# OUR PHILOSOPHY

### We want to bring the world of wine to Wilmington.

While our list has a French preference, you will see most of the major (and many minor) wine growing regions of the world represented, from producers that we feel best showcase the varietal, terroir, vintage, or style.

Our wines are well researched to make sure that the producers hold the same ethos as we do: Treat your staff well, use the best possible ingredients, and give back to your community. While "organic" and "biodynamic" are good marketing buzzwords, each country's laws vary in what they mean, and the certification to have these logos on a label can be more than many small producers can afford, even if they are using the farming tenants for the label. Our wine list consists of wines that are not overly manipulated with chaptalization (sugar) or acidification, wines that do not rely on synthetic chemicals in the vineyard or winery.

We may not have every wine that you are used to seeing on lists, but then again, what's the fun in drinking the same thing over and over! We hope to introduce you to your new favorite. Our staff are all in some stage of their wine education. We hold multiple wine classes per month revolving around the beverage world. (Yes, public classes will be coming in 2026!) They will likely be very excited to talk about wine with you and tell you about some of the wines we have tasted as a team lately. If you have some real deep questions, they will tag in another one of our more seasoned (read: Old) sommeliers. Be warned: If you and I have a conversation, be prepared for either a very nerdy conversation about wine, some sort of tangent to Star Wars, or a terrible dad joke. I am capable of all 3, and, when the stars align, I can work all 3 into a single conversation.

Regardless of who comes to talk wine with you, our team has one goal for your wine experience. To bring you a wine that you will absolutely love. One that you want to take a picture of, so you remember it for next time. We are not here to be pushy. We don't want you to drink something that you don't want. Don't want you to spend more money than you are comfortable spending.

We are here to serve you.



"La vie est trop courte pour boire du mauvais vin" LIFE IS TOO SHORT TO DRINK BAD WINE



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# SOMETHING NEW TO TRY

Here is an opportunity for us to offer you more wines by the glass, to best pair with your experience. We also know that sometimes it's best to pair wines, not with your meal, but with your mood, and some of these wines are not meant to pair with anything but a good time because they are just ... fun! Life is too short to drink boring wine.

Sebastian Christophe, Fourchame 1er Cru, Chablis, Burgundy, France	2023	36
Domaine Sipp Mack, Grand Cru Rosacker, Alsace, France -Riesling	2015	37
Chateau Carbonniuex, Pessac Leognan, Bordeaux Blanc,	2022	55
France – Sauvignon Blanc		
Vigneau , Cuvée Silex, Vouvray Sec, Loire, France – Chenin Blanc	2023	19
Rudi Pichler, Smaraød, Kollmutz, Wachau, Austria – Gruner Veltliner	2023	52
Spazi, Tokaj, Hungary – Furmint	2024	14
Castellroig, Terroja de Sabate, Coca Penedes, Spain- Xarel-lo	2017	34
Poppelvej, Dead Ohio Sky, McLaren Vale, Australia - Mourvèdre Rose	2023	24
Domaine du Couvent, Les Quarante Ouvrees, Chambolle Musigny, Burgundy, FR	2016	65
Nicolas Potel, Pommard, Burgundy, France	2022	63
Verite, Le Joie, Sonoma, Calfiornia – Cabernet Sauvignon Blend	2011	65
Model Farm, Sonoma Mountain, Sonoma, California – Cabernet Sauvignon	2023	34
Chateau Lassegue, St. Emillion Grand Cru, Bordeaux, France	2019	50
Chateau Haut Batailley, Cinquièmes Crus, Bordeaux, France	2016	88
Alain Voge, Cornas, Rhone, France – Syrah	2021	69
Mas Martinet, Clos Martinet, Priorat, Spain - Grenache	2020	69
Mayela, Rioja Alavesa, Spain – Tempranillo	2024	20
Madonna Nera, Brunello di Montalcino, Tuscany, Italy – Sangiovese	2019	48
Travaglini, Gattinara, Piedmont, Italy – Nebbiolo	2021	32
Neal Family, Rutherford Dust, Napa Valley, California – Zinfandel	2022	37
Raul Perez, Ultreia, Saint Jacques, Bierzo, Spain – Godello	2022	19
Lopez Diaz, Ocampo, Tenerife, Canary Island, Portugal – Listan Negro	2022	32

### GUIDED FLIGHTS

Not sure what you want? Let us do the work. We'll pour 3 wines for you, each in 4 oz pours.

TROISIEMES DEUXIEME PREMIER \$40 \$80 \$120



# SPARKLING WINES

No wine, I think, has built such a mysterious lore around it, such as Champagne.

It has legends like Dom Perignon who supposedly invented champagne (spoiler alert: not true). It has a reputation of its bubbles causing headaches (OK...some truth to this). It has a price tag that takes it out of daily drinking consideration, so we look for less expensive alternatives, which there are MANY (thank goodness).

We use it for celebrations like birthdays, anniversaries, and weddings (usually accompanied by a poorly worded best man toast). We use it to bring in the New Year. It's smashed against the hull of a new ship (I don't understand this one - what a waste of champagne!). How did we all become convinced that champagne is only meant for celebration?

Champagne, and its many styles, and imitators, offer a wide range of complexity and styles that can be paired with so many different foods, and at every part of the meal. My absolute #1 favorite food and wine pairing that exists: Rose Champagne and Chicken and Waffles. Don't snicker, its truly amazing. The yeasty notes of champagne pair well with the sweet bready waffle, the raspberry and strawberry water notes bring out the notes of the chicken, and the bubbles compliment the crispy fried chicken skin. See! Now you want to try it, don't you?



#### A little vocab to help you navigate the next few pages:

**Brut:** About 95% of all champagne produced is labelled Brut. Most people believe that Brut equals Dry, but because of our determinate avoidance to sugar in wine, we subconsciously avoid making a correction. While wines labeled Brut, Extra Brut, and Brut Nature, are classically dry in style, that does not mean they do not have sugar. For the sake of the list, all sparkling wines listed are brut, unless otherwise noted.

**Non-Vintage (NV) versus Vintage:** Less than five percent of Champagne production carries a vintage date on account that vintage Champagne is only produced in great vintages. Vintage Champagne is a distinct expression of a given year, where non-vintage Champagne blends many vintages to fit the distinct expression of the Champagne house. Non-vintage Champagne is like listening to a recording of your favorite song; vintage Champagne is like listening to it live.

**Tete de Cuvee:** Almost every champagne house will release a "head" champagne, or their very best wine they can make, from the best grapes, from the best vineyards, and in the best years.

### SPARKLING WINES

FRANCE - CHAMPAGNE		
W.101.G.1 M. Haslinger et Fils	NV	96
W.102.1.1 Jacquart, Mosaique	NV	111
W.202.G.1 Nicolas Feuillatte, Reserve	NV	128
W.101.K.1 Laurent Perrier, La Cuvée	NV	132
W.101.K.1 Laurent Perrier, La Cuvée 375ml	NV	86
W.101.K.1 Laurent Perrier, La Cuvée 1.5L	NV	255
D.100.C.1 Aubry, 1er Cru	NV	124
W.100.A.1 Drappier	NV	142
W.100.E.1 Pierre Gimonnet et Fils, Cuis 1er Cru, Blanc de Blanc	NV	152
W.200.E.2 Jacquart, Blanc de Blanc	2016	158
W.300.DD.1 Bollinger, Special Cuvée	NV	234
FRANCE - CHAMPAGNE ROSÉ		
W.102.E.1 Jacquart, Mosiaque	NV	128
W.100.G.1 Ruinart	NV	245
W.101.K.1 Veuve Cliquot	2015	215
TETE DE CUVÉE		
W.201.C.1 Jacquart, Cuvée Alpha	2012	273
W.101.H.1 Jacquart, Cuvée e Alpha	2014	261
W.100.K.8 Taittinger, Compte de Champagnes	2013	397
W.200.H.8 Veuve Cliquot, La Grand Dame	2015	374
W.200.C.8 Bollinger, La Grand Annee	2015	439
W.200.G.8 Dom Perignon	2015	478
W.100.J.8 Krug, Grand Cuvée	172nd	497
TETE DE CUVÉE - ROSÉ		
W.200.F.8 Nicolas Feuillatte, Palmes d'or	NV	415
W.200.H.8 Veuve Cliquot, La Grand Dame	2015	429
FRANCE - CREMANT		
W.200.B.1 Le Berceau, Cremant de Limoux	NV	51
D.300.J.1 Veuve Amiot, Cremant de Loire	NV	56
W.500.A.1 Fort de Rauzan, Cremant de Bordeaux	NV	62
W.300.B.1 Domaine Sipp Mack, Cremant d'Alsace	NV	97
W.300.D.1 Pierre Richard, Perles d'Automne, Rosé, Cremant de Jura	NV	78

### SPARKLING WINES

SPAIN			
W.300.H.1	Roger Goulart, Coral, Rosé Cava, Penedes	NV	59
D.300.D.1	Bolet, Cava Rosé, Penedes	NV	62
W.201.H.1	Roger Goulart, Josep Valis Gran Reserva, Cava, Penedes	NV	74
ITALY			10.
	Ca del Bosco, Cuvée Prestigue, Franciacorta, Lombardy	71st	124
W.104.A.1	Lini 910, Lambrusco Rosato, Emilia Romagna	NV	117
W.202.A.1	Vigna Dorata, Saten, Franciacorta, Lombardy	NV	104
AUSTRAL	.IA		
W.200.A.1	Jansz, Tasmania	NV	79
W.300.I.1	Jansz, Rosé, Tasmania	NV	79
SOUTH A	FRICA		
W.300.F.1	Graham Beck, Cap Classique Rosé	2018	90
UNITED S	STATES		
W.200.D.1	Wolffer Estate, Noblesse Oblige Rosé	2019	107
	Hamptons, Long Island, New York		
W.202.B.1	Schramsburg, Rosé, Napa, California	2019	126
W.102.J.1	Gran Moraine, Rosé, Willamette Valley, Oregon	NV	161



"I only drink Champagne on two occassions, when I'm in love and when I am not."

COCO CHANEL



# CHARDONAY

For years there has been a movement in the wine world where wine drinkers will "Drink ABC" - Anything But Chardonnay. Offering a chardonnay is often met with resistance from anyone that does not like oaky and buttery wines. And there is nothing wrong with hating (or loving) an oaky buttery chardonnay. But not all chardonnays are built alike. It's like saying you don't like hamburgers, but love filet mignon. Both are beef, right? But they don't taste like each other.

Chardonnay, as a grape, is...pretty ... boring. On its own, it's fairly neutral in flavor. But what chardonnay does, perhaps better than any other white grape is showcase terroir, winemaker influence, or both! Want to nerd out? Ask us about Oenococcus oeni. From Chablis, which is all about chalky minerality (no oak influence, and no buttery notes) to the over-the-top Oaky Butter Bombs of California to anywhere in between, there is a chardonnay for every occasion. We promise you that even if you are someone that does not like buttery wines, there is a chardonnay for you.

Chardonnay's home is Burgundy, and Burgundy is complicated. It's like car racing meets *Star Wars* meets The Weather Channel — the names are confusing, the vineyards specific, and vintage can be a BIG deal. Then there's a vineyard classification system to get your head around.



**Chablis:** While it is considered Burgundy, it is SO different! Soil is totally different (and unique). There is almost no use of new oak. MLF is uncommon. We LOVE Chablis. And if you are in the ABC camp, this will change your mind.

**Côte de Nuits**: It's unlikely that we will have a chardonnay from the Nuits, as over 80% of the wine produced here is red. If we do have a wine from here, it's probably amazing beyond description.

**Côte de Beaune:** Some of the most famous (and expensive) examples of chardonnay in the world come from here. The Montrachet, Corton, and Charlemagne vineyards are historic and, I'll say it ... life changing.

**Côte Chalonnaise:** Like the Cote de Nuits, this is more focused on red wine production.

**Maconnais:** Totally underrated, but is gaining in reputation. There are 27 villages that are hyphenated Macon- so it can get a little confusing, but also the only wines that kind of tell you what part of Burgundy they are from. The most prestigious region here is Pouilly-Fuisse ... not to be confused with Pouilly-Fume, which is Sauvignon Blanc from the Loire. (French is hard.)

### CHARDONNAY

**Beaujolais:** Not a lot of chardonnay from here hits the market, but when it does, it's worth it.

**California:** Chardonnay came to fame here in 1976 (movie recommendation: *Bottle Shock*. RIP Alan Rickman) when a blind tasting of California Chardonnay and Cabernet Sauvignon versus their French Burgundy and Bordeaux counterparts resulted in California winning top place in both categories. There is a reason that California won. These are nothing short of amazing wines, albeit very, VERY different in style.

#### **BURGUNDY - CHABLIS** K.128.J.2 109 Louis Michel 2023 K.103.M.2 Dom de Vauroux, Montmains 1er Cru 2020 118 K.106.M.2 Sebastian Christophe, Fourchame ler Cru 2023 126 K.107.I.2 Domaine Fevre, Mont de Milieu ler Cru 2022 132 K.111.J.8 Domaine Laroche, Les Clos Grand Cru 2021 367 **BURGUNDY - COTE D'OR - COTE DE BEAUNE** K.136.M.3 Henri Latour, Les Vireuils, Mersault 2022 176 K.143.M.3 Nicolas Potel, Mersault 2023 245 K.110.J.3 Alain Chavy, Puligny Montrachet, 1er Cru Les Champs Gains 2022 276 **BURGUNDY - MACONNAIS** K.129.M.2 Domaine des Granges, Macon-Village 2023 62 K.129.J.3 Andre Bonhomme, Vire Clesse 2023 86 K.142.J.3 Dom. Guillaume Curveux, Les Vigne Blanches ler Cru, Pouilly Fuisse 2023 114 **BURGUNDY - BEAUJOLAIS** 2022 K.130.J.2 Arnaud Combeir 90 **UNITED STATES - CALIFORNIA** K.142.J. Alta Heights 2023 68 W.101.E.3 Au Bon Climat, Santa Barbara 2023 74 90 K.129.M.3 Model Farm, Staiger Vineyard, Sonoma Mountain, Sonoma 2023 D.129.K.3 Hartford Court, Seascape Vineyard, West Sonoma Coast 2021 152 K.143.J.3 Kistler, Les Noisetiers, Russian River Valley, Sonoma 2023 167 K.108.I.3 Salus, by Staglin, Napa Valley 2023 170 SOUTHERN HEMISPHERE K.141.M.3 Vasse Felix, Margaret River, Australia 2020 86

2022

107

W.202.F.3 Capensis Silene, Stellenbosch, South Africa

# RESLING

The best Rieslings on the planet are from Germany (sorry France). Although ... Alsace was one part of Germany, which is why the wines made there are very similar to Germany. So maybe they are tied. Records show that Riesling has been growing in Germany since 1435, so they have had some practice. About 40% of global production comes from Germany, so you might as well stop trying to avoid it. German wines have a lot of words on the label, and therefore, in the name. It would be irresponsible to leave out some of the terms we run into on German bottles.



**Trocken:** This means the wine is dry, but that does not mean that there is no sugar. A Trocken Riesling can have as much as nine grams per liter if the acidity level of the wine is sufficiently high.

**Grosses Gewächs:** A Grosses Gewächs is a Trocken wine from a VDP.GROSSE LAGE<sup>®</sup>. These wines are generally referred to and labeled "GG". If there's a GG on the list, it's going to be a bit of splurge.

For some reason, society has a hang-up about sugar in their wine. It makes about as much sense as objecting to salt in your food. Sugar is:

A flavor accelerator

In just about everything we eat and drink

In the wine world, we measure residual sugar in grams per liter (g/l). And while you might not be drinking an entire liter of any of these liquids, these statistics paint a picture:

Most people wouldn't call a Gin & Tonic sweet because the sugar is counterbalanced by the lime squeeze and the bitterness of the tonic. It's the same in wine: sugar is counterbalanced by acidity. Just because there is sugar in wine dosen't mean it's going to be perceived as sweet.

America's best-selling Chardonnay since 1992 has around 11 g/l residual sugar, or about 3 teaspoons, and we're pretty sure most of the people drinking it don't consider it a sweet wine. If the word "dry" was never used to describe wine, the world would be a better place.



### RIESLING

FRANCE -	ALSACE			
K.132.J.2	Domaine Weinbach	2023	97	
K.138.E.2	Domaine Sipp Mack, Grand Cru Osterberg	2016	135	
K.134.F.2	Domaine Sipp Mack, Grand Cru Rosacker	2015	125	
K.300.RR.8	8 Trimbach, Clos Ste Hune, 100th Anniversary	2019	998	
K.111.M.2	Trimbach, Cuvee Frederic Emile	2014	213	
GERMANY	- PFALZ			
K.113.L.2	Von Winning, Winnings	2024	66	
K.133.L.2	Odinstal	2019	89	
GERMANY	' - RHEINHESSEN			
WEINGUT I	(ELLER COLLECTION			
K.300.DD.8	Dalsheimer Hubacker Oberer, Monopol, Grosses Gewächs	2023	598	
K.300.GG.8	B Westhofener Kirchspiel, Grosses Gewächs	2023	610	
K.300.FF.8	Westhofener Brunnenhauschen Abts Erde, Grosses Gewächs	2023	825	
K.300.EE.8	Westhofener Morstein, Grosses Gewächs	2023	1200	
	Westhofener Morstein, Grosses Gewächs G-Max, Trocken	2023 2023	1200 Price Nego	otiable
	*			otiable
	G-Max, Trocken			otiable
K.300.ZZ.8	G-Max, Trocken			otiable
K.300.ZZ.8	G-Max, Trocken  7 - MOSEL	2023	Price Nego	otiable
K.300.ZZ.8  GERMANY D.300.I.2	G-Max, Trocken  7 - MOSEL  Dr Thanisch, Bernkasteler Badestube	2023 2022	Price Nego	otiable
K.300.ZZ.8  GERMANY D.300.I.2	G-Max, Trocken  7 - MOSEL  Dr Thanisch, Bernkasteler Badestube  Stefan Muller, Alte Reben	2023 2022	Price Nego	otiable
K.300.ZZ.8  GERMANY D.300.I.2  K.135.F.2	G-Max, Trocken  7 - MOSEL  Dr Thanisch, Bernkasteler Badestube  Stefan Muller, Alte Reben	2023 2022	Price Nego	otiable
GERMANY D.300.I.2 K.135.F.2 GERMANY K.105.J.2	G-Max, Trocken  7 - MOSEL  Dr Thanisch, Bernkasteler Badestube  Stefan Muller, Alte Reben  7 - NAHE  Donnhoff, Troken	2023 2022 2023	Price Nego 58 88	otiable
GERMANY D.300.I.2 K.135.F.2 GERMANY K.105.J.2 UNITED S	G-Max, Trocken  7 - MOSEL  Dr Thanisch, Bernkasteler Badestube  Stefan Muller, Alte Reben  7 - NAHE  Donnhoff, Troken	2023 2022 2023 2024	Price Nego 58 88 78	otiable
GERMANY D.300.I.2 K.135.F.2 GERMANY K.105.J.2	G-Max, Trocken  7 - MOSEL  Dr Thanisch, Bernkasteler Badestube  Stefan Muller, Alte Reben  7 - NAHE  Donnhoff, Troken	2023 2022 2023	Price Nego 58 88	otiable
GERMANY D.300.I.2 K.135.F.2  GERMANY K.105.J.2  UNITED S W.102.D.2	G-Max, Trocken  7 - MOSEL Dr Thanisch, Bernkasteler Badestube Stefan Muller, Alte Reben  7 - NAHE Donnhoff, Troken  TATES Lamoreaux Landing, Round Rock, Finger Lakes, New York	2023 2022 2023 2024	Price Nego 58 88 78	otiable
GERMANY D.300.I.2 K.135.F.2 GERMANY K.105.J.2 UNITED S	G-Max, Trocken  7 - MOSEL Dr Thanisch, Bernkasteler Badestube Stefan Muller, Alte Reben  7 - NAHE Donnhoff, Troken  TATES Lamoreaux Landing, Round Rock, Finger Lakes, New York	2023 2022 2023 2024	Price Nego 58 88 78	otiable

# SAUVIGNON BLANC

Sauvignon Blanc in France is stylistically nuanced and tethered to specific geography with the potential of being really expensive, especially from France.

**Pouilly-fume:** Jump in the Wayback Machine and land in a restaurant in the 70's or 80's, you won't hear people asking for Sauvignon Blanc, but rather Pouilly-Fumé.



**Sancerre:** The other Sauvignon Blanc star of the Loire is Sancerre. It's just across the river from Pouilly-Fumé, but if there's one thing we know about wine is that it doesn't take much of a relocation to change the flavor game. Sancerre is like spring – bright and approachable in its youth, Pouilly Fume like summer – you have to wait for it to be ready, with a more dominant minerality.

**New Zealand:** New Zealand Sauvignon Blanc is almost uniformly loud, brash, and boisterous. Cover your eyes and grab one off the shelf, and you're going to get something reasonably priced and exactly what you have come to expect New Zealand. Lots of grapefruit, citrus, green pepper, and grass.

**Bordeaux:** Sauvignon Blanc and Sémillon blends —are the Captain Kirk and Mr. Spock of white blends. Spock is Sauvignon Blanc — direct, steely, linear — a necessary foil to Kirk's Sémillon—bold and contradictory, with a charismatic gravity that commands the room.

With the popularity, drinkability, and ease of growing, Sauvignon Blanc has begun to popup all over the world with new plantings. We will always try to have some new and fun places for you, and these up-and-coming regions often offer great value!

The rest of the Loire Valley: While Sauvignon Blanc is the undisputed heavy weight champion of the Loire Valley, there are a few other grapes and regions that we think deserve some attention.

**Chenin Blanc:** Chenin is a grape that deftly expresses everything from mouth-blowingly (we think this is a word, and if it's not, it should be) dramatic acidity to mouth-coating dessert wine. It's also a grape where people that write wine lists can blather on and on about ad nauseum. Chenin Blanc has that effect. Especially as you drink it, which I am doing right now while writing this. Chenin is starting to pop up in other parts of the world, most notably, South Africa, but California is making some killer wines too. Basically, if someone outside France or South Africa is making Chenin Blanc, its probably worth trying.

### SAUVIGNON BLANC

**Melon de Bourgogne:** Became the predominant grape in the area around the city of Nantes, and it came to be known as Muscadet. While most of French wine is named after its geography, the appellation of Muscadet got its name from (we're told) its musk-like taste? (Must sound better in French.) No matter how you slice it, it's terrible marketing. A grape called Melon, but we just call it Muscadet—which often ends up being confused with Muscat, which is arguably the polar opposite of Melon.

FRANCE	- LOIRE		
K.114.J.2	Domaine de la Potine, Touraine	2023	54
K.139.F.2	Domaine Fournier Pere et Fils, Deux Cailloux, Pouilly Fume	2023	93
K.118.J.2	Domaine de BelAir, Pouilly Fume	2024	79
K.107.J.2	Serge Dagueneau, Les Pentes, Pouilly Fume	2023	84
K.131.J.2	Jean Marcet Mathieu Crochet, Sancerre	2024	77
K.107.J.2	Kevin et Karine Lauverjat, Sancerre	2024	82
K.133.J.2	Patrick Noel, Sancerre	2023	98
K.121.AC.	Domaine Fournier Pere et Fils, Grand Cuvée, Sancerre	2022	111
FRANCE	- BORDEAUX		
K.130.L.3	Chateau Carbonniuex, Pessac Leognan	2022	158
FRANCE	- BURGUNDY		
K.106.I.2	Bailly Lapierre, Saint Bris	2023	62
NEW ZEA	LAND		
W.201.A.2	Hans Grely, Marlborough	2023	50
W.OF.2	Spyy Valley, Marlborough	2024	58
W.201.F.2	Auntsfield, Marlborough	2024	74
UNITED S	STATES - CALIFORNIA		
W.201.G.2	Bedrock, Sonoma	2024	82
W.102.K.2	Frog's Leap, Rutherford, Napa Valley	2024	89
W.102.G.2	Alma de Cattleya, Sonoma	2024	79
W.201.D.2	Trione River Road Ranch, Russian River, Sonoma	2023	85
MEXICO			
	M . V . W . V . I C . I . V II . B . C . C	0000	00
K.111.A.2	Monte Xanic, Vina Kristel, Guadalupe Valley, Baja California	2023	82

### THE REST OF THE LOIRE

#### **CHENIN BLANC**

K.102.L.3 K.131.J.3	Domaine de la Petite Roche, Anjou, Loire, France Vigneau , Cuvée Silex, Vouvray Sec, Loire, France	2024 2023	54 78
W.102.H.3	Remhoogte, Honeybunch, Stellenbosch, South Africa	2023	83
K.112.J.2	Testalonga, Keep on Punching, Swartland, South Africa	2023	70
D.300.K.2	Matanzas Creek, California	2024	56
MELON B	aka MUSCADET		
K.129.M.2	Jean Pascal Aubron, Cuvee Elegance, Muscadet, France	2024	52

# GRÜNER VELTLINER

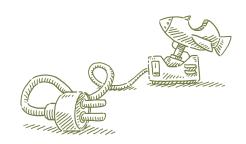
It's Austria's grape. All the science leads us to believe that it was born in the area of Niederösterreich. A third of Austria's vineyards are planted to Grüner. The adoration of Grüner by wine professionals back in the late 90s brought the wine into restaurants around the world. Grüner Veltliner has the (deserved) reputation of being a great wine to have when pairing traditionally difficult foods. If we are dealing with asparagus, broccoli, or brussels sprouts, Grüner is in the conversation.

K.105.M.2	Rudi Pichler, Smaragd, Kollmutz, Wachau	2023	149
K.137.M.2	Prager, Federspeil, Hinter Derburg, Wachau	2023	118
K.117.J.2	Pfaffl, Vom Haus, Niederostereich	2022	66
W.102.D.2	Loimer, Lois, Niederostereich	2022	58

# GRAPES ISLAND OF MISSIT <del>TOUS</del>

Sometimes, we don't have a good category to place certain wines. While hard to categorize, we think these wines are spectacular. Curious about them? Let's talk! We love to share our passion with the world! We have priced them low, so that you don't have to take a big risk trying something new. Also, we did not make the wines, so if you decide to give it a try, and don't love it, you won't hurt our feelings, we will find a wine that is exactly what you are looking for. We promise that no wine goes to waste ... we will drink it! (Except Torrontes.)

K.107.M.4	Oremus, Mandolas, Tokaj, Hungary – Furmint	2021	119
K.113.J.3	Chateau Pegau, Lone, Cotes du Rhone, France - Grenache Blanc	2023	67
K.119.A.	Alex Gambal, Bourgogne Aligote, Burgundy, France - Aligote	2022	71
W.101.D.5	Saint K, Flower Bomb, Paso Robles, California – Malvasia Bianco	2023	66
K.129.E.2	Domaine Sipp Mack, Pinot Blanc Tradition,	2022	74
	Alsace, France - Pinot Blanc		
K.117.L.2	Spazi, Tokaj, Hungary - Furmint	2024	54
W.201.D.3	Pasaeli, Blanc de Noir, Agean, Turkey - Calkarasi	2024	<b>5</b> 3
K.110.M.3	Jean Vullien et Fils, Savoie, France – Jacquere	2024	50
K.142.M.2	Tilia, La Salta, Argentina – Torrontes	2024	49
K.110.I.2	Chateau Bouscasse, Les Jardin Philosophiques,		
	Pacherenc du Vic-Bilh, France - Petit Manseng/Petit Courbou	2018	49
K.300.RR.2	2 Lionel Osmon et Cie, Villa Chambre d'Amour,	2023	48
	Gros Mensang/ Sauvignon Blanc		



# ALBARIÑO & SPANISH WHITES

Spain offers a lot of variety in their white wines, significantly more than their reds. As much as we would love to lump them into one flavor category, each grape and region is unique. Pick our brains! We love these wines and will help you find the right one for you.

K.120.AF.2	Chan de Rosas, Rias Baixas - Albariño	2023	78
K.106.A.2	Martin Codax, Rias Baixas - Albariño	2023	60
K.128.A.2	La Cana, Rias Baixas – Albariño	2023	69
K.109.M.4	Marques de Tomares, Rioja, Crianza- Viura	2020	66
D.111.D.	Bideona, Las Parcelas,Rioja Alavesa – Viura	2021	82
K.120.AG.2	Forlong, Jerez – Palamino / Pedro Ximinez	2024	63
K.140.M.3	Castellroig, Terroja de Sabate, Coca Penedes - Xarel-lo	2017	109
W.101.C.2	Amextoi, Tetariako Txokolina – Handarrabi Zuri	2024	65
K.108.A.	Sobre Margas Arcillosas, Vino Atlantico,	2022	71
	Txakoli - Hondarrabi Zerratia		



Where to place rosé wines in the flow of a wine list all depends on so many factors. Do we place this group of wines early in the list, as rosé if often drank early in the meal? Do we place it between white and red wine sections, since the color is kind of halfway between? Perhaps we put the rosé in the same category as the grape varietal that they are made from. But no one would look at the Cabernet Franc section for a rosé ... we don't think.

We took a more practical (albeit lazy) approach. This page had empty space that needed filling. That being said, rosé is anything but wine list filler. It can offer simplicity or extreme complexity. Depending on the grape (or grapes) used in its production, the style of production being used (eg: saignee), the region it's from, or the vintage.... rosé can, and should, be drank all year long, and has a place in all parts of a meal.

W.101.I.1	Poppelvej, Dead Ohio Sky, McLaren Vale, Australia – Mourvèdre	2023	83
W.101.A.1	Bedrock, Ode to LuLu, Sonoma, California - Mourvèdre	2024	71
K.113.K.1	Lionel Osmin, La Vie en Rosé, Comte Tolosan, France - Négrette	2024	45
L.114.M.1	Bargemone, Coteau d'Aix-en-Provence, France -	2024	58
	Grenache/Cabernet Sauvignon/Cinsault/Syrah/Sauvignon Blanc		
K.120.AD.7	Domaine Tempier, Bandol, France - Mourvèdre/Grenache/Cinsault	2022	140

# ITALIAN WHITES

There is more to Italy than Pinot Grigio. Italy is home to over 200 indigenous varietals, trying to catalog all of them can be a lifetime pursuit of frustration. Each one is unique, can change dramatically vintage to vintage, and, most frustratingly, change names from town to town. With a list of grape varietals as long as a CVS receipt, it's easy to get lost. We have done the work of narrowing it down a bit for you, with some of our favorite wines, but if you are still not sure what to go with:

If you are a **chardonnay** drinker, try **Cortese**.

If you like Sauvignon Blanc? Check out Ischia Bianco.

Want something different that will excite the wine nerds around you? **Muller Thurgau** will draw some attention.

If **Pinot Grigio** is your jam, but you are ready to branch out ... **Verdicchio** Rocks! (Shameless Metalica pun.)

K.102.J.8	Tiefenbrunner, Feldmarshal von Fenner,	2022	152
	Suditrol - Muller Thurgau		
K.116.J.2	Casa d'Ambra, Leninfe, Ischia, Campania,	NV	78
	Falanghina/Malvasia di Candia/Greco/Trebbiano		
K.101.K.2	Cá de Fratti, Lugana – Trebbiano	2024	71
K.118.M.2	Mastroberardino, Campania - Falanghina	2023	63
W.101.H.2	Casa d'Ambra, Ischia, Campania – Biancolella / Forastera	NV	67
W.102.A.2	Colpaola, Verdicchio di Matelica, Marches – Verdicchio	2024	62
K.111.I.3	Villa Sparina, Gavi, Piedmont, Italy – Cortese	2024	58

# PINOTROIR

As mentioned in the Chardonnay page: Burgundy is complicated. It's like car racing meets Star Wars meets The Weather Channel—the names are confusing, the vineyards specific ... wait we already said all this.

Geographically speaking, the Grands Crus of Burgundy are the epitome of Pinot Noir. They are not common, nor the wines cheap.

Also geographically speaking, the Premiers Crus (1er Crus) are damn fine Pinot Noirs — sometimes every bit as good as any Grand Cru, usually more affordable (relatively speaking), and easier to find.

Also, also geographically speaking, wines labeled with the broader Village name are often classic expressions of the vintage, village, and producer. The other half of wines made in Burgundy are labeled simply Bourgogne. Since Burgundy's charm is in its terroir, we focus on village level and up.

Great Wine. Inexpensive. From Burgundy. You can pick 2 of the above, I don't think there is a wine that exhibits all 3.

Partially due to real estate costs, in addition to worldwide supply and demand, and topped off with the Napoleonic Code of 1804, Burgundy is not known for its value Pinot Noirs. We want wine to be affordable so that we can drink it ... Burgundy does not help our cause. With this in mind: we have found some amazing (truly amazing) Pinot Noirs from around the world.



**Côte de Nuits:** Is where we find the highest concentration of Grand cru Vineyards. (Twenty-four of the thirty-three to be exact.) And the large majority of wine production is Pinot Noir. And expensive. But when you are the best of a thing, it makes sense that you are the most expensive of a thing. FYI the most expensive single bottle EVER sold at auction came from the Côte de Nuits.

**Côte de Beaune:** Unlike the other parts of Burgundy where a single grape dominates the narrative, Pinot Noir and Chardonnay share the crown in the Côte de Beaune. Except for Volnay, you'll find both red and white wine coming from every village of the Côte de Beaune.

**Côte Chalonnaise:** Is grossly underestimated. Here is where we find the best "value" in Burgundy. Rully is growing in quality faster than they are growing in price. This is a region that we are continuing to focus on bringing more of these wines in, but so is the rest of the county, so supply is low. You won't find Grand Cru Vineyards in the Côte Chalonnaise, but you will find artists creating wines that belong in the gallery of Burgundy.

### PINOT NOIR

BURGUNDY - CÔTE DE NUITS					
D.108.K.4	Pierre Gelin, Fixin	2021	158		
K.134.J.4	Domaine Louis Boillot, Gevrey Chambertin	2023	167		
D.102.B.4	Michel Magnien, Morey Saint Denis, 1er Cru Climats d'Or	2023	249		
D.107.K.4	Michel Magnien, Morey Saint Denis, 1er Cru Climats d'Or	2022	267		
K.122.C.4	Michel Magnien, Morey Saint Denis, 1er Cru Climats d'Or	2021	259		
K.140.J.4	Domaine du Couvent, Les Quarante Ouvrees, Chambolle Musigny	2023	225		
K.124.A.4	Domaine du Couvent, Les Quarante Ouvrees, Chambolle Musigny	2022	225		
D.106.A.4	Domaine du Couvent, Les Quarante Ouvrees, Chambolle Musigny	2017	240		
D.109.I.4	Domaine du Couvent, Les Quarante Ouvrees, Chambolle Musigny	2016	238		
D.104.D.4	Jean Grivot, Echezeaux Grand Cru, Vosne Romanee	2022	Negotiable		
D.112.I.9	Domaine du Couvent, Les Barreaux, Vosne Romanee	2023	345		
BURGUN	DY - CÔTE DE BEAUNE				
D.105.J.4	Tollot Beaut, Aloxe Corton	2022	99		
D.110.L.4	Nicolas Potel, Pommard	2022	179		
D.107.G.4	Dom Billard Pere et Fils, Pommard	2022	123		
D.108.I.4	Dubreuil-Fontaine, Pommard	2023	191		
D.101.K.4	Nicolas Potel, Robardelle 1er Cru, Volnay	2022	219		
D.109.I.4	Alex Gambal, Chorey les Beaunes	2022	111		
K.103.J.4	Florent Garaudet, Monthelie Villes Vignes	2022	95		
	^				
	DY - CÔTE CHALLONAISE				
K.101.I.4	Jacqueson, Preaux 1er Cru, Rully	2023	100		
D.300.J.	Vignerons de Buxy, Mercurey	2023	78		
LOIRE VA	LLEY AND ALSACE				
K.137.J.4	Domaine Amelie & Charles Sparr, Jardin d'Eden, Alsace	2022	137		
D.300.G.4	·	2023	62		
D.103.G.4	Domaine Girault, Sancerre, Loire	2022	79		
UNITED STATES - CALIFORNIA					
D.107.C.5	Fess Parker, Ashley's Vineyard, Sta. Rita Hills	2023	134		
D.300.D.5	Alta Heights	2023	68		
D.203.AA.5	6 Omen, Petaluma Gap, Sonoma	2023	65		
D.107.I.5	Kosta Browne, Sonoma Coast	2022	218		
D.102.G.5	DuMol, Wester Reach, Sonoma	2022	185		
D.103.L.5	Hartford Court, Velvet Sisters, Anderson Valley	2023	173		
D.108.A.5	Kistler, Sonoma Coast	2023	167		
D.218.A.5	Bouchaine, Swan Vineyard, Carneros	2022	161		

### PINOT NOIR

### **UNITED STATES - OREGON**

K.120.AC.5 K.131.A.5 D.211.AJ.5	Trisaetum, Ribbon Ridge, Willamette Valley Sokol Blosser, Kalia Vineyard, Yamhill Carlton, Willamette Valley Lemelson, Willamette Valley	2022 2022 2023	125 119 78	
SOUTH A				
K.114.J.5	Ann Faure, Stellenbosch	2024	66	
K.144.J.5	Thorne and Daughters, Copper Pot, Cape South Coast	2023	82	
NEW ZEALAND				
K.135.J.5	Auntsfield, Southern Valleys, Marlborough	2023	93	



"Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine."

JOAN COLLINS



# BEAUJOLAIS

Is Beaujolais considered part of Burgundy or not? Absolutely, yes. Even though Philip the Bold, Duke of Burgundy in the late 1300s reach ended at the northern end of Beaujolais, old maps clearly have Beaujolais included in Burgundy, and they have been legally allowed to label their wine Bourgogne since 1937. Philip the Bold had a general distaste for Gamay and ordered that all Gamay vines ripped out of the Burgundy vineyards. But since his influence did not extend into Beaujolais, they never got the memo. Gamay survived and thrived in the hills of Beaujolais. There are some things that set it apart from the rest of Burgundy, besides the grape:

**First: Hills.** Unlike the gentle slopes of the Côte d'Or, Beaujolais is all hills. In fact, most of the Crus of Beaujolais are inhospitable to mechanized farming, so you have farmers tending to their vines with their hands and not their tractors.

**Second: History.** Burgundy's classification was the result of centuries of monastic viticulture with a hyperfocus on specific sites. The Cru system in Beaujolais isn't even a century old. It was established in 1936 but has been updated as recently as 2023. They are now beginning to label some vineyards as Premier Cru! We can't wait for these to hit the market!

**Third: Horticulture.** (OK, technically its viticulture when talking about grapes, but we like alliteration.) The origin of the natural wine movement: Beaujolais. Also, the crazy partitioning of vineyards that made Burgundy an insanity tapestry of ownership didn't happen in Beaujolais, so it's more common to have families living on the properties they farm.

Of all the gross/brilliant marketing transgressions in the history of wine, perhaps none has done more to muddy the understanding of a region than the promotion of Beaujolais Nouveau.



**Beaujolais Nouveau:** Was once a simple celebration of harvest — a local tradition that involved rolling barrels of barely fermented grape juice to the bistros of Lyon to consume in excess as a reward for a job well done. This practice eventually spread from the bistros in Lyon to the restaurants of Paris, where producers became increasingly clever in their methods of delivering their wine to the glasses of thirsty Parisians. Delivery methods like motorcycle sidecars, hot air balloons, and the backs of elephants. Beaujolais Nouveau is released on the third Thursday in November, and (in our opinion) not to be drank after Thanksgiving Day.

K.120.AG.	Chateau Moulin Favre, La Centenaire, Julienas	2023	104
K.136.J.4	Vieux Bourg, Morgon Cote du Py	2021	97
D.213.AC.	Chateau de Pizay, Morgon	2023	74
D.300.F.4	Domaine de Vavril, Cote de Brouilly	2023	62
K.138.J.4	Mary Taylor, Valencay, Loire, France - Gamay/Pinot Noir/Cot	2023	54

# THE BORDEAUX FAMILY

We have strong feelings about Bordeaux. Not only as a region, a wine, and a political discussion, an exercise of stubbornness and ego, a lesson in supply and demand economics, and (in reference to a 2004 movie) pop culture.

In Bordeaux you will find pedigree and opulence—a classification system that is almost 170 years-old (and FLAWED ... just get us drinking and we will go down that rabbit hole together!) coupled with grand estates producing single bottles that fetch prices exceeding most monthly mortgages. But they also produce on average seven-hundred million bottles a year, with a wide range of quality and price tags. And echoing the Burgundy theme of geography, here's the least you should know.

Bordeaux is bisected by the Gironde River, and the wine world uses the shorthand of Right Bank versus Left Bank. The Left Bank of Bordeaux is really the west side of the river — and again, the idea of a riverbank is a bit misguided. The land around the communes of Pauillac, Margaux, Saint-Estèphe, and Saint-Julien were just marshes until Dutch engineers came along in the 17th century and helped the French drain the area, exposing gravelly dirt suitable for vineyards. Gravel means good drainage, and Cabernet Sauvignon loves well-draining soil; so many of the wines are based on Cabernet Sauvignon. The Right Bank of Bordeaux, on the east side, and inside of the meandering river, is mostly composed of clay soil, which retains more moisture than its gravel counterpart, and is a great place for Merlot to grow.

Many right bank wines consist of a high percentage, if not entirely Merlot. Many of the Left Bank wines are on the expensive side—this is where all the Châteaux of the 1855 classification (commissioned by Emperor Napoleon the Third for the World's Fair in Paris) are located. There are only sixty-one classified Château, divided into five levels, that for some reason we call "Growths". You will not likely see a First-Growth wine on this list beacuse they are increasingly hard to find considering they are sold as "futures" and there is some importing moratorium with wine futures at the moment (another rabbit hole).

Bordeaux wines are (almost) always a blend of grapes. We refer to these wines as the "Bordeaux Family" not only due to their inclusion in the blends, but also because they are all related (save for one). Cabernet Franc is a "parent" to Cabernet Sauvignon (with Sauvignon Blanc as the other), Merlot, Malbec, and Carménère. The only adopted member of the family is Petit Verdot. Like most children, they all share some similarities with each other but have their own personalities.

While we are on this topic. There is a lot of undeserved hate for Merlot (THANKS, Paul Giamatti!!). Some of the best wines I have ever had have been merlot. But in all honesty, some of the worst I have had, have also been merlot.

### THE BORDEAUX FAMILY

THE LEFT	BANK		
D.102.D.6	Chateau Cos d'Estournel, St. Estephe Deuxièmes Crus	2019	605
D.103.D.6	La Croix Ducru-Beaucaillou, St Julien	2016	242
D.209.AC.6	Cheateau Haut Batailley, Cinquièmes Crus	2016	225
D.104.L.6	Chateau Phelan Segur, St. Estephe	2014	170
D.211.AF.6	Chateau Blason D'Issac, Margaux	2019	152
K.300.AA.	6Chateau Sociando-Mallet, Haut Medoc	2021	99
D.11O.A .6	Chateau Tour Leognan Pessac-Leognan	2020	79
CABERNE	ET SAUVIGNON BASED BLENDS		
K.139.J.6	Black Elephant, Three Men in a Tub with a Rubber Duck,		
	Coastal Region, South Africa	2023	60
D.107.G.6	Trione, Henry's Blend, Geyserville Ranch Vineyard,		
	Alexander Valley, Sonoma, California	2018	132
D.109.A.9	Opus One, Oakville, Napa, California	2021	758
K.300.Tr.9	Verite, Le Joie, Sonoma, Calfiornia	2011	600
D.112.F.6	Peter Michael, L'Espirit de Pavots, Napa Valley, California	2021	247
D.111.A.6	Desparada, Sackcloth and Ashes, Central Coast	2021	143
D.104.A.6	Fess Parker, The Big Easy, Santa Barbara, California	2021	142
D.108.C.6	Chateau Kefraya, Bekka Valley, Lebanon	2019	74
CABERNE	ET SAUVIGNON		
D.211.AH.6	Remhoogte, Sir Thomas Cullinan,		
	Simonsburg, Stellenbosch, South Africa	2019	123
D.300.ZZ.9	Cardinale, Napa Valley, California	2019	628
D.211.AA.6	Errazuriz, Max Reserve, Aconcagua Valley, Chile	2018	70
D.108.H.6	Stonestreet, Alexander Valley, Sonoma, Caifornia	2019	95
D.102.I.6	Model Farm, Sonoma Mountain, Sonoma, California	2023	114
D.102.J.6	Mt Brave, Mount Veeder, Napa Valley, California	2013	489
D.211.AA.6	Paradigm Estate, Oakville, Napa, California	2021	213
THE RIGH	IT BANK		
K.300.BB.6	3 Chateau Vieux Chevral, Lalande de Pommerol	2020	94
D.21O.AA.6	Clos Saint Jacques, Saint Georges-Saint Emilion	2020	78
D.300.A.6	Les Cadrans de Lassague, Saint-Emillion Grand Cru	2022	89
K.300.ZZ.6	3 Chateau Lassegue, SaintEmillion Grand Cru	2019	155

### THE BORDEAUX FAMILY

#### **CABERNET FRANC** D.111.E.5 Casadei, Filare 18, Tuscany, Italy 2021 137 D.202.AA.5 Alexander Valley Vineyards, Alexander Valley, Sonoma, California 2022 79 D.110.I.4 2022 72 Domaine Fabrice Gasnier, Chinon, Loire, France D.300.F.4 Domaine les Pins, Les Rochette, Bourgueil, Loire, France 2023 62 D.300.AA.4 Domaine Amirault, St. Nicolas de Bourguil, Loire, France 2021 66 D.101.A.4 Domaine Gouron,, Chinon, Loire, France 2023 75 D.105.K.4 El Enemigo, Mendoza, Argentina 2021 86 D.207.AA.5 Field Recordings, Franc, Central Coast, California 2023 69 **MERLOT** D.213.AB.6 Duckhorn, Napa Valley, California 2022 128 D.111.C.6 Molly Dooker, The Scooter, Australia 2021 86 D.21O.AB.6 Ty Caton, Upper Bench, Moon Mountain District, 2021 80 Sonoma County California **MALBEC** D.102.A.4 Mt Brave, Mt Veeder, Napa Valley, California 2019 232 D.103.J.4 Zuccardi, Concreto, Mendoza, Argentina 2023 97 D.111.I.4 Valentin Bianchi, Mendoza, Argentina 2022 62 D.211.AC.4 Febre Montamayou, Reserve, Mendoza, Argentina 2023 54

Lionel Osmin et Cie, Coeur de Malbec, Cahors, France

2023

50

K.104.J.4

# TEMPRANILLO

Spain has more land under vine than any other country in the world. Most of it is planted to Tempranillo. And while there are some lesser grown grapes that hold amazing potential, Tempranillo is Spain's best. It has over 40 synonyms (Tinto Fino, Tinta Roriz, Tinta de Toro, Ull de Llebre, Cencibel) and depending on the region it grows, it can be vastly different.

Spain also has some of its own terminology that is not used much else in the world.



### A quick vocab lesson that may help you navigate the wines.

**Crianza:** At least a year of oak aging and released after 2 years. These are younger wines that are best drank within 5-10 years of the vintage.

**Reserva:** 1 year in oak and 3 years minimum total aging post-harvest. These wines are great expressions of the grape and can live a long time.

**Gran Reserva:** Minimum of 5 years of age before release and 2 years minimum in oak. These wines are only made in the best of vintages, often held back before release for a LONG time, and offer amazing longevity and complexity. Spain does us a favor by making these wines available much below a car payment price (pay attention Burgundy!).

#### RIOJA

RIUJA			
D.102.F.4	Lopez de Heredia, Vina Tondonia, Gran Reserva	1981	808
D.108.E.4	Lopez de Heredia, Vina Tondonia, Gran Reserva	2001	247
D.105.G.4	Lopez de Heredia, Vina Tondonia, Gran Reserva	2012	132
D.104.K.4	Faustino, Gran Reserva	2004	205
K.300.CC.4	4 Faustino, Gran Reserva	2014	90
D.212.AB.4	Contino, Reserva	2018	119
D.221.AA.4	CUNE, Crianza	2021	47
D.108.M.	Bideona, L4GD4,	2020	128
D.111.G.	Vinas Viejas, Mayela	2024	62
TORO			
K.300.Tr.6	Vega Sicilia, Pintia	2019	202
D.101.E.4	Numanthia	2018	152
D.206.AA.4	Termes	2021	93
RIBERA E	L DUERO		
D.102.E.9	Vega Sicilia, Unico	2014	998
D.104.E.6	Vega Sicilia, Valbuena 5	2020	388
D.109.C.9	Vega Sicilia, Alion	2020	280

# SYRAH O SHIRAZ

The Rhone Valley, especially the Northern Rhone, has increased in popularity, and for good reason. With the increase in demand and price of Burgundy, us Francophiles have begun to look for other regions of France, and we have landed in the Rhone. Why? Dare I say ... convenience?

As you drink your way down Burgundy, starting up north in the Cote de Nuit and work your way south through Beaujolais. If you continue that path, you end up in the Northern Rhone. I think back to my time bar hopping. If one bar was full, don't get in an Uber (because it didn't exist yet) and go to a different part of town, we just keep walking down the street until we find a new bar to drink in.

Well, Bar Burgundy became too expensive, Beaujolais Tavern kicked us out (because we were making fun of Nouveau) and the next door we came to was the Northern Rhone, where a massive bouncer (Cote Rotie) was checking IDs. He let us in, and we found a new place to love.

The Northern Rhone, like Burgundy, put all its eggs in one grape basket, Syrah. Each village in the Northern Rhone showcases Syrah with a different personality. Cote Rotie is a powerhouse of a wine, long lived, tannic, pricey but worth it. Saint Joseph offers elegance and balance. Below, is Cornas, the rustic neighbor that we don't spend enough time with, but when we do, we remember why we love them so much. Across the river lives a crazy hermit(no really, that's what Hermitage is named after) that brings curiosity, but also has a price tag that keeps most of us away.

The Northern Rhone is the (in my opinion) the epitome of Syrah. Often imitated, never duplicated. Many regions of the world grow Syrah, and what we have found is a different expression of Syrah based on soil composition and climate....we even found a new name for the grape, Shiraz.





The Australians began to call the grape Shiraz, perhaps due to their accent and pronunciation of the grape, or due to James Busby, who transported the grape from France to Australia believing that the grape originated in the Persian city of Shiraz (not true). Regardless, you will find both spellings used throughout the world. What they, unofficially, indicate is a style.

**Syrah** is earth forward, showcases underripe blue and red fruits, often with balanced acid, tannins and alcohol.

**Shiraz** took on the personality of its Australian style: more powerful, higher alcohol, darker jammy fruit. A little less subtle than its Syrah counterpart, an amazing, but different wine.

### SYRAH & SHIRAZ

FRANCE -	- NORTHERN RHONE		
D.11O.E.4	E. Guigal, Cote Rotie	2018	856
K.120.C.6	Chapoutier, Sizeranne, Hermitage	2016	282
D.109.B.6	Chapoutier, Sizeranne, Hermitage	2018	287
D.101.I.6	Chapoutier, Sizeranne, Hermitage	2017	277
D.217.AA.4	Maison Alexandrins, Crozes Hermitage	2020	83
D.104.E.4	Alain Voge, Cornas	2021	197
AUSTRAL	.IA		
D.108.D.9	Molly Dooker, Velvet Glove, McLaren Vale	2021	381
D.108.F.6	First Drop, Mother's Milk, Barossa	2022	61
UNITED S	STATES		
D.213.AC.5	Model Farm, Petaluma Gap, Sonoma, California	2023	79
D.105.C.5	Gust, Petaluma Gap, Sonoma, California	2023	61
D.101.G.5	Lost Blues, Good Fences, Santa Maria Valley, California		
	Syrah/Grenache Blend	2018	135
D.105.E.5	Stolpman, La Cuadrilla, Ballard Canyon, Santa Ynez, California		
	Syrah Blend	2023	69
SOUTH A	FRICA		
D.215.AA.5	Thorne and Daughters, Wanderers Heart,		
	Western Cape, South Africa – Syrah Blend	2023	82

# GRENACHE & GARNACHA

While the Northern Rhone focuses on a single grape, the Southern Rhone is more of a band of grapes working together. Well. Kind of. The Southern Rhone is like Queen. Yes, the entire band was on stage, but we were all there to see Freddie Mercury.

Grenache leads the way with up to 13 (or 18 depending on how you count) grapes that can be used. Almost always a blend (not required), with Grenache is lead of the blend, and Syrah, Mourvèdre, Cinsault, Carignan, playing supporting roles.

Grenache is kind of like the younger sibling to Syrah. Trying its best to be like Syrah. Wait, I have a better analogy. Remember the 80's classic *Coming to America*? The Rhone Valley reminds me of the scene where Cleo McDowell is explaining the difference between McDonald's and McDowell's:

"They are McDonald's (Northern Rhone), I'm McDowells (Southern Rhone) They have the Golden Arches (Syrah). Mine is the Golden Arcs (Grenache). They have the Big Mac (Cote Rotie). We have the Big Mick (Chateauneuf-du-Pape). They have a sesame seeded bun (Syrah blends from other villages). My bun has no seeds (Grenache blends from other villages)."

The similarities are endless, but these regions and their wines have a lot of differences as well. Grenache (aka Garnacha in Spain, Cannonau in Italy) tends to be driven by red fruit notes and baked clay, dried earth. It can have high ... very high ... alcohol, especially from California and Australia, or be made into a fortified dessert wine in Banyuls.

Any way you have it, Grenache makes for an exciting and amazing wine.

### GRENACHE & GARNACHA

FRANCE	- SOUTHERN RHONE		
D.112.I.5	St Cosme, Gigondas	2022	128
D.111.H.5	Domaine du Vieux Lazeret, Chateauneuf-du-Pape	2023	141
D.216.AA.5	Xavier, Vacqueyras	2022	88
D.106.E.5	Chateau du Pegau, Chateuneuf du Pape	2022	205
D.300.Y.5	Jeff Carrel, Les Darons, Languedoc	2022	54
AUSTRAL	.IA		
K.144.M.5	SC Pannell, Old McDonald, McLaren Vale	2019	131
D.11O.F.5	Yalumba, Bush Vine, Barossa	2022	66
UNITED S	STATES		
D.109.F.5	Hermann Story, Late Bloomer, Paso Robles	2018	148
SPAIN			
D.213.AC.5	Mas Martinet, Clos Martinet, Priorat	2020	198
D.213.AA.5	Cecilio, Black Slate, Gratallops, Prioroat	2022	82
D.21O.AC.	Vinedos Viejos, Vino de Montana, Mezcladas		62

# ITALIAN REDS

Red grapes, like whites in Italy, are diverse and confusing. The same grape may have multiple names or clones, can be made from different regions (or different towns in the same region). The inconsistency in aging a labeling requirement, and the addition of Italian specific terms on labels, can be overwhelming. One thing we want to stress, is don't lump all Italian wines into the same category. They are each unique and different. However, the two main regions of Italy, Piedmont and Tuscany, have some similarities within themselves, but not really with each other.



**Piedmont:** Understanding Piedmont means recognizing its unique geography. Piemonte translates to "the foot of the mountain" — specifically the foothills of the Alps to the north and west and the Apennines to the south. Almost seventy-five percent of Piedmont is classified as mountainous or hills—and over ninety-five percent of vineyards are found in those hills. Hills face all directions and occupy altitudes between 500 and 1500 feet above sea level.

It's not a cold climate, though—the effect of the Mediterranean to the southeast creates a "continental climate" with frequent collisions of cold and warm air resulting in morning fog. Foggy mornings + hot days + cold nights = ideal and long growing season. Piedmont is most known for Nebbiolo, along with Barbera.



**Tuscany:** If you get a hold of a wine book published before the 1980s, the entry on Tuscany will have one glaring omission: any mention of the grape Sangiovese. Wines, like most of Italy, were, and are, named by towns and regions. We associate all wine from Tuscany with Sangiovese, and in a way, we are not wrong. Except for:

**Super Tuscans:** The origin of the term was to describe wines made outside the laws of Tuscan wine making. "Super" was meant as a prefix meaning "outside of" rather than a description of wines that were somehow superior. However, that detail has all been lost in the marketing (and availability) of blends produced by blending "international" grapes like Merlot, Cabernet Sauvignon, Cabernet Franc, and Syrah with (or without) Sangiovese. Super Tuscan is a marketing term that popped up in the late 80s, not a classification of style or quality. We have come to use this term for any red blend from Italy that does not fall into another category and sometimes does not even come from Tuscany.

**Classico:** The original part of the town, not always an indicator of higher quality, refers to the location.

**Superiore:** These wines require a higher level of ripeness in the grapes, which will bring slightly higher required alcohol.

**Riserva:** These wines were aged longer than the minimum requirement of the DOC/DOCG.

### ITALIAN REDS

NEBBIOL	0		
D.107.A.5	Borgogno, Barolo, Piedmont	2020	205
D.205.AA.5	Gigi Rosso, Barolo, Piedmont	2019	127
D.103.A.5	Borgogno, No Name, Langhe, Piedmont	2022	122
D.22O.AA.5	Ettore Germano, Barolo, Serralunga d'Alba, Piedmont	2020	122
D.201.AA.5	Travaglini, Gattinara, Piedmont	2021	107
D.106.G.5	Villadoria, Barbaresco, Piedmont	2020	100
BARBERA	<b>L</b>		
D.11O.J.6	Borgogno, Barbera d'Alba, Piedmont	2023	66
SANGIOV	/ECE		
D.101.J.5	Castello Romitorio, Brunello di Montalcino, Tuscany	2016	266
D.1013.3 D.103.H.5	Castello Romitorio, Brunello di Montalcino, Tuscany	2020	200
D.106.K.5	Castello Romitorio, Brunello di Montalcino, Tuscany	2018	197
	Madonna Nera, Brunello di Montalcino, Tuscany	2019	137
D.101.E.5	Strada al Sasso Chianti Classico Gran Selezione, Tuscany	2020	182
D.101.E.3 D.104.F.5	Cascina del Colle Mammut, Montepulciano d'Abruzzo, Abruzzo	2020	83
D.218.AA.5	•	2023	79
D.213.AA.3 D.211.AG.5	Castelli Martinozzi, Rosso di Montalcino, Tuscany	2023	78
D.211.AG.3	Castell Martinozzi, Rosso di Montalento, Tuscany	2023	10
ITALIAN	BLENDS (aka SUPER TUSCANS)		
D.105.B.6	La Macchiolo, Messorio, Tuscany - Merlot	2018	498
D.112.D.6	La Macchiolo, Messorio, Tuscany – Merlot	2019	515
D.105.A.6	Cancellaia, Tuscany – Cabernet Sauvignon/Cabernet Franc	2020	90
D.107.E.5	Tenuta Luce, Lucente, Tuscan – Merlot/Sangiovese	2021	104
OTHER IT	TALLAN CRAPES		
	ALIAN GRAPES  Bertani, Amarone della Valpolicella Classico, Veneto	2012	261
D.109.G.4			
D.109.G.4	Tinazzi, Ca' d' Rocchi, La Bastia, Amaronne della Valpolicella, Veneto	2022	135
D.112.G.4	Casa Capitei, Monte del Fra, Valpolicella Ripasso Superiore,	2020	161
D.112.0.4	Veneto	2020	101
D.111.K.4	Luciano Ercolino, Rajamagra, Taurasi Riserva,	2016	135
	Campania- Aglianico		
D.112.A.4	Mastroberadino, Iripinia, Campania – Aglianico	2022	81
K.133.K.4	Cardedu, Praja, Monica di Sardegna, Sardinia	2024	70
D.112.H.4	Librandi, Ciro, Campania – Gaglioppo	2021	76
K.119.J.4	Planeta, Etna, Sicily - Nerello Mascalese	2022	114

# LYDIA DEETZ SELECTIONS

I am trying to win a bet and see how many 80's movies references I can add to this list. Enter the Lydia Deetz selections. Self-proclaimed as "Strange and Unusual" these wines don't neatly fit into another category on this list. They are dark, sometimes mysterious, and intriguing as Lydia herself.

ZINFAND	EL		
D.209.1B.6	Neal Family, Rutherford Dust, Napa Valley, California	2022	123
D.212.AA.6	Frog's Leap, Rutherford, Napa Valley, California	2022	114
D.204.AA.6	Hendry, Block 28, Napa Valley, California	2019	107
<b>TANNAT</b>			
D.300.B.	Alain Brumont, Torus, Maderan, France	2019	59
D.103.E.	Montus, Maderan, France	2020	101
D.102.F.1	Montus, Prestigue, Maderan, France	2002	210
D.211.AD.5	Garzon, Uruguay	2022	104
ET CETER	RA		
K.141.J.5	Las Jaras, Sweetberry Wine, Mendocino, California – Carignan Blend	2021	107
K.117.K.6	Garzon, Reserva, Uruguay - Marsalan	2023	58
K.109.J.4	Lionel Osmin et Cie, Le Pouvoir des Fleurs,	2022	54
	Fronton, France – Negrette/ Syrah		
D.214.AA.5	Fledge & Co, The Clutch, Western Cape,	2024	50
	South Africa – Tinta Barocca		
K.114.C.7	Domaine Tempier, Bandol, France –	2022	199
	Mouvedre / Grenache/ Cinsault/Carignon		
D.208.AA.4	Raul Perez, Ultreia, Saint Jacques, Bierzo, Spain – Mencia	2022	71
K.104.M.2	Lopez Diaz, Ocampo, Tenerife, Canary Island,	2022	106
	Portugal – Listan Negro		



#### SCOTCH WHISKEY SINGLE MALT

Bunnahaibhain 12 Yr Single Malt Bruichladdich Port Charlotte Glenmorangie Nector Glendronach 18 Balvenie 14 Caribbean Cask Aultmore 15yr Oban 14

#### SCOTCH WHISKEY BLENDED

Famous Grouse Johnnie Walker Blue Compass Box Artist Blend Scotch

#### **BOURBON WHISKEY**

**Angels Envy** Bardstown Ferrand Series Basil Hayden Blade & Bow Brekinridge Rum Cask Bulleit Four Roses Single Barrel Hill Rock Solera Cask Mckenna Single Barrel Old Elk Cognac Cask Pinhook Vertical Series Wathens Single Barrel Widow Jane 10yr Redwood Pipe Dream Willet Pot Still Woodford

#### RYE WHISKEY

Woodinville

Blackened Double Cask
Catoctin Roundstone 92 Proof
Knob Creek
Old Potrero
Mastersons 10
Rittenhouse
Roknar Minnesota Rye
Roknar Bonded Single Estate
Sazerac 90
Woodinville Rye
13 Colony
Thresh & Winnow Bonded 10 Yr Rye

#### OTHER WHISKEY (IRISH, JAPANESE, AND OTHER DOMESTIC)

Jack DanielsJamesonKoval American 4 GrainKurayoshi Pure MaltKurayoshi 'San-in' BlendedFukano Chizuru CaskDrumshanbo Single MaltThresh & Winow AmericanThresh & Winow American Single GrainThresh & Winow Millet

### SPIRITS

#### **VODKA**

Rock Town Grey Goose Ketel One Stateside

Tito's

#### GIN

Barr Hill Tom Cat

Bluecoat Drumshanbo Gunpowder

Hendricks Plymouth

Ranson Old Tom Highclere Castle Monkey 47 Koval Cranberry

Thresh & Winow Citrine Thresh & Winow Foret

#### **RUM / RHUM**

Appleton Signature Diplomatico Reserva

Rhum Clement Blanc El Dorado 3

El Dorado 8 Hampden 120 Proof Neisson Reserve Smith & Cross

Flor De Cana 12yr

### TEQUILA / MEZCAL

Alamtitan Repo Arette Anejo Artesanal

Artenom 1414 Bezu

Casa Del Sol Anejo Burrito Cenizo Mezcal
Gracias A Dios Teptxtate El Silencio Ensemble

Cazadores Blanco Lagrimas La Loma Reposado

Kochel Tepextate Don Fulano Anejo

Derechito Extra Anejo Macurichos Espadin Cacao

Fortaleza Blanco Fortaleza Reposado
Fortaleza Anejo Fuentesca Blanco
Ocho Silver Vago Ensamble
Vago Elote Volans Blanco

Astral Reposado



"Stop trying to make everyone happy.
You're not tequila."

EMMY ROSSUM





### SPIRITS

#### **BRANDY/EAU DE VIE**

Maison Rogue Vsop

Pm Spirits Vs Overproof Armagnac

Cobrafire Cask Strength

Lionel Osmin & Cie Baco 2005

Coquerel Fine Calvados

Camus Borderies Vsop

Baardseth Xo Cru Cognac

Lairds Apple Jack Bonded

Lustau Solera Gran Reserva

Barsol Pisco Verde Italia

Hardy Legend 1863 Cognac

#### **AMARO**

Aperol Angostura Vallet Averna Branca Fernet

Branca Fernet Menta Braulio

Campari Capelletti Pasubio Meletti Montenegro

Nardini Nardini Rabarbaro Nonino Vecchio Del Capo

#### **LIQUEUR**

Ancho Reyes

Belle Paire Pear

Brovo Uncharted

Caffo Amaretto

Caffo Maraschino

Drillards Green Creme De Menthe

Dolin Genepy

Dom Benedictine

Drambuie

Galliano

Giffard Banana

Giffard Creme De Cacao White

Giffard Creme De Cacao White
Giffard Passionfruit
Giffard Lichi
Giffard Lichi
Giffard Strawberry
Rothman & Winter Creme De Violette
Giffard Strawberry
Gabriel Boudier Nori Liq

Grand Marnier Grande Absinthe Og
Licor 43 Massenez Crème De Casis
Massenez Crème De Mure Massenez Elderflower

Melletti Anisete Meletti Coffee

Mandarin Napoleon Pimm's

St Elder Elderflower Strega

Tempus Fugit Crème De Menth White Velvet Falernum

Luxardo Del Santo St. Elizabeth All Spice Dram



### **VERMOUTH / AROMATIZED WINES**

Cocchi Torino Dolin Blanc Dolin Dry Atxa Dry

Gentain Suze Lustau Jerez Rose Vermut

Cap Corse Blanc Cap Corse Rouge

Cappelleti Apertivo Contratto Amaericano Rosso



# EVERYTHING YOU WANTED TO KNOW ABOUT WINE, BUT WERE AFRAID TO ASK

Wine can be confusing and pricy, especially when you are not sure what you want to ask for. It can often seem like sommeliers are speaking a different language, (I mean ... we are) and you may fear that we only want to sell bottles that are the same as your car payment. That is not our goal. We want to get you exactly what you want and may ask some questions to make sure that we understand exactly what you are looking for in a wine. We have put together an abbreviated "Sommelier Translator" to help us better understand what we can do to make this wine journey a fun one.

### STORING WINE

We have three cellars for our wine. The cellars are kept at:

35-40 degrees, for sparkling wine and many new world white wines.

**50-53 degrees,** for old world whites, lighter body reds, and other regions or varietals we think serve best with a slight chill.

60-62 degrees, for fuller bodied red wines.

We store our wines as close to what we feel is ideal serving temperature, however if you prefer your wine colder, or warmer, than we are presenting, please let us know. We are happy to chill, decant, or just let the wine breathe until you are ready for it.

When storing wine at home, assuming you don't have a wine cellar, here are some things to consider:

- 1. Keep the wine below 68 degrees. Storing wine long term (longer than 1 week) above 68 will speed up the development faster than the wine can handle. But you also want to keep it above 50, especially for reds, otherwise development comes to a halt. You also want to avoid drastic changes in temperature, so near an air vent should be avoided.
- **2. Avoid sunlight.** UV rays can damage a wine extremely fast. Keep this in mind when buying wine at a wine shop...if the wines are by the front windows getting baked in the sun, the wine has a higher chance of being faulted.
- **3. Keep the cork wet.** We all can't keep our wine stored horizontally. Storing the wine upside down is a good solution when you can't store on its side. If it's a screw cap, then this doesn't matter. A humid (60-70% humidity) helps keep the cork damp.

So the best place to store wine long term, is a corner of a basement or crawl space. Worst place is your kitchen cabinet.



### **GLASSWARE**

Does the type of glass, or shape, really matter? Yes....and no. I have enjoyed many (probably too many) wines out of a red Solo cup or coffee mug and still enjoyed them. A good wine will be enjoyed regardless of the vessel. BUT ... there is something about the shape of the glass that makes some wines present a bit better. Sometimes a narrow bowl will trap the aromatics of the wine so that you can appreciate the nose of the wine, while another glass may have a very wide bowl, allowing the wine to have a higher surface to air ratio, allowing the wine to breathe a bit faster. We have 9 different wine glass shapes and sizes, so that we can present your wine in the best vessel for its optimal enjoyment.

If you are looking for a single glass to keep at home, look for something that has a bowl that is taller than it is wide. Ideally a bowl that can hold 16-20 oz so that you have plenty of room to swirl and let the wine breathe a bit. For home use, find something that is dishwasher safe. From experience, trying to handwash a bunch of wine glasses after a party gets old.

Stemless glasses, while you probably won't see them in many restaurants, are great for home use. Less fragile, easier to wash, easier to store.

### **DECANTING**

The old saying of "all wines can benefit from some time in air," for the most part is true. However sometimes too much air is a bad thing, especially for older wines that have already had the opportunity to develop. Those funnels that force air into the wine when poured thorough are OK, but are best used for young tannic wines.

Does your wine bottle need to be decanted? There are so many factors to consider. First of which, is how many people are drinking the bottle. If a party of 4 is drinking, then the wine will open up faster in 4 glasses than it will in one decanter. We do have multiple sizes and shapes of decanters to best open your wine up.

#### There are 4 reasons to decant a wine:

- 1. The wine is young, bold, and or tannic, and introducing some oxygen to the wine will soften and help open up the wine.
- 2. The wine is old, and has sediment in the bottle. Decanting this wine is more to separate the wine from the sediment.
- 3. The wine is too cold and needs to warm up a few degrees. As mentioned in the "Wine Cellars" section, some of our wines are kept in the cooler cellar because we feel they need a slight chill (eg: Beaujolais). If you wish for the wine to be slightly warmer, a pour into a decanter will help warm the wine up a bit faster.
- 4. Because decanters are cool!

### HOW MUCH SHOULD I SPEND ON A BOTTLE?

Wine can be expensive, but it does not have to be. Some regions of the world do cost more to get a great bottle (Champagne and Burgundy for example). This is due to real estate costs for the region, supply and demand, and so many other factors.

The majority (around 2/3) of the list is priced under \$150 (my price range), with about half the list under \$100 (my wife's comfort zone for price).

Don't be afraid to tell us what is in your budget, we promise that the wine that we bring out will love! And if you don't, we will drink it later...it won't go to waste

### BUYING A WINE FOR HOME OR A GIFT

Look at pricing like this (except for the baller regions):

**Under \$15:** The wine will likely be tasty, but probably not too complex. At this range, it's more likely to find a wine that was chaptalized, acidified, treated with synthetic vineyard chemicals like pesticides and fungicides, or created to keep a style of wine, not show vintage variation. Kind of like fast food. It serves a purpose, and I love a Big Mac or Crunch Wrap Supreme from time to time, but I never feel good after.

**\$15-\$25:** Good sweet spot for daily or weekly drinkers. Here the wines will have a bit more complexity. Better wine making practices are likely being used. Less manipulation to the wine so you're getting a good varietal representation. May start to show some terroir and minerality, depending on the varietal.

**\$25-\$40:** A lot of quality wines will fall in this price range. This is a good range to buy when going to a dinner party and bringing a wine, for giving gifts, or for a special dinner at home. Higher quality wine making, better vineyard practices, etc. The wine should show terroir, varietal, as well, and vintage characteristics.

**Above \$40 - \$100ish:** Now its coming down to what wine are you looking for. Champagne, Burgundy, Napa Valley Cabernet, this is the price range you probably want to stick in. Anything below this, just based on real estate value, is probably forcing the winery to use lower quality grapes, since Cabernet Sauvignon in Napa Valley sells for close to \$15,000 per ton. There are a lot of exceptions to this though, especially if the winery is using grapes from their own property and not purchasing. So, getting to know the winery will be very important. Outside the 3 wines listed above, this range will open up to so many great wines. Wines that show depth and complexity, wine maker style, and more.

**Above \$100:** Here it really comes down to the age of the wine, the producer, the region. Do your research, it will be worth it.

Best piece of advice, \$5 goes a long way under \$40. The difference between a \$10 and \$15 (or \$15 to \$20) bottle is HUGE, but the difference between a \$70 and \$75 bottle is probably not significant.

### DRY VS. SWEET

The most misunderstood aspect of a wine is its 'dryness.' Technically speaking, a dry wine is one that presents with no PERCIVED sugar. What does this mean? Grapes consist of many types of sugars, glucose, sucrose, fructose, pentose, etc. (I warned you about the nerdy conversations) Most of which can be consumed by yeast to create ethanol (the most common alcohol found in wine) but some cannot be fermented.

Sweet wines have residual sugar in the final wine, after fermentation, filtering, and bottling. Sweetness is an immediate sensation when the wine is on your palate. You cannot smell sweetness; you can only taste it. But our brains like to play tricks on us. We often smell things that we have eaten before, and know from experience that raspberries, cherries, blackberries, plums are all sweet, so when we smell these same scents in a wine, our brain tells us, "this wine will be sweet." But that's not always true.

Fruitiness and sweetness are often mistaken. When you take a sip of a pinot noir, from a warmer climate, and you taste raspberry, strawberry, cherry, you are tasting a fruity wine, which may not (and most likely is not) sweet. It's just fruity. Want to dive even more into sweet wines, take a look at our Riesling preface.

### **TANVINS**

Tannins are a bitter oil compound that is found in grape skins, seeds, wood barrels, grape stems, and more. Have you ever steeped black tea too long and it becomes very bitter? That's tannins. Because tannins are oil, they disperse water from your palate and create a drying effect. Remember that bottle of Cabernet Sauvignon or Barolo that you took a sip, and your gums and teeth started to stick to your cheeks and lips? Tannins are to blame.

There are many ways to soften tannins in a bold wine. Decanting helps, but in the amount of time you would need for a Barolo to sit in a decanter to soften tannins, your dinner is already over. Tannins are mitigated by fat and protein. One of the many reasons is that Cabernet Sauvignon pairs so well with a ribeye.

Tannins have also been connected with migraine triggers in come people (not me, thank goodness!) Something to keep in mind if you suffer from migraines and want to a tannic wine, you may want to go with a white wine.

### **SULFITES**

Sulfites get a bad reputation, because sulfites are part of every wine; they are a natural byproduct of fermentation, albeit in small amounts. Sulfites are an important aspect of wine and wine making but end up being the scape goat for our post-wine headaches. About 1% of the population has a sensitivity to sulfites (exacerbated for us asthmatics), but common foods that we eat are naturally higher in sulfites than wine. For example, a very common small red box of raisins, that many of us likely had in our lunch bags as kids, contains more sulfites than a typical bottle of wine. As does the soy sauce, soda, and frozen French fries. (It's ok, our fries are not frozen!)

Sulfites are added to wine as a color stabilizer and for antibacterial / antifungal properties. The same reason dairy farms pasteurize their milk, wineries add small amounts of sulfites to make sure their wine is stable from the time it leaves the winery to the time it reaches your table.

If you are looking to limit your exposure to sulfites, remember that the lighter bodied white wines (ie: Sauvignon Blanc) has far more sulfites than fuller bodied tannic reds, as tannins and anthocyanins (the compound that gives red wine their color) have natural antioxidant and antibacterial properties.

Also, due to stricter regulations in the EU, old world wines tend to have lower sulfite levels than their new world counter parts. Luckily, close to 80% of our list originates in the old world.

#### WINE HEADACHES

So where do the headaches come from? Likely a histamine reaction to being exposed to allergens that are not part of our native landscape. Another cause of headaches is dehydration, so keep drinking your water! Some lower priced, bulk wine has a lot more additives to compensate for lesser quality grapes used in production. These additives can cause some headaches. We don't have any wines that would fall into this category.

Champagne and sparkling wine can also cause headaches. The reason for this is that carbonation speeds up alcohol absorption in the body, and the quick rise in alcohol in the blood stream can be a source of headaches.