

For Immediate Release




Add a splash of colour to your palate with Cafe Roma!

Hong Kong, 23 June 2015 – Park Island’s popular beachside restaurant, **Cafe Roma** introduces a ‘rainbow’ inspired menu this summer, including **ice creams, summer refreshments,** and the **Summer Picnic Basket**. Much solid evidence suggests the best way to brighten ones diet and mood is to eat a rainbow of foods. Group Executive Chef, Jaakko Sorsa and his team have created a series of fun and vibrant dishes with a rainbow of fruits, vegetables and ingredients that range from appetizers, mains, desserts to summer drinks that are guaranteed to nourish and whet ones appetite whilst beating the swelteringly humid Hong Kong summer.

The ‘Rainbow Diet’ consists mainly of five colours you need to eat regularly for a well-rounded and nutritious diet; red, yellow and orange, green, blue and purple, and white. Red fruits and vegetables have lycopene (watermelon, pink grapefruit, tomatoes, peppers) that reduce the risk of heart disease, cancer and have anti-inflammatory properties. Yellow and orange are rich in beta carotene, vitamin A and C, whilst Greens (lettuce, asparagus, and lime) are rich in phytochemicals and offer plenty of fiber. Apparently blue and purple (blueberries, purple cabbage) are often overlooked, but in fact are the most nutritious - rich in the phytonutrient anthocyanin that have antioxidant effects promoting anti-inflammatory, anti-viral and anti-cancer benefits. As for white foods cauliflower has many nutrients of other cruciferous vegetables but it’s the only white one, but white radish, garlic and onions are also in the white list and have amazing health benefits – anti-inflammatory and anti-bacterial properties just to name a few.

All New Scrumptious Summer Dishes

Below are highlights of featured summer dishes:

	<p>Grilled and Marinated Vegetable and Quinoa Salad (HK\$98) Vibrant colours of this dish comes from pumpkin, bell peppers, tomatoes, avocado, coriander, quinoa and chipotle chili vinaigrette that’s served on endive spears. What’s more is, quinoa helps reduce cholesterol.</p>
	<p>Roast US Black Angus Beef Sirloin (HK\$108) Accompanied with potato salad, bell pepper slaw and horseradish sauce makes a fabulous starter</p>
	<p>Pepperoni, Chicken and Sundried Tomato Penne (HK\$128) This pasta dish uses selected U.S. Springer Mountain Farm chicken meat, served with grilled zucchini, French beans and chili. The spicy flavour is guaranteed to entice your appetite.</p>



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	<p>Grilled Silver Cod Fillet (HK\$168) This grilled cod fillet is a great choice for those who prefer something light as a main, accompanied with fingerling potatoes, French beans, zucchini, and coleslaw.</p>
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Other new additions to the menu include: **Roasted Pumpkin Soup** (HK\$68), **Lobster Bisque** (HK\$78), **Honey Mustard Chicken Pizza** (HK\$128), and **Crispy Chicken Strips** (HK\$78).



Icy Cool Refreshments (Promotion Period: From now until 30 September 2015)

Stay 'cool' chilling out this summer with Cafe Roma's refreshing thirst-quenchers:

	<p>Strawberry Daiquiri Alcoholic version: HK\$68 Mocktail: HK\$48 Using fresh strawberries and strawberry syrup rich in vitamin C, pomegranate syrup with pineapple juice creates a refreshing combination.</p>
	<p>Mango Paradise Alcoholic version: HK\$68 Mocktail version: HK\$50 Using mangoes rich in vitamin A, this drink is a blend of mango syrup and pineapple juice that gives it a tangy sweet and sour taste.</p>

Ice Cream Sundaes (Promotion Period: From now until 30 September 2015)

Beat the summer heat with Cafe Roma's Specialty Sundaes

	<p>Chocolate & Chestnut Sundae (HK\$78) Creamy and delicious chocolate ice cream that comes with thick chestnut syrup and fresh blueberries.</p>
	<p>Strawberry & Marshmallow Sundae (HK\$78) Sweet Strawberry ice cream served with mint leaves, marshmallow, fresh strawberries and strawberry sauce.</p>

~ A 10% service charge applies to all items detailed above.~

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Summer Picnic Basket (Promotion Period: From now until 30 September 2015)

The Summer Picnic Basket is back by popular demand this year, so grab a partner and get ready for a relaxing, one-of-a-kind outdoor dining experience on the beach.



The Summer Picnic Basket includes:

- Cafe Roma Italian Antipasti for Two (Parma Ham, Italian salami, smoked ham, baby mozzarella with cherry tomatoes, marinated artichoke hearts, and grilled pesto zucchini)
- A choice of salad from the a la carte menu
- One regular-sized pizza or pasta from the a la carte menu
- Camembert cheese and one baguette
- Fresh fruit skewers and cookies
- Two bottles of mineral water or sparkling mineral water

Vegetarian and special dietary options are available upon special request. Guests can also choose to add any wines or beers from the beverage menu at a 50% discount.

All picnic baskets come with everything needed for a special treat down on the sand, including a custom Cafe Roma beach mat and tea towels for guests to take home as a memento of their summer picnic on the beach. An additional HK\$250 deposit will be charged with each picnic basket order, refundable upon return of the wicker picnic basket and silver cutlery to the restaurant.

Simply make a reservation at least 24 hours in advance (excluding Monday) to pre-order a fully stocked picnic basket to go at HK\$438 each. The picnic basket is available for pick-up all day, Tuesdays to Sundays.

A beach party is the epitome of summer, so go ahead and get your friends and family together for an alfresco feast by the shore with Cafe Roma's special picnic basket.

Enjoy a relaxing summer with family and friends now!

Where to find Cafe Roma:

L1, Shop 7&8, Beach Commercial Complex, Park Island, Hong Kong

Tel: (852) 3446 1226

Email: reservations@caferoma.com.hk

Web: www.caferoma.com.hk

Facebook: www.facebook.com/caferoma.hk

About Cafe Roma

Cafe Roma is an all-day beachfront dining cafe that serves European cuisine, based on fresh, quality ingredients with a kitchen team managed by Executive Chef Jaakko Sorsa, who also oversees FINDS,

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the first and only Nordic restaurant and bar in Hong Kong. Cafe Roma is proud to have the best spot on Park Island, being the only restaurant with the wooden deck and open air by the beach. It offers all-time favourites such as pizza, pasta, burgers, steaks and healthy salads, paired with a good selection of wines, beers, creative cocktails and fresh fruit juices at the bar. Cafe Roma is also kids-friendly, offering a full kids menu with healthy ingredients for families with children. Pets are also always welcome at the restaurant. Cafe Roma is perfect for a quiet meal alone, a romantic date or a gathering for family and friends. The friendly team at the restaurant also easily accommodates private events such as cocktails, birthday parties, kids' parties, wedding receptions and reunions.

About GR8 Leisure Concept Limited

Founded in 2004, **GR8 Leisure Concept** is an innovative hospitality group that owns and manages a portfolio of 18 brands including hotels, serviced apartments, restaurants, and bars across Hong Kong and China. The group's first property, **The Luxe Manor** is a surrealism-inspired boutique hotel in Tsim Sha Tsui that was the first designer boutique hotel in Hong Kong. Shortly after, the group launched its first serviced apartment, the artsy **Knight on Wyndham**, in the heart of Central, and **Dada Bar + Lounge**, a stylish Dadaism-themed variety club located in The Luxe Manor. In 2011, GR8 Leisure Concept launched its second hotel brand **Hotel Soul** in Suzhou, China, which features continental restaurant **Brasserie 101**, innovative Cantonese-styled restaurant **Ying Fook Court**, and multifunctional banquet venue **Ying Fook Heen**. The following year, the group introduced beachside café **Cafe Roma**, Hong Kong's first and only Nordic restaurant **FINDS** led by celebrity chef Jaakko Sorsa to the company's portfolio of restaurants. GR8 Leisure Concept also acquired heritage hotel **Hullett House** and its five F&B brands in 2013, including the colonially-designed restaurant and lounge bar **The Parlour** serving international cuisine, the hotel's signature Cantonese restaurant **Loong Toh Yuen**, contemporary French fine dining restaurant **St. George**, casual grill restaurant **Stables Grill** located in the old horse stables, and one-of-a-kind British bar **Mariners' Rest** where the original jail cells from the former Marine Police Headquarters still stand. The group's latest openings include **Champagne Gallery**, a champagne lounge designed in the style of a French maison offering bespoke champagnes and seafood pairings, and **Whisky@Stables**, the only whisky bar in town renovated from a former horse stable that serves over 100 different types of whiskies from around the world, both located within Hullett House.

For more details, please visit www.gr8lc.com.

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bit.ly/CR_Summer2015

For media enquiries, please contact:

Emcee Kong
Assistant Communications Manager
emcee.kong@gr8lc.com

Esther Chung
Communications Officer
esther.chung@gr8lc.com

Tel: (852) 2526 4333
Fax: (852) 2526 4833
Website: www.gr8lc.com