

SunSentinel

TRAVEL & LIFE



The Yellowtail Snapper Fillet is one of the Mother's Day specials offered for both lunch and dinner service at Medi Terra. **MEDI TERRA**

MOTHER'S DAY RESTAURANT SPECIALS

THE MOTHERLODE OF DINING DEALS



The Crème Brûlée French Toast is part of the regular brunch offering, which will be available on Mother's Day along with a special menu at Max's Grille in Boca Raton's Mizner Park. **MAX'S GRILLE**



The Filet Mignon with Crab-Stuffed Shrimp Scampi, one of the special dishes for Mother's Day at Fleming's Prime Steakhouse & Wine Bar. **FLEMING'S**

Because May 14 will be here before you know it!

By Rod Stafford Hagwood | South Florida Sun Sentinel

Do NOT put this off.

Mother's Day is Sunday, May 14, and you should know that reservations go very quickly at restaurants, so you need to get your act together.

But we got you. We've done some grunt work for you by curating a list of mater-licious special offers in Broward and Palm Beach county eateries.

All you have to do is narrow down what you think will appeal to the mom-to-be-honored, is geographically possible (yup, traffic could be an issue in SoFlo, even on a Sunday) and is in your price range.

Speaking of costs, keep in mind that the prices here do not reflect taxes, gratuities or service/delivery fees.

The Warehouse District

1500 and 1600 blocks of Elizabeth and Clare Avenues, West Palm Beach. thedistrictwpb.com.

On Sunday, May 14 The Warehouse District will host a Mother's Day Flower Pop Up from 11 a.m. – 4 p.m. where moms will get free sunflower bouquets and Isla & Co coffee. There will also be free valet parking starting at 11 a.m.

Chez Marie French Bistro
5030 Champion Blvd., Suite D3, Boca Raton; 561-997-0027; chezmariefrenchbistro.com.

On Mother's Day Chez Marie will be open from 11:30 a.m. to 4 p.m. and will offer a \$65 prix fixe three-course menu as well as a \$25 kid's

menu for children 10 year old and under. The regular menu will not be available. The Parisian-style brunch will include a choice of one dish from each course category:

■ Appetizer – French Onion Soup, Strawberry Almondine Salad, Salmon Gravlax, Pâté de Campagne or Escargots

■ Entrée – Crab Pear & Ricotta Quiche, Salmon Florentine Egg Benedict, Mediterranean Branzino, Sea Scallops, Duck aux Cerises, Roasted Lamb Shank or Steak & Egg (for an additional \$10)

■ Dessert – Strawberry & Vanilla Ice Cream Cake, Lavender Crème Brûlée, Chocolate Mousse, Chocolate Fondant or Apple Crumble

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TRAVEL



City of perfume, chocolate – and God

This city on the banks of the Rhine is home to Germany's greatest Gothic cathedral, its best collection of Roman artifacts, a world-class art museum and a healthy dose of urban playfulness. **4**

YOUR HEALTH

Why aren't doctors screening older Americans for anxiety? **7**

Dinosaurs come to life (kinda-sorta)

Robot replicants of Mesozoic creatures await at Museum of Discovery and Science

By Rod Stafford Hagwood
South Florida Sun Sentinel

Worried about AI? Puh-leeze. Robot dinosaurs, now that's scary.

OK, so they're not exaaaaactly Mesozoic Era androids, but they kind of look like that in "Expedition: Dinosaur," an exhibit that features life-sized and life-like animatronic dinosaurs with all the moves and sounds.

The immersive experience will be at the Museum of Discovery and Science (MODS) in Fort Lauderdale starting Friday, May 19, and stay through Monday, Sept. 4.

Is it awesome? You bet Jurassic it is. The traveling exhibit includes fun

Turn to Dinosaurs, Page 2



The Mesozoic Era will soon come to life at the Museum of Discovery and Science in downtown Fort Lauderdale with the "Expedition: Dinosaur" exhibit. **MUSEUM OF DISCOVERY AND SCIENCE**

Restaurants

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ARC Culinary

10250 NW 53rd St., Sunrise; 954-299-7515; exploretock.com/arculinary.

ARC Culinary is a catering company that's a part of ARC Broward, which helps children and adults with autism, Down syndrome and other developmental disabilities overcome problems with gaining employment. They will have a Mother's Day Brunch from noon to 2 p.m. in the Emeril Lagasse Foundation Innovation Kitchen (so-named because the celebrity chef/restaurateur made a large donation). Communal seating is \$70 per person and Chef's Table seating is \$85 per person. In addition to bottomless mimosas, the four-course meal will include:

- Vegan Fried French Toast with Berries
- Applewood Smoked Bacon & Vegetable Frittata
- Arc's Homemade Sweet Potato Waffle and Crispy Fried Chicken
- Prosecco and Grapefruit Granita

Cuba Libre Restaurant & Rum Bar

800 E. Las Olas Blvd., Fort Lauderdale; 954-314-6500; cubalibrerestaurant.com

Treat your loved ones to food specials available only on Mother's Day, from 11 a.m. to 10 p.m. The Mother's Day specials include:

- Start with Ensalada de Papas con Camarones, or potato salad with poached shrimp, fingerling potatoes, shaved radish, Bibb lettuce and avocado dressing (\$19.50).

- The entree is Trucha Rellena, blue crab-meat-stuffed rainbow trout, haricot vert and cremini mushroom salpicon with corn crema (\$32).
- New "Celebration Desserts" (for two or more) are topped with shooting sparklers and, on May 14, will have a "Happy Mother's Day" heart. The dessert options include a Baked Havana Ice Cream Tower (\$18) and a Salted Caramel Cake (\$17).

Max's Grille

404 Plaza Real, Boca Raton; 561-368-0080; maxsgrille.com

This Mizner Park restaurant will offer its full regular brunch menu as well as Mother's Day specials from 11 a.m. to 3 p.m. Mother's Day, including:

- Starter — Cauliflower Bisque (\$11)

- Entrees — Crab Omelet (\$23), Pistachio Crusted Goat Cheese Salad (\$21) and Lamb Burger (\$23)
- Daily catch — Dayboat Swordfish (\$39) and Rainbow Trout (\$29)
- Dessert — Carrot Cake with Cream Cheese Frosting, Whipped Cream and Caramel Sauce
- Max's usual \$5 brunch sips special will also be available with mimosas, bellinis, Bloody Marys or sangria.

Wild Sea on Las Olas

620 E. Las Olas Blvd., Fort Lauderdale; 954-467-2555; riversidehotel.com

This restaurant at The Riverside Hotel will offer Mother's Day menu items including:

- Brunch special — Eggs Thermidor (\$19)
- Dinner special — Baked Flute in Lobster Veloute (\$35)
- Dessert special (for brunch and dinner) — Almond Pavlova (\$10)

Serena Pastificio

301 Plaza Real, Boca Raton; 561-922-6699; serena-pastificio.com

This restaurant in Mizner Park — owned and operated by IPIC luxury

restaurant-and-movie theater brand — bills itself as "a refined dining experience rooted in traditional Italian cuisine." For Mother's Day, it will have a buffet from 11:30 a.m. to 3 p.m. for \$60 per adult and \$20 per child younger than 12.

Buffet — meats, cheeses, fruits, breads, pastas, classic brunch items, specialty dishes, carving stations, salads, sides, vegetables and Italians desserts (for a detailed menu, go to serena-pastificio.com/boca-raton-fl/menu/mothers-day) Mimosa Special — featuring a bottle of Prosecco with orange, blood orange, and grapefruit juices for \$40.

La Fuga at Kimpton Shorebreak Fort Lauderdale Beach Resort

2900 Riomar St., Fort Lauderdale; 954-908-7308; lafugarestaurant.com

Chef Michael Mayer will curate a special brunch menu for Mother's Day with Italian dishes and bottomless mimosas priced at \$65 per person. The offerings will include:

- Formaggi E Salumi — Assortment of cured meats and cheeses with oven-roasted tomatoes and sour-dough bread
- Bruschetta Bar — Traditional Bruschetta, a Tartare di Tonno with Yellowfin Tuna or Carpaccio with Angus Striploin
- Frittata Station — Frittata and fried eggs to order
- Pizza Bar — Specialty pies such as Prosciutto e Fichi topped with Pesto, Parma Ham, Fig, Pine Nuts, Goat Cheese and Rocket
- Pasta Station — Handmade pastas such as classic Tagliatelle al Ragù Bolognese in a house-made Bolognese Sauce
- Dessert Table — Pistachio and Chocolate Chip Cannoli or Tiramisu with Espresso Ladyfingers, Kahlua and Mascarpone Cream

Fleming's Prime Steakhouse & Wine Bar

401 E. Las Olas Blvd., Fort Lauderdale; 954-233-3327; flemingssteakhouse.com

All Fleming's eateries (including two in Miami-Dade County) will celebrate Mom with a three-course dining experience offered May 13 and 14 for \$85 per person.

For more information, go to flemingssteakhouse.com/promotions/mothers-day. All locations open at 11 a.m. both days. The full dinner menu and three-course children's menu will also be available.

The menu includes choice of salad to start; main entrée options of Filet Mignon with a choice of Crab-Stuffed Shrimp Scampi or Lobster Tail Scampi, and a dessert of either Chocolate Goey Butter Cake or New York Cheesecake.

Fleming's will also have a featured cocktail for \$16: The brand-new Scarlet Clover, made with Gray Whale Gin, Fino Sherry, lemon juice and strawberry.

Pavilion Grille

301 Yamato Road, Suite 1201, Boca Raton; 561-912-0000; paviliongrille.com

This four-story, indoor atrium restaurant in the lobby of the Seeman Holtz Building will serve a Mother's Day Brunch from 11:30 a.m. to 3:30 p.m. The cost is \$93.75 per adult and \$48.75 for children age 5 to 15 (free for those younger than 6). Reservations are to be pre-paid.

There will be six stations: Antipasto and Salad Station, Chef-Attended Omelette Station, Entrees Station (Penne a la Vodka, Eggplant Rollatini,

Chicken Marsala, Sweet-and-Sour Chicken, Vegetable Lo Mein, Bang Bang Salmon), Chef-Attended Carving Station (N.Y. Strip Steak, Honey Baked Ham, Plank Salmon), Breakfast Station and a Kids Station (Mac and Cheese, Chicken Tenders, Fries and Pancakes).

For dessert, there will be an Ice Cream Sundae Bar, a Viennese Sweet Treats Table and Fresh Fruit Display.

The Gardens Mall

3101 PGA Blvd., Palm Beach Gardens; thegardensmall.com

California Pizza Kitchen;

561-625-4682; thegardensmall.com/retailer/california-pizza-kitchen

P.F. Chang's China Bistro;

561-691-1610; thegardensmall.com/retailer/p-f-changs-china-bistro

California Pizza Kitchen and P.F. Chang's at The Gardens Mall will both have specials.

- California Pizza Kitchen will have heart-shaped pizzas with plain cheese starting at \$19.30.

- P.F. Chang's will have a Celebration Menu with a four-course meal and optional wine toast for \$60 (or \$50 without the wine).

The first course will have an option of a Chicken Lettuce Wrap, Dynamite Shrimp or Dumplings.

The second course will be a selection of Wonton Soup, Egg Drop Soup or Sweet-and-Sour Soup. The third course will include a choice of Fire-Braised Short Ribs, Sea Bass, Miso Salmon or Salt-and-Pepper Prawns. The fourth course includes The Great Wall of Chocolate or N.Y.-Style Cheesecake.

Lenore Nolan Ryan World Class Catering & Cooking School

3311 N. Ocean Blvd., Fort Lauderdale; 954-491-2340; LenoreNolanRyan.com

Chef Lenore Nolan Ryan will serve a Mother's Day Brunch from 10 a.m. to 2 p.m. on May 14. The special will start with free Ethereal Cream Biscuits and Marmalade Butter with Fruit and Berries.

The menu will include:

- Lenore's Shrimp Divan Jumbo Shrimp in a Seafood Sauce with Jasmine Rice (\$32)

- Braised Short Rib and Potato Gratin Benedict with a Poached Egg, Lemony Hollandaise, Red Wine Sauce and Crispy Onions (\$28)

- "Momelette" Asparagus French Omelet with Asparagus, Gruyere Cheese and Shallot Beurre Blanc (\$18)

- Classic Eggs Benedict with an English Muffin, Apple Smoked Ham, Perfect Poached Eggs and Lemony Hollandaise (\$25)

- Artichoke Flower Sauteed Spinach with Poached Egg, Roasted Tomatoes, Lemony Hollandaise and a Butter-fried Baguette (\$26)

- Maryland Crab Cake Benedict with Poached Eggs and Lemony Hollandaise Sauce (\$32)

- Strawberry French Toast Bake and Maple Syrup with Whipped Cream (\$18)

- French Quiche with Sauteed Leeks, Spinach, Gruyere Cheese, Thyme and Cream (\$22)

- Lenore's Salad of Artisan Greens, Fresh Berries, Creamery Goat Cheese and Caramelized Walnuts (\$18; add Grilled Chicken or Grilled Salmon for an additional \$10)

- Desserts — Key Lime Pie and a Dark Chocolate Flourless Torte (\$10 each)
- Unlimited Bubbles, Brunch Cocktails and Mocktails (\$25, or \$12 per glass)

Pistache

101 N. Clematis St., West Palm Beach; 561-833-5090; pistachewpb.com

Chef de cuisine Mike Burgio will create a three-course prix fixe menu for \$85 per person, to be served from 11 a.m. to 3 p.m. The menu will include:

Appetizers

- Watermelon Gazpacho with Avocado, Gulf Shrimp and Cilantro

- Chia Seed Parfait with Berry Compote, Fresh Berries and Chocolate Coconut Granola

- Baby Kale Salad with Strawberry, Goat Cheese, Sunflower Seeds, Shaved Fennel, Pecans and Raspberry Vinaigrette

- Salmon Tartare with Hand-Cut Salmon, Charred Pineapple, Cucumber, Avocado, Jalapeño, Key Lime Aioli and Taro Chips

Entrees

- Wild Mushroom and Truffle Quiche with Gruyere Summer Truffle and Petite Salad

- Crab Benedict with Sauteed Spinach, Sunny-Side-Up Egg, Grilled Sourdough and Charred Tomato Hollandaise

- Mahi Mahi with Truffled Corn Pudding, Confit Tomato, Zucchini, Pecorino Toscano and Basil Vinaigrette

- Seafood Roll with Maine Lobster, Gulf Shrimp, Old Bay Aioli, Butter Lettuce and Petite Arugula Salad

Desserts

- Key Lime Cheesecake
- Chocolate Fondant Cake with Vanilla Chantilly and Berry Compote

- Bread Pudding with Chocolate Sauce, Candied Almonds and Vanilla Ice Cream

Lewis Steakhouse

6390 Indiantown Road W., Suite 59, Jupiter; 561-277-9188; lewissteakhouse.com

From 4 to 9 p.m. on Mother's Day, this latest addition to the Okeechobee Steakhouse empire will offer executive chef Jamie Steinbrecher's 48-Hour Braised Prime Short Rib with Carbonara Risotto, Champagne Demi Glace and Black Summer Truffle for \$69.99 per person.

Medi Terra

301 Via De Palmas, No. 99, Boca Raton; 561-367-9779; mediterraboca.com

Usually Medi Terra is closed on Sundays, but father-and-son team of chef Michael Velicu and Daniel Velicu received so many requests for Mother's Day that they decided to not only open that Sunday, but also to honor moms with specials for both lunch and dinner service, from 1 to 9:30 p.m. The last dinner reservations will be at 7 p.m.

In addition to the regular a la carte menu, the Mother's Day specials will include:

- Yellowtail Snapper Fillet with Lemon Potatoes and Caramelized Carrots (\$48)

- Orata Meuniere with Potato Pavé and Haricots Verts (\$48)

- Duck Two Ways, with duck leg confit and Moulard duck breast (\$52)

- Corvina with Clams and Ginger Butter Beans (\$48)

- Each table of diners will receive a free assortment of bite-sized desserts during lunch and dinner service.

- Order bottomless Mimosas, Bloody Marys and Bellinis, for \$25 per person during lunch and dinner service.

Okeechobee Prime Meat Market

1959 Wabasso Drive, West Palm Beach; 561-570-7200; okeechobeeprime.com

Honor Mom at home with Okeechobee Prime Meat Market's to-go Mother's Day package that serves two people for \$159.99.

- Appetizer (choose one)

- Stuffed Mushrooms or Shrimp Cocktail

- Entree — Two 9-ounce Filets Mignons (raw), Okeechobee Steakhouse's signature Creamed Spinach and Housemade Mashed Potatoes

- Dessert (choose two servings) — Cheesecake and/or Chocolate Mousse

- Wine (choose one) — Okeechobee Cabernet Sauvignon or Okeechobee Chardonnay

Duffy's Sports Grill

Multiple locations in Palm Beach and Broward counties; DuffysMVP.com

On both May 13 and 14, all locations will have the following Mother's Day offerings: Crab-Stuffed Mushrooms (\$10.99), Surf & Turf (\$29.99) and Twin Tails (\$32.99).

And each mom will get a free glass of house wine — either Woodbridge chardonnay or cabernet.

Naked Crab Seafood Kitchen + Cocktail Bar

1140 Seabreeze Blvd., Fort Lauderdale; 954-564-1000; boceanresort.com/dining/naked-crab

This restaurant at the B Ocean Resort on Fort Lauderdale beach will have a Mother's Day Brunch Menu from noon to 3 p.m. May 14. Price: \$65 per adult and \$35 per child younger than 10. Order bottomless Mimosas with the B Bubbly Enhancement for an additional \$10.

The menu dishes and stations for the brunch will include:

- Charcuterie station — Italian Cold Meats, Prosciutto, Speck, Bresaola, Golden Manchego, Camembert, Assorted Artisan Breads and Preserves

- Golden Beet and Pear Salad — Watercress, Pistachio, Strawberry Condiment

- Burrata Caprice — Heirloom Tomatoes, Arugula

- Le Patisserie station — Croissants, Brioche, Danishes, Fruit Preserves

- Breakfast station — Fruits and Berries, Traditional Benedict, Applewood Smoked Bacon, Sausage, Hash Browns

- Omelet station — Regular and Egg Whites, Sauteed Mushrooms, Tomato, Spinach, Peppers, Onions, Ham, Bacon, Smoked Salmon, Mozzarella, Swiss and Cheddar

Dune by Laurent Tourondel

2200 N. Ocean Blvd., Fort Lauderdale; 754-900-4059; DuneByLT.com

Along with the regular menu, this oceanside restaurant located next to the Auberge Beach Residences and Spa will have Mother's Day specials during brunch from 11 a.m. to 3 p.m. and dinner from 5:30 to 9 p.m. The specials include:

- Key West Shrimp Salad with butter poached pink shrimp, avocado, ruby grapefruit emulsion, summer black truffle and Swank Farm's wild arugula (\$32)

- Blue Fin Tuna Crudo with seared foie gras and mango with yuzu miso dashi (\$32)

- Dune will give moms a free sweet treat.

Steak 954 and El Vez at the W Fort Lauderdale hotel

401 N. Fort Lauderdale Beach Blvd., Fort Lauderdale; Steak 954: 954-414-8333; steak954.com

El Vez: 954-414-8336; elvezftlauderdale.com

These two restaurants at the oceanfront resort W Fort Lauderdale will each have Mother's Day offerings.

- El Vez will offer The Bruschettas de Veiras dish, made with red chilis,

marinated shrimp and scallop skewers, creamy cornmeal and crispy bacon (\$26).

- Steak 954 will have a brunch with menu specials of Cherry Doughnut (\$8); Quiche Lorraine with bacon, gruyere, caramelized onion and petite greens (\$18); Shrimp Carpaccio with lime, radish and squid ink tuile (\$22); Black Bass "En Papillote" with a summer vegetable medley and basil (\$45); and Petite Snow Filet (\$125).

Café Boulud

301 Australian Ave., Palm Beach; 561-655-6060; cafeboulud.com/palmbeach

Executive chef Dieter Samijn and executive pastry chef Julie Franceschini are planning a three-course, prix fixe menu to honor mothers priced at \$155 per adult and \$75 for children younger than 12.

- Appetizer choices — Green Gazpacho, Pea and Mint Salad, Daniel's Green Asparagus Salad, Pacific Paradise Shrimp, Tuna Crudo and Hand-Cut Steak Tartare

- Entree choices — French Toast (topped with Crème Brûlée Chantilly and Fruits des Bois), Pan-Seared Lobster and Crab Cake with Poached Egg, Seared Diver Scallops, Turbot Roasted on the Bone, D'Artagnan Chicken and Prime Beef Striploin

- Dessert choices — Tarte au Chocolat, Lemon Cheesecake, Macaron à la Framboise and Chocolate Cake

- There will also be starter add-ons at market price: Half-Dozen Sweet Petite Oysters (\$39) and 50 grams of Antonius Oscieta Gold Caviar served on ice with Buckwheat Warm Blinis and traditional garnish (\$340).

Big Time Restaurant Group

Elisabetta's Ristorante, Bar & Pizzeria;

elisabettas.com
185 Banyan Blvd., West Palm Beach; 561-342-6699

32 E. Atlantic Ave., Delray Beach; 561-560-6699

Both of these chef-eponymous brands under the same food and beverage company will offer Mother's Day specials:

- Butterflied Yellowtail Snapper with Tomatoes, Chickpeas, Artichokes, Garlic, Chilis and Mint (\$40)

- Duck Confit Eggs Benedict with Toasted Artisan Sourdough, Poached Eggs and Hollandaise (\$23)

Le Colonial

601 East Atlantic Ave., Delray Beach; 561-566-1800; lecolonial.com

At this French-Vietnamese restaurant, executive chef Huy Hoang and national culinary director Hassan Obaye have come up with a special Mother's Day dish for both lunch and dinner service: Goi Ga, which is a Vietnamese salad that includes Lemongrass Poached Chicken, Grapefruit, C&B Farms Cabbage, Peanuts, Crispy Shallots and Sweet Chili Garlic Vinaigrette for \$16. The full menu will also be available.

Please note: Le Colonial has a dress code with no ball caps, jerseys, sweats, hoodies, sneakers, flip-flops, slides or sports sandals allowed. For more information, go to delray-beach.lecolonial.com/dresscode.

On Sundays, lunch is served from 11 a.m. to 4 p.m. and dinner from 5 to 10 p.m.

Dinosaurs

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interactive activities such as a digital sandbox, a paleontologist camp, fossil-viewing boxes, a Pangea puzzle, and a Dino Operation Game. There's even hands-on machinery that allows you to manipulate (and incubate) dinosaur eggs.

But there's also an educational angle. The display includes information on dino digestion, movement

and evolution, and details the lives and methods of fossil hunters from the 1800s until today.

"Our vision at MODS is to inspire visitors through innovative, experiential discovery," says Joseph P. Cox, the museum's president and CEO. "Fascination with prehistoric life never goes extinct, and 'Expedition: Dinosaur' provides the opportunity to explore and connect with these fossilized creatures from the past through today's technology and modern

Science, Technology, Engineering and Math (STEM) applications."

Are you a dino-fan? Then you'll want to know that the animatronic dinosaurs on display will include Albertosaurus, Young Amargasaurus, Carnotaurus, Dilophosaurus, Iguanodon, Pachycephalosaurus, Velociraptor, Stegosaurus and Triceratops.

IF YOU GO

What: "Expedition: Dinosaur!" exhibit
When: 10 a.m.-5 p.m.

Mondays-Saturdays and noon-5 p.m. Sundays, from May 19-Sept. 4

Where: Museum of Discovery and Science, 401 SW Second St., Fort Lauderdale

Cost: Included with museum admission, which is \$27 for adults, \$25 for seniors (65+); \$22 for children age 2-12, and \$24 for military (with ID). MODS members and infants (up to 23 months) are admitted for free.

Information: 954-467-6637; mods.org/exhibit/expedition-dinosaur



The "Expedition: Dinosaur" traveling exhibit includes life-sized animatronic dinosaurs and interactive learning experiences. **MUSEUM OF DISCOVERY AND SCIENCE**