



"Right now I'm at the Fire and Ice Café eating some of the best beans and rice I've ever had, waiting for my gumbo. The beans are thick-skinned and tender-cooked, the gravy rich and smoky, the rice is light and separate; the garlic, onion, paprika, cayenne pepper, Andouille sausage and the bacon chunks all combine with force. My face is sweating from the hot sauce I've added from a bottle with a picture on it of an open-mouthed scream.

Scott Woodham, Anchorage Press.

fireandicecafe.net

Cajun Cafe

Dawuld Jambalaya	\$7.95
Red Beans and Rice	\$6.95
Gumbo	\$7.95
Gumbalaya	\$8.95
Pecan Pie	\$3.25
Sue's Bread Pudding	\$3.25
Homemade Ice Cream	\$2.75
Pop (assorted)	\$1.00
Iced Tea	\$1.00
Hot Tea	\$1.00
Smoothies	\$3.25
Latté 12, 16, 20 oz	\$2.50 - \$4.00
Café Au Lait 12,16, 20oz	\$2.50 - \$4.00
Mocha 12, 16, 20 oz	\$3.00 - \$4.50
Brevé 12, 16, 20 oz	\$3.00 - \$4.50
Cappuccino 12,16, 20 oz	\$2.50 - \$4.00
Americano 12,16, 20 oz	\$1.00 - \$2.00
Hot Choco 12- 20 oz	\$2.50 - \$4.00
Steamer 12 - 20 oz	\$2.00 - \$3.50
Chai Tea 12- 20 oz	\$2.50 - \$4.00
Blended Coffees 16 oz	\$3.95

All meals include a side of red beans & rice and a cornbread muffin with honey butter.



We are on International between Arctic and C streets across the street from the Grand Duchess, next door to the Sherwin Williams paint store. If you get lost you can call Sue at 276-4110 for directions.

WE HAVE BEEN CALLED THE "BEST KEPT BEAUTY SECRET IN ANCHORAGE"

MetrOasis® opened as a salon in downtown Anchorage in 1993. We then moved to Fairbanks street just off of Northern Lights and were there until the year 2000 when we moved to our current location. We were unhappy with the hairdressing training available in Alaska, so we opened the MetrOasis® Advanced Training Center. We then expanded by adding the Fire & Ice Cajun Cafe in the summer of 2002 and again expanded with the addition of our Esthetics School in 2006. We are proud to say that we have the best Hairdressing and Esthetic Programs in Alaska. We offer classic European hairdressing techniques, the newest technology in skin care, a range of high performance products for hair and skin and we also have some of the best esthetic equipment in the state.

**401 W INTL AIRPORT RD #1C
ANCHORAGE, ALASKA 99518
907-276-4110**



METROASIS®

ADVANCED TRAINING CENTER



M E T R O A S I S
AN OASIS IN A METROPOLIS

MetrOasis® is a place like no other... Here, you can experience internationally inspired beauty without ever having to leave your home town. You can have an Italian hair color foil highlight, or an innovative european cut by either a hairdressing student or a licensed professional, have a bowl of gumbo, an espresso, some home made gourmet ice cream or bread pudding in our Fire & Ice Cajun Cafe. You can tan in either a HEX stand up machine or tanning bed or have your legs waxed. You can have a hot stone facial, photorejuvenation or microcurrent treatments by our fabulous esthetic students. In fact, you can have all of these services without ever leaving the building! Pamper your body while your mind relaxes amidst international artwork, gorgeous antiques, and travel mementos, while listening to intriguing music from around the world. Relax, enjoy, be entertained, be pampered... After all... you're at MetrOasis®

