



## What Not to Eat in a Restaurant: A Light-Hearted Guide to Avoiding Dodgy Food When Eating at a Restaurant (Paperback)

By Carrie Herring

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ever Wonder What Really Happens in a Restaurant Kitchen? What Not to Eat in a Restaurant is Horrifying and Hilarious! All the focus on healthy eating usually misses one critical point - when you eat in a restaurant, what has happened to your food between the pantry and the plate? Yes, it has been cooked. but that might not be all. Author Carrie Herring isn't trying to scare readers into becoming hermits with her book What Not to Eat in a Restaurant: A Light-hearted Guide to Avoiding Dodgy Food when Eating at a Restaurant, but to use her extensive experience behind the scenes in a range of restaurants to help people make informed choices about where and what to eat when they go out. Every restaurant, even that great place you love and eat at frequently, has some secrets they would prefer stay in the kitchen. From the disappointing to the deeply disturbing, Herring reveals them in What Not to Eat in a Restaurant in a way that elicits as much laughter as disgust. She reveals the truth...

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