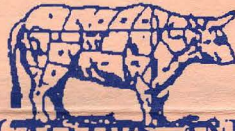
1/4 pound 5.95 1/2 pound 11.95

ENTREES

BEEF & CHICKEN

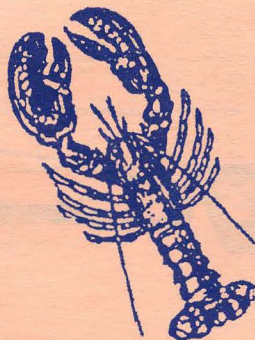
We serve very fine tenderloin steaks with the least cholesterol. They are best cooked rare to medium rare.

Steak Bearnaise	Small 15.95	Large 19.95
Brazilian Steak	Small 15.95	Large 19.95
Steak Portuguese	Small 15.95	Large 19.95
Beef Stir Fry		15.95
Chicken Teriyaki		13.95
Chicken Stir Fry		13.95
Thai Chicken and Shrimp		15.95
Chicken Dijon		13.95
Chicken Parmigiana		13.95
Roast Duckling Santa Clara		13.95



MUSSELS, SHRIMP, SCALLOPS, AND LOBSTER

Scallops Alfredo	14.95
Scallop Stir Fry	14.95
Brazilian Shrimp	15.95
Shrimp Pesto	15.95
Shrimp Feta	15.95
Shrimp Stir Fry	15.95
Scallop and Shrimp Picatta	15.95
Mussels Pesto	14.95
Linguini and Mussels	14.95
Mussels Portuguese Style	14.95
Lobster Alfredo (when available)	17.95
Bouillabaisse	17.95
Portuguese Bouillabaisse	18.95
King's Feast	34.95
Portuguese Platter	17.95
Fresh Native Lobster	18.95

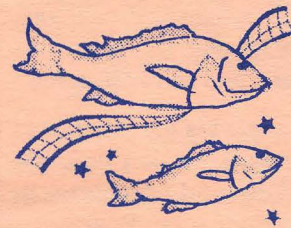


1 1/4 pound 16.95 1 1/2 pound 18.95

FRESH CATCH OF THE DAY

Provincetown is the most famous fishing port on the New England coast. We are delighted to serve you the freshest fish prepared in the tastiest possible ways. We would be happy to poach your fish without any butter or oil and save you a few calories. Please let us know.

Fillet of Sole	13.95
Sole Amandine	13.95
Sole Brazilia	13.95
Sole Picatta	13.95
Fillet of Cod	12.95
Cod Brazilia	13.95
Cod Amandine	13.95
Cod Oporto	13.95



STIR FRY

We enjoy light stir-fries with a variety of fresh vegetables like snow peas, broccoli, cauliflower, mushrooms, onions, bok choy, and spinach. Brown rice is available if you prefer it.

Beef Tenderloin	15.95
Shrimp	15.95
Tofu and Vegetables (meatless)	11.95
Chicken	13.95
Scallop	14.95



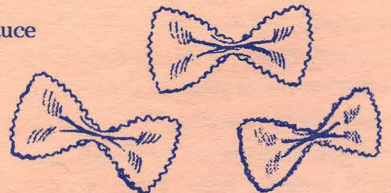
VEGETARIAN

Vegetables Dijon	11.95
Syrian Felafel Melt	11.95
Vegetables Alfredo	11.95
Brazilian Black Beans and Rice	11.95
Vegetables Chuan Dynasty	11.95
Jewel in the Crown	11.95
Vegetarian Steak	11.95
Vegetable Burrito	11.95



PASTA

Linguini with Spicy Red Sauce	10.95
Pasta Portuguese	11.95
Mussels Marinierra	14.95
Linguini with Mussels	14.95
Scallops Alfredo	14.95
Vegetables Alfredo	11.95



NAPI'S DESSERTS

CAKES, ETC.

Cannoli	3.95
Double Fudge Madness	4.50
Chocolate Grand Marnier Mousse	4.50
Amaretto Cheesecake	4.50
Lime Pie	4.25
Apple Betty	4.25
Lemon Mousse	3.95
Apricot Mousse	3.95
Carrot Cake	4.25
Fresh Fruit with Yogurt	4.25
Strawberry Napoleon	4.50
Midnight Chocolate Cheesecake	4.50
Hot Fudge Brownie	4.25



VAN DERECK'S ICE CREAM

This evening we have French Vanilla, White Russian, and Ice Cream Du Jour made at our own ice cream parlor.

Ice Cream	2.95
White Russian Parfait	4.25
Go Bananas	4.25
Praline Ice Cream Truffle	3.95

