

# z y n o d o a

R E S T A U R A N T

inspired southern cuisine

## MEDIA CONTACT

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kathy@moorepublicrelations.com



PHOTOS BY SERA PETRAS

### What attracted you to Zynodoa?

The ideals of proprietors Jeff and Susan Goode made Zynodoa very appealing to me. Their vision of inspired southern food with an emphasis on local and affordable makes perfect sense.

### What was the most important thing you learned from Chef Patrick O'Connell?

An eye for extreme detail, a detail far beyond that of a normal human. Every dish or element of an experience needs one more touch to take it over the top. That touch is probably not going to be easy, but doing it sets you a part from mediocrity and compromise.

### In your opinion, what are the most important elements of a great meal?

First and foremost, the ingredients of course. A good, fresh baguette and nice cheese can be a great meal. Secondly, the company. A great friend, a loved one, a new and interesting person, etc. Going to Joel Robichon in Paris just isn't going to be as good if you go with your Geometry teacher. Together, ingredients and company can team up for a great meal to be enjoyed anywhere, anytime and in any weather.

### Your favorite cookbooks?

*A Consuming Passion*, by Patrick O'Connell  
*Southern Table*, by Frank Stitt

Chef Lund's passionate respect for food is evident in his menu, which changes daily and sources local, seasonal ingredients from nearby producers. He creates elegant, stylish dishes that are infused with his inventive spirit and trademark finesse. Mike and his team, in partnership with local farmers like Joel Salatin, who achieved national recognition in *The Omnivore's Dilemma*, are helping put Staunton at the center of a burgeoning local food movement in central Virginia.

Before assuming the role of Executive Chef at Zynodoa, Mike worked for six years at highly acclaimed The Inn at Little Washington, whose five-star, world-class restaurant ranked number one in the world by *Travel & Leisure Magazine*.

During his tenure with culinary icon Patrick O'Connell, Mike helped prepare meals

for chef luminaries such as Julia Child, Charlie Trotter and Alain Ducasse as well as hundreds of celebrities and royalty from around the globe. Prior to his role as Executive Sous Chef at The Inn at Little Washington, Mike was the Sous Chef for the Jockey Club in Knoxville, Tennessee.

Born in Chicago and raised in Tennessee, Mike has worked in and around the restaurant industry since he was a teenager. He attended culinary school in Tennessee, though readily admits that the majority of his education came in the kitchen.

After many years honing his skills at The Inn at Little Washington, Mike was ready to spread his wings and showcase his culinary talents in a community that shares his interest in local food and great dining.

### About the chef

- Trained under the personal direction of Chef Patrick O'Connell for six years at The Inn at Little Washington, a five time recipient of James Beard Foundation awards including Chef of the Year.
- Hotel, Restaurant, and Business Management Program at the University of Tennessee
- Former rugby player and junior Olympic swimmer
- American history buff



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PHOTO BY RYAN HOOVER



PHOTO BY SERA PETRAS

## Reviews

"The table to book in Staunton is dinner at Zynodoa, a down-to-earth (and yet chic) celebration of local and seasonal cuisine, simply prepared and at affordable prices. Make sure to order the Virginia cheese plate at the end of the meal."

— New York Post

"Fresh locally produced food and wild seafood rushed from regional markets is artfully prepared by Chef Michael Lund...the cornmeal dusted oysters melt in your mouth."

— Richmond Times Dispatch

"Southern comfort food with a cosmopolitan sensibility."

— Edible Blue Ridge Magazine

## Description

Zynodoa offers creatively prepared southern cuisine in a stylish, metropolitan atmosphere. Zynodoa is proud to support the region's farmers and producers, and the menu changes daily to reflect local harvests. The ambience is unpretentious, meals are leisurely, and Chef Lund's seasonal, improvisational cooking is presented with his zest for detail. At Zynodoa, you will find the perfect convergence of a welcoming atmosphere, reasonable prices and great dining.

## Proprietors

Susan and Jeff Goode, who hail from Manhattan and Memphis respectively, opened Zynodoa because they wanted to offer the kind of hip dining experience you often find in a larger city. "We hoped to offer a new kind of dining option in Staunton — something more contemporary and sophisticated, yet still affordable. We loved the idea of creating a restaurant with an unexpectedly modern, urban feel." Vision in hand, the Goodes immediately set to work by purchasing and rehabilitating a historic building, drawing on Jeff's background in construction and Susan's background in design. Susan and Jeff also wanted to connect with the region in a very direct way; "that is why we chose the name Zynodoa - to pay homage to the area," says Susan. "When we first conceived of the restaurant, we were really interested in sourcing ingredients from local producers as we knew the Valley area had a huge untapped resource in farms and artisan food purveyors."

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PHOTO BY MICHELLE M. WINNER

“On Joel Salatin's [Polyface] farm... it's a pig's life...Salatin's swine spend their days roaming lazily through a leafy green forest, foraging for food, maybe stopping every once in a while for a good scratch on a tree trunk. All of his pigs are headed, eventually, for the dinner table.”

— ABC News Nightline, 6/16/2009



“One of the many satisfactions of growing food for our creative chefs is dining at their restaurants and tasting firsthand what they do with what we grow. It's one thing to drop off our weekly delivery at the back door of their kitchens. It's quite another to walk in through the front door as a customer and sample their cuisine.”

— Deirdre and Phil Armstrong of Harvest Thyme Herbs

We are proud to have offerings from the following local Virginia farms, dairies, purveyors, vineyards, and breweries.

### Farms

polyface farm  
 casta line trout farm  
 harvest thyme herbs  
 planet earth diversified  
 cestari farm  
 folly mills farm  
 singing earth  
 sullivan farm  
 critzer farm  
 elk run farm  
 honey hill farm  
 heerschap family farm  
 hungry hill farm  
 swinging bridge farm  
 homestead hill  
 circle m farm  
 north mountain

[www.polyfacefarms.com](http://www.polyfacefarms.com)  
[www.castalinetroutrfarms.com](http://www.castalinetroutrfarms.com)  
[www.harvestthymeherbfarm.com](http://www.harvestthymeherbfarm.com)  
[www.planeteearthdiversified.com](http://www.planeteearthdiversified.com)  
[www.cestariltd.com](http://www.cestariltd.com)  
 staunton va  
 waynesboro va  
 grottoes va  
 crozet va  
 fort defiance va  
 bridgewater va  
 mt solon va  
 shipman va  
 lexington va  
 middlebrook va  
 bridgewater va  
 timberville va

### Dairies

caromont farm  
 oak spring dairy  
 meadow creek dairy  
 mountain view farm  
 everona dairy  
 perfect flavor

[www.caromontfarm.com](http://www.caromontfarm.com)  
 upperville va  
[www.meadowcreekdairy.com](http://www.meadowcreekdairy.com)  
 fairfield va  
[www.everonadairy.com](http://www.everonadairy.com)  
[www.perfectflavor.com](http://www.perfectflavor.com)

### Purveyors

grains of sense  
 wades mill  
 mona lisa pasta  
 gearharts  
 vinegar works  
 bevans oysters  
 churchville mill shoppe  
 t & e meats  
 newtown baking  
 bittersweet bakery  
 seafood@west main  
 meating place  
 the cheese shop

[www.grainsofsense.com](http://www.grainsofsense.com)  
[www.wadesmill.com](http://www.wadesmill.com)  
[www.monalisapasta.com](http://www.monalisapasta.com)  
[www.gearhartschocolates.com](http://www.gearhartschocolates.com)  
[www.virginiavinegarworks.com](http://www.virginiavinegarworks.com)  
[www.bevansoyster.com](http://www.bevansoyster.com)  
 churchville va  
 harrisonburg va  
 staunton va  
 staunton va  
 charlottesville va  
 middlebrook va  
[www.thecheeseshopva.com](http://www.thecheeseshopva.com)

### Vineyards

chester gap cellars  
 kluge estate  
 linden vineyards  
 jefferson vineyards  
 crow mountain  
 keswick vineyards  
 barboursville vineyards  
 michael shaps wines

[www.chestergapcellars.com](http://www.chestergapcellars.com)  
[www.klugeestateonline.com](http://www.klugeestateonline.com)  
[www.lindenvineyards.com](http://www.lindenvineyards.com)  
[www.jeffersonvineyards.com](http://www.jeffersonvineyards.com)  
 greene county va  
[www.keswickvineyards.com](http://www.keswickvineyards.com)  
[www.barboursvillwine.net](http://www.barboursvillwine.net)  
[www.michaelshapswines.com](http://www.michaelshapswines.com)

### Breweries

starr hill brewery  
 st. george brewing company  
 blue mountain brewery

[www.starrhill.com](http://www.starrhill.com)  
[www.stgeorgebrewingco.com](http://www.stgeorgebrewingco.com)  
[www.bluemountainbrewery.com](http://www.bluemountainbrewery.com)



PHOTOS BY SERA PETRAS



PHOTO BY MICHELLE M. WINNER

# zynodoa

RESTAURANT

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PHOTO BY SERA PETRAS



PHOTO BY PETER AALESTAD

## Information

Open Wednesday-Saturday from 5–11:30, and Sunday from noon until 8 pm.

We are located around the corner from the internationally acclaimed American Shakespeare Center and can easily accommodate pre and post theater diners.

Dress is upscale casual.

Reservations not required.

Zynodoa is located in the heart of Staunton's award-winning historic downtown district. *Southern Accents* calls Staunton a "small city that is blessed with the kind of historic downtown that movie scouts seek." *Southern Living* calls it "the perfect place to base any exploration of the valley." Staunton has been honored by the National Trust for Historic Preservation for its outstanding preservation and revitalization accomplishments. More information is available at [visitstaunton.com](http://visitstaunton.com)

## Access

The Charlottesville Albemarle Airport (CHO), a 45 minutes drive, is served by Delta, United Express, US Airways, Colgan Air and Continental. The Shenandoah Valley Airport (SHD), a 20 minute drive, is served by United.

The Amtrak station is a regularly scheduled stop for the Cardinal passenger train, which connects New York to Chicago via Philadelphia, Wilmington, Washington, D.C., Charlottesville, Cincinnati, and Indianapolis.

The Starlight Express is a luxury bus line with service between Staunton and New York City.

Drive times are approximate.

Charlottesville 40 minutes; Roanoke 1.25 hours; Richmond 1.5 hours; Washington DC 2.5 hours

GPS coordinates: N38° 8.9849', W079° 4.2804'