

arugula

BAR e RISTORANTE

MEDIA CONTACT:
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About Arugula Bar e Ristorante

Arugula Bar e Ristorante is the realization of our dream to create a simple, natural, and pleasurable dining experience in Boulder. Arugula is elegant Italian dining with the warmth of home in a modern environment, infusing the best of Italian culinary tradition with our contemporary interpretations.



We pride ourselves on using ingredients grown based on traditional practices, helping to remind us of our connection to the land and the seasons. We create balanced meals using meats that are naturally raised, in-season organic local produce, and fish and shellfish which is in accordance with Monterey Bay Aquarium Seafood Watch guidelines for sustainability.



Arugula (*Eruca sativa*) has been eaten in the Mediterranean basin since Roman times, and was only recently domesticated. Known as Rucola or Rughetta in Italian, its medicinal properties were highly regarded in ancient times, including those of an aphrodisiac. Arugula was repeatedly mentioned for its medicinal properties in Pliny the Elder's *Natural History*, circa AD 77. The rich, zesty and slightly sweet flavor combined with its long history and healthy attributes symbolizes our restaurant.



2785 Iris Ave, Boulder CO
303.443.5100 // arugularistorante.com

Arugula Bar e Ristorante Fact Sheet

Opened in 2009

Dining Style: Casual Dining

Cuisine: Rustic Italian

Chef / Proprietor: Alec Schuler

Address:

2785 Iris Ave

Boulder, CO 80304

Website: www.arugularistorante.com

Facebook: www.facebook.com/arugularestaurant

Phone: 303.443.5100

Hours of Operation: Open 6 days a week

Happy Hour: Mon-Thurs 4:30pm to 6pm

Lunch: Mon-Fri 11am to 2:30pm

Dinner: Mon-Thurs 4:30pm to 9:30pm, Fri and Sat 4:30pm to 10pm

Payment Options: AMEX, Diners Club, MasterCard, Visa

Offering: Bar Dining, Full Bar, Happy Hour, Patio/Outdoor Dining, Takeout, Wheelchair Access, Annual Special Events & Promotions

Parking: Public Lot

Private Party Facilities: Yes

Accommodations:

Full Restaurant Events: Seated events for up to 75 guests.

Standing events for up to 95 guests.



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Alec Schuler, Chef / Proprietor

Chef/Proprietor Alec Schuler was born and raised in New York by immigrant European parents. Extensive world travels have strongly influenced his outlook on world cuisines, and his interest has been consistently drawn back to northern Italian food and wine.

Alec is a graduate of CU Boulder (1995) and Manhattan's Natural Gourmet Cookery School (2001). Always mindful of the importance of a wholesome and healthy diet, his nutrition-oriented culinary training fits his lifestyle, and now - with Arugula Bar e Ristorante - Alec is able to share his take on Italy's varied cuisines.