

Julie Harris



Julie Harris is a Canadian-born author, food writer, chef, former Canadian Armed Forces officer and former pub landlady living in West Sussex, England.

Originally from Kanata, Ontario, Julie served in the Canadian Armed Forces before embarking on a series of adventures that eventually led her across the Atlantic and into one of Britain's most iconic institutions: the English village pub.

As landlady of the Royal Oak Inn in Handcross, she spent years navigating the unpredictable world of hospitality, where no two days were ever the same. Between runaway chefs, eccentric

regulars, kitchen disasters, village characters and a giant Old English Sheepdog named Juno, Julie collected enough stories to fill a book.

Her debut memoir, *Lies, Theft and Sht on the Ceiling: A Canadian's Journey to Pub Ownership in England**, combines humour, food and storytelling in a collection of true-life tales inspired by the people, mishaps and unforgettable moments of pub life. The book also features more than 50 recipes and over 100 original illustrations.

Julie has spent more than two decades working in communications, public affairs, media relations and stakeholder engagement across Canada and the United Kingdom.

Through her website, *Gravy Stains and Tall Tales*, and her growing social media audience, Julie shares stories about food, hospitality, travel and the wonderfully absurd realities of life. Her videos and stories have generated more than one million views across Facebook and TikTok, attracting an audience of hospitality workers, food lovers and travellers from around the world.

She lives in West Sussex with her partner and book contributor Andy and her Old English Sheepdogs, including Juno, who remains convinced she owns every pub she visits.