

Sumptuous Bites

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New Bite On The Block: Single-Mom Inspires Women To Live Their Dream One Bite At A Time
Empowerment Speaker, Nola Ro Launches Caribbean – American Cuisine Catering Company, Sumptuous Bites



(Brooklyn, New York) Sunday, June 28th at The Hills Lounge located on 4703 Church Avenue, Brooklyn, New York 11203 between the hours from 4PM thru 8PM, Empowerment Speaker and Caterer Nola Ro, takes Caribbean cuisine to new heights as she celebrates the launch of her catering company, *Sumptuous Bites*. Join the “momprenuer” for a delectable variety of Caribbean-American infused cuisine, cocktails and refreshing island beverages. Favorites such as Nola’s *Fun n’ Flirty Fish Cakes*, and *Sweet n’ Sumptuous Poppers – mini cornbreads with a creamy, sweet corn center, topped with tasty guava dressing*, are on the menu. Vegan & Vegetarian options will be available.

“At *Sumptuous Bites* we offer a creative twist on Caribbean dishes well-known for being deliciously rich and spicy. I want to revolutionize the way people experience West-Indian foods. When I was diagnosed with Polycystic Kidney Disease at 17, I became very sick, and needed to make healthier food choices to counteract the nagging symptoms,” said Nola Ro, CEO of *Sumptuous Bites*. “I searched ways to cook West-Indian dishes that would offer the nutritional value my body craved, without sacrificing my taste buds. Now, I’d like to share my discoveries with as many people as possible.”

Food and healthy living has motivated Nola to cultivate her entrepreneurial spirit. Today, she not only nurtures her business, but also invests her energy in helping women discover their strengths and pursue their dreams. “Being a single-mom of a 3-year old son and a businesswoman is no easy feat. You need a strong team and an unrelenting will to see things through to the end. It’s all worth it, because while it sounds cliché, if I can do it, so can you. If your intentions are good, and your heart is on fire, nothing can stop you,” said Nola.

In addition to providing an array of appetizing foods to sample, attendees will also have the opportunity to mix and mingle with esteemed guests from the food, beauty, fashion, and entertainment industries. Attendees may RSVP for the launch event at www.sumptuousbites.com.

ABOUT NOLA RO & SUMPTUOUS BITES

Empowerment speaker and caterer Nola Ro, is ready to tantalize the world’s taste buds one “sumptuous bite” at a time. Daughter of Guyanese restaurateur, Doris Rodney, Nola inherited her mom’s sharp business acumen and passion for exquisite cuisines. Unable to deny her daughter’s power in the kitchen and knack for business, Ms. Rodney quickly put Nola’s talents to work as manager and co-owner of her Brooklyn, NY cocktail bar. Motivated to realize her childhood dream of being an independent business owner, Nola created *Sumptuous Bites*, a Caribbean-American catering company featuring healthy options. A critical turning point for Nola occurred when she was 17 and diagnosed with Polycystic Kidney Disease. Her desire to cook nutritious meals became a top priority. With little experience in this area, Nola diligently researched nutritious cooking and reflected the lessons learned into her diet. With patience, Nola dramatically turned her health around.

Recognizing that she was not alone in trying to find a balance between enjoying flavorful foods and healthy eating, Nola committed herself to showing others the flexibility, and creativity that can be expressed in the culinary arts with West-Indian food. Her goal is simple, to make *Sumptuous Bites* the go-to-place for satisfying your palate with mouth-watering, healthy Caribbean-American cuisine.