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**CARLSBAD'S WEST INN & SUITES EXPANDS FARM TO OFFER
NEW FARM TO TABLE DINING EXPERIENCES AT BISTRO WEST AND WEST
STEAK AND SEAFOOD RESTAURANTS**

**West Farm Launches Harvesting Plan for Additional Acres; Farm Tours and
Off-Menu Culinary Events**

SAN DIEGO, Calif. – February 14, 2014 – West Inn & Suites hotel, in the San Diego coastal community of Carlsbad, has expanded its vegetable and fruit farm from one to three to acres. Creating an authentic farm to table experience, the hotel's adjacent West Steak and Seafood and Bistro West restaurants source ingredients from the farm to include in their daily culinary creations.

Executive Chef Eugenio Martignago's creations from the farm have become daily specialties at each restaurant, offering guests a seasonal menu experience each time they visit. The three-acre plot of land is currently producing a harvest with more than 35 different vegetables, herbs and fruit.

The 2014 Winter/Spring harvest will include kale, spring onions, rainbow chard, English peas and six varieties of lettuce. The 2014 Summer harvest will include honey dew, cantaloupe, summer and butternut squash, pumpkins, purple bell peppers and heirloom tomatoes. Throughout the harvests the farm will produce an assortment of herbs and edible flowers including basil, sage, cilantro, lemon verbena and lavender. West Farm also maintains a collection of fruit trees, including avocado, pomegranate, lemon, blood orange and pear varieties.

Throughout the year West Inn & Suites, West Steak and Seafood and Bistro West will be offering unique culinary experiences that allow guests to take advantage of the farm's bountiful offerings. At West Steak and Seafood's "A Night With the Chef" dinner, guests are given the chance to learn more about the minds behind their meals. Preceded by an optional guided tour of the West Farm to enhance the dining experience, guests are treated to a six-course prix fixe menu custom crafted by Chef Martignago and Chef de Cuisine David DiSalvo. Cost is \$95 per person or \$145 per person including wine pairings. "A Night With the Chef" is offered Sunday through Thursday nights; reservations required three days in advance with optional farm tour based on Chef's availability.

Committed to enhancing the experience and well-being of its guests, West Inn & Suites is offering an exclusive Wellness Package. The package offers a guided tour of the West Farm where guests learn about the health benefits of authentic farm fresh cuisine before enjoying a farm-to-table dinner at Bistro West or West Steak and Seafood. The package also includes luxurious accommodations in a Double King Deluxe or King Suite room, glass of champagne, choice of facial or massage treatment at local Mirabella Mansori spa, complimentary shuttle service, a \$50 dining gift card, and a morning breakfast buffet at the hotel. Package rate starts at \$309 per night, not including tax; subject to availability. For reservations, call 866-431-9378.

For detailed information on upcoming culinary events at West Steak and Seafood and Bistro West or upcoming packages and experiences from West Inn & Suites, visit: www.weststeakandseafood.com; www.bistrowest.com; and www.westinnandsuites.com.

About West Inn & Suites

Award-winning West Inn & Suites, is an 86-room boutique hotel offering the ultimate in luxurious detail with a classic style. Located in Carlsbad, California, the coastal North San Diego location is within a five minute walk to the beach and five minute drive to area attractions such as LEGOLAND California Resort, world-renown golf courses, shopping and dining. Among the hotel's complimentary amenities include: cookies and milk at bedtime, seasonal wine pour, shuttle service anywhere in Carlsbad, and specially trained concierges in the areas of romance, family activities, pet-friendly travel, and outdoor recreation. Adjacent award-winning restaurants, Bistro West and West Steak and Seafood, offer a seasonally evolving menu from the restaurant's own 3-acre farm. For reservations or more information, call 866-431-9378 or visit www.westinnandsuites.com.

About Bistro West

Located adjacent to the award-winning West Inn & Suites and West Steak and Seafood in Carlsbad, CA, Bistro West's seasonally-evolving menu reflects the creativity of a chef who plants, harvests, and creates from his own three-acre West Farm. Executive Chef Eugenio Martignago combines an authentic West Farm-to-table approach with classic French and Italian influences served in a causal and lively atmosphere. With everything on the menu made from scratch while keeping the principles of sustainability top of mind, Bistro West is known for its daily West Farm harvest specials, hand-made pizzas and pastas, fresh fish, burgers, and comfort food favorites such as Filet Mignon Beef Stroganoff and Chicken Pot Pie. Bistro West is located at 4960 Avenida Encinas, Carlsbad, CA. For more information, call 760-930-8008 or visit www.bistrowest.com.

About West Steak and Seafood

West Steak and Seafood is an intimate and distinctive fine dining restaurant located in the coastal community of Carlsbad, CA. Among the few San Diego steakhouses to earn a rating of 27 by Zagat for food, West Steak and Seafood is renowned for offering the highest quality of prime steaks, chops and seafood. Dedicated to an authentic farm-to-table ethos, executive chef, Eugenio Martignago, harvests fresh ingredients daily from the restaurant's own 3-acre farm. West Steak and Seafood, adjacent to award-winning West Inn & Suites, is located at 4980 Avenida Encinas in Carlsbad. For more information, call 760-930-9100 or visit www.weststeakandseafood.com.

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