

THE NATION NEWSPAPER
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Title: Eat Yourself Fitter

GREAT THINGS TO SEE AND DO

Eat yourself fitter

A spa-cuisine menu of light and tasty dishes is being launched at President Solitaire Hotel & Spa's The Dining Room on Sukhumvit Soi 11.

On offer in a menu conceived with the help of Bumrungrad Hospital nutritionists are low fat, low-sodium and low-calorie appetisers, soups, mains and desserts that range in price from Bt90 to Bt300. Chef's recommendations include chicken in a cantaloupe boat, grilled snapper glazed with soy sauce and ginger, and poached lean chicken breast glazed with orange juice. The menu is available daily for lunch and dinner.

For reservation, call **(02) 255 7200, extension 5.**

