

Keep your Spirits RAISED

IN 2021, RESOLVE TO REFRESH & RESTART



RAISE YOUR FEET

START THE NEW YEAR WITH SELF-CARE. KICK UP YOUR FEET AND REJUVENATE YOUR SENSES.

RECEIVE 10% OFF ALL SPA SERVICES AT SPA AT JW MARRIOTT CHICAGO WHEN YOU PRESENT YOUR RECEIPT FROM RAISED.

TO SCHEDULE YOUR LUXURIOUS SPA EXPERIENCE, CLICK [HERE](#).

RAISE YOUR EXPECTATIONS

EMBRACE WHAT MAKES CHICAGO YOUR HOME-SWEET-HOME WITH THESE RAISED-INSPIRED IDEAS:

- Become an urban gardener by adding fresh greenery to your home this winter
- Get your 10k steps in by exploring all the streets in your neighborhood
- Browse Spotify and discover music from Chicago artists
- Bundle up and support a local restaurant
- Admire the breathtaking city views from the Riverwalk
- Book a staycation at the Renaissance Chicago Downtown
- Snap a picture from our greenhouses at Raised and tag us @raisedbarchicago for the chance to be featured



RAISE YOUR GLASS

SUMMER IS A STATE OF MIND MOCKTAIL

1.5 oz seedlip grove
1 oz lemon juice
.75 oz guava puree
.5 oz ginger syrup
.25 oz simple syrup

GINGER SYRUP

2 tbsp fresh ginger
1 c simple syrup

1. To make the ginger syrup, steep fresh ginger in simmering simple syrup for 15 minutes. Strain and chill
2. Combine all mocktail ingredients and shake with ice. Strain into a Collins glass with fresh ice. Top with soda water. Make it fancy with a lemon wheel garnish
3. Looking for a boozy version? Add 1.5 oz blanco tequila!



RAISE THE BAR

SALMON FOR TWO

2 - 5 oz boneless skinless salmon fillets
1.5 lbs peeled and diced potatoes
1.5 lbs peeled baby carrots
2 tbsp olive oil
½ tsp granulated garlic
1 tsp Italian seasoning

LEMON DILL YOGURT SAUCE

3 oz plain unsweetened Greek yogurt
1 tsp fresh dill
1 tsp lemon zest
1 tbsp lemon juice

ADD A HEALTHY RECIPE TO YOUR ROUTINE

1. Preheat oven to 425 degrees
2. Place potatoes and carrots in a bowl. Mix with olive oil, granulated garlic and Italian seasoning. Add salt and pepper to taste
3. Spread out potatoes and carrots on a foiled or sprayed sheet tray, leaving room to add salmon later
4. Roast for 25 minutes
5. Season salmon on both sides with salt and pepper. Add to tray and cook for 10 minutes
6. Meanwhile, mix yogurt with fresh dill, lemon zest and lemon juice. Add salt and pepper to taste. Like it spicy? Chef recommends adding a few dashes of your favorite hot sauce
7. Time to eat! Plate your salmon and vegetables like a pro. Top with yogurt and enjoy!