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When a night out goes terribly wrong

Wednesday, February 18, 2015

I posted the short version in my status Monday morning. A few hours after dinner at a local restaurant, I began having GI issues which continued until the next morning.

Monday: The only activity I did was to log into Spark to get my points. I was upset at this unfortunate turn of events, but would have felt even worse if I broke my 190+ day streak because of it. The rest of the day was the BRAT diet and dozing on the couch while catching up on all the episodes of "Reign" I had missed.

Tuesday: Feeling better but still ate BRAT plus chicken soup. Caught up on laundry and a PBS series "How We Got to Now." As for Spark, my usual daily early morning activity, I logged in and spun the wheel, period! It sounds OCD when I write it now, but somehow doing that made me feel that my absence was temporary, that I WOULD get back to normal.

Wednesday: So here I am, ready to test how much I'm able to do. Whatever I choose to do will be done indoors. We got about 6" of snow on Monday which is enough to close schools (3 days so far) and cancel most non-essential activities around here. (Snowbelt people, feel free to laugh).

Summary of the restaurant experience.

6 neighborhood couples made an early reservation at a new restaurant. We try to support local business here at the lake especially in winter when they can't rely on tourist trade.

The menu was very comprehensive and everyone ordered something different – steak, ribs, chicken, fish, pasta, burgers etc. I watch "Restaurant Impossible" and one of the points they make is that it's very difficult to maintain quality over such a wide range of options. In this case, they couldn't.

We waited over an hour for our food, that is 9 of us did. 3 people never did get anything. They took their food as "take out" since the rest of us had already finished eating.

I had the chicken parmesan over spaghetti with their "special" sauce. I commented "who can ruin spaghetti." It tasted like thick, mushy worms. I ate a little bit and pushed it aside.

I did eat the scrawny piece of chicken. Everyone's food was a disappointment, even the coffee arrived cold.

So \$40+ later, I've learned a good lesson. When food is done that badly, it might not even be safe. It's best not to eat it at all.

I'm disappointed in this setback to my training, but glad I'm motivated enough to at least write about it.

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DEBORAH2180

Oh yuck on restaurant food! It brought back memories of my mom and I eating at a restaurant that triggered my labor. We were so sick as I was delivering my first born son. It was awful! I hope you feel better by now!
2299 days ago



MJZHERE

Just got back from Las Vegas and cut trip short due to sickness from restaurant food. Don't eat out much and this is one of the reasons. Still recovering.
2301 days ago



CD13376265

Glad you're on the mend!



2302 days ago



1STBUCKETITEM



Sorry to hear about your restaurant debacle. Hope you're back to your own sweet self



soon!

2303 days ago



GIVEUP30

U take care young lady
2303 days ago



LINDAKAY228

Wow! Definitely sounds like a huge disappointment and not a place to eat again. Sorry you ended up so sick over it even though you couldn't eat much. Hope you are able to accomplish a lot more now. Take it slow and take care.
2303 days ago



GINIEMIE

I think you should report back to the restaurant and to the health department. They need to keep an eye on the place and the owners/managers need to know that their food is treacherous, dangerous and the service is lacking.
Wow, I started this response before our electricity went out yesterday early evening and this

morning it's still here waiting for me to finish and send.



2304 days ago



MARYJEANSL

It's hard to imagine how that restaurant could still be in business! How awful! And then to get sick on top of having to eat bad food - wow. I hope you are feeling better by now, but I do think you should complain. Do you know if any of your fellow diners got sick also?
2304 days ago



KRISZTA11

Sounds really really bad, I wonder how they still have customers...




2304 days ago



CD4114015

I am so sorry about that! It was bad all the way around too....no one got to eat together, some didn't get served at all....IYIYI...what a nightmare. They should not have even charged your group.



And the worst thing is you got SICK  from it! I pray you get better each day and can make up your time lost in training!



2304 days ago



PHOENIX1949

I think it would be of service to the restaurant to notify them, especially if several of you were affected.

When spouse completed a college degree as a SOTA (student older than average), I ordered food from the deli of a local chain grocery store for friends and family that came over. We both had severe GI distress but didn't connect it to the food so didn't ask any of the guests (family portion). A few months down the line, several folks sheepishly mentioned having the same problems after the party. By that time it seemed too late to bring it up to the store.

Hope you are about back to your former self!
2304 days ago



SUBMOM2

I'm sorry that happened. I hope you are soon back in the swing of things!
2304 days ago



DR1939

Sounds like you need to notify the Health Department. I hope the restaurant improves soon. I know how important a good local restaurant is in a rural area.
2304 days ago



DDOORN

Ugh...so sorry for your trials & tribs! But lesson learned...
Don
2304 days ago



LIVINGLOVINLIFE

YUK!! Sounds terrible so sorry you have been so sick, at least you didn't have to go to the hospital. I would for sure contact the restaurant management. Bad food can be deadly. Glad you are feeling better. Might want to take it easy for another day or 2. Your body needs to recover from the food attack. Hugs Pat
2304 days ago



MISCHAKEO

I am sorry your were so sick. You can get food poisoning from poorly prepared food. I would stay away from that restaurant!
2304 days ago



SWEETNEEY

you are on the road to recovery - Hallelujah.
2305 days ago



ONEKIDSMOM

Sorry about your horrible "night out" experience! I seem to remember having one in my youth that I had pushed from my mind until I read this... yikes.

Hope that today truly is the start of you feeling more NORMAL and yourself!
2305 days ago



WATERMELLEN

Gahhh. Sounds completely terrible.

Did any of you call the restaurant to let them know?

Sounds pretty much like amateur food-handling. We want to be kind and support new businesses but this will be in trouble if they don't turn it around fast.
2305 days ago



KELLIEBEAN

Oh that's awful! Brings back icky memories of a bad meal I had once. So sorry that happened to you!

I hope the rest of the week is better! Take care.
2305 days ago

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