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**Kyle's Protein Grill Giving Away Free Protein for National Protein Day**  
*Enjoy a complimentary premium protein when you purchase any 2-Protein Plate*

[Goleta, CA, Tuesday, February 18th, 2020] Brought to you by the creators of Kyle's Kitchen, *Kyle's Protein Grill*, is giving away a free protein for National Protein Day on Thursday, February 27th. Recently launched on February 12th and located next to Kyle's Kitchen in Goleta, Kyle's Protein Grill features three premium clean proteins as the star of the menu: Mary's Organic Free-Range Chicken, Harris Ranch Steak, and Impossible™ Meatballs. These proteins can be combined with chef-inspired sides to be served as "Proteins, Greens and Grains" plates, crafted into freshly prepared sandwiches on Kyle's housemade brioche baguettes, or added to a wide variety of freshly prepared salads. The Free Protein offer is valid on one of your proteins when you purchase any 2 Protein "Protein Greens and Grains" Plate.

The Proteins, Greens & Grains plates feature a customizable menu that allows guests to build their perfect plate with one or two proteins, a choice of two sides and one sauce. Each serving of protein is 5 ounces and the chicken and the steak are sliced fresh to order at the carving station. For the sides, guests can enjoy healthy options like Cauliflower Rice, Grilled Veggies, and Thai Peanut Slaw, or more indulgent options, like White Cheddar Mac & Cheese, Roasted Garlic Mashed Potatoes, and Penne Pesto Pasta. "The menu is all about balance, so you can choose to eat as healthy as you desire," says Bridget Dorsey, the restaurant manager.

Beyond the steak and chicken, Kyle's Protein Grill has created a delicious meatball recipe using Impossible™ plant-based meat. The meatballs are served one of two ways, tossed in extra virgin olive oil or in a marinara sauce. For people who haven't heard of Impossible™ meat, it is a combination of natural ingredients, but the trademark taste comes from "heme" — a molecule found in all living things that give meat its unmistakably meaty flavor. Impossible plant-based meat has all the protein and iron that beef does, but has 0mg cholesterol and no animal hormones.

"We are committed to sourcing and serving the highest quality proteins from companies who have committed to sustainability and animal welfare," says owner Jay Ferro on why he is choosing to feature top tier clean proteins like Mary's Organic Free-Range Chicken and Harris Ranch Steak on the menu. "In addition to being responsibly raised, with no hormones, the flavor and tenderness of these proteins can't be matched. They literally melt in your mouth!"

To highlight the premium proteins at Kyle's Protein Grill, they are giving away one free protein on National Protein day, February 27th. Kyle's Protein Grill is located next to Kyle's Kitchen in the Hollister Village Plaza, at 7000 Hollister Ave, Goleta, CA, with hours from 10:30 am - 9 pm daily. The new concept comes from the Ferro Family, owners of Kyle's Kitchen and Silvergreens. Kyle's Protein Grill will also offer online ordering and is great for catering. Visit the website: [www.kylesprotein grill.com](http://www.kylesprotein grill.com) for more information.

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