

news release

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MANDARIN ORIENTAL PUDONG, SHANGHAI PARTNERS WITH WELLNESS GASTRONOMY™ TO INTRODUCE NEW, HEALTHY MENUS

Hong Kong, 30 June 2015 – [Mandarin Oriental Pudong, Shanghai](#) has collaborated with Naturopath, Liliane Israel, to redefine its healthy eating menu options. Based on her Wellness Gastronomy™ concept, the new menus connect the pleasure of dining with an awareness of eating wisely, and will be introduced on 15 July 2015.

Liliane has worked closely with Mandarin Oriental chefs to create a selection of scientifically based *Gourmet Healthy Delights* made from natural, unprocessed foods that contain a wealth of vitamins, minerals and enzymes. The new dishes incorporate an array of essential nutrients, including high fibres, low fats, high quality proteins, natural sweeteners instead of sugar, and rejuvenating antioxidants.

Gourmet Healthy Delights dishes include *Light Delights* to help manage weight without sacrificing flavour, and *Vitality* creations that boost energy and nutrition levels. Diners can mix and match these dishes to suit their personal preferences.

Guests can enjoy a wholesome start to their day from the *Healthy Delight Breakfast Buffet* at Zest all-day dining restaurant or in-room from the *Delight and Vitality Set Breakfasts* menu. At Riviera Lounge, *Vitality Afternoon Tea* includes appetising scones, cakes and savoury delicacies that bring a fresh twist to this afternoon ritual.

Liliane has teamed up with Tony Lu, celebrated, Shanghainese chef consultant at Mandarin Oriental's Yong Yi Ting Chinese restaurant, to interweave Wellness Gastronomy with the traditional Chinese approach of grouping foods according to the five elements of wood, fire, earth, metal and water. Yong Yi Ting's seasonal menus offer healthy choices that balance specific seasonal energy levels to achieve Yin and Yang harmony. Dishes include Steamed lobster with enoki mushrooms and Braised bean curd skin filled with mushrooms and black truffle sauce. Also served are marinated yam with plum and lime sauce, and Chilled black and white sesame pudding.

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About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences around the world. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 45 hotels representing almost 11,000 rooms in 24 countries, with 21 hotels in Asia, ten in The Americas and 14 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 15 Residences at Mandarin Oriental connected to its properties.

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