



LE ROYAL MONCEAU

RAFFLES PARIS



15th My Blend salad at le Royal Monceau – Raffles Paris

The Bar Long at Le Royal Monceau invites you to a summer not quite like the others with its festival of colors and flavors. Abundance of vegetables, cereals and protein does not harm, the 15th edition of the healthy My Blend salad astonishes.

A new recipe full of vitality where vitamins, trace elements, detoxifying and regenerative proteins take the lead. Imagined by Dr Olivier Courtin-Clarins and Executive Chef Rémi Van Peteghem, the recipe is fresh, particularly tasty and truly generous.

Multicolored peppers simmered without their skin to concentrate the aromas and facilitate the digestion, avocado cubes - the ultimate wellness food - for their richness of mono unsaturated fatty acids and fiber, fine frizzy mustard leaves and peas for the freshness, accompanied by a duo of white quinoa with soft grain - and red quinoa with firmer grain - here is the new superfood mantra of the summer. On the protein side, a soft poached egg – a wholefood and perfect slimming ally - and a light chiffonade of melting pata negra with deep aromas, boost the plate.



To perfect this alliance of high quality products, coming straight from a responsible production, just toasted croutons associated with touches of sesame oil and hazelnut notes punctuate the salad of crunchy touches.

The sophisticated simplicity and the taste for extremely seasonal products are the key words of this composition. Surprise, color, texture and especially pleasure invite us to a delightful tasting in the intimate Bar of Le Royal Monceau.

With this new balanced and flavoured creation, we leave the table light but satisfied, what more could one ask for?

Put color on your plate by coming to enjoy summer at Le Royal Monceau!

The “MyBlend summer salad by Dr Olivier Courtin” for any occasion at
Bar Long - Le Royal Monceau - Raffles Paris.
Every day from 12 am to 3 pm
44 euros
Available from July 12th 2017

The salad also takes part of the offer “My Royal Detox”
A yoga or pilates class with a personal coach + a Clarins rebalancing massage or firming age corrector body treatment
Or
a boxing cardio training class or yoga class with a coach and a body energizer exfoliator or sports massage
And
a private access to the spa (fitness, piscine, sauna, hammam)
295 euros per person

Information & Booking :
dining.paris@raffles.com / Tel : 01 42 99 98 50

www.leroyalmonceau.com
Le Royal Monceau - Raffles Paris – 37, Avenue Hoche, 75008 Paris



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About Le Royal Monceau - Raffles Paris

Le Royal Monceau – Raffles Paris reopened in 2010 as the most exciting 5-star luxury hotel in the City of Lights, after a dramatic and complete two-year transformation by designer Philippe Starck. The hotel has 149 luxurious rooms and suites and is just minutes from the Arc-de-Triomphe and the Champs-Élysées in Paris' 8th arrondissement. At *Le Royal Monceau – Raffles Paris*, art is omnipresent, with an exclusive service of Art Concierge, an Art Bookstore, a private Art Gallery, a 99-seat cinema theatre and an impressive private art collection. Food and drink are an art form here too – from the buzz of *Le bar Long* on the ground floor, to the two restaurants, *Matsuhisa Paris* for a Japanese cuisine and *Il Carpaccio* Michelin-star Italian restaurant. Not to be missed are the delicious pastries, macarons and chocolates by Pierre Hermé, considered by Vogue magazine as the 'Picasso of pastry'. Art, decoration, design and a fashionable selection: *Le Royal Eclaireur* is an exclusive destination. The 1,500sqm Spa *My Blend by Clarins* is an award-winning white paradise, with the longest swimming pool in a Paris hotel.

www.leroyalmonceau.com

About Raffles Hotels & Resorts

Raffles Hotels & Resorts is a luxury brand with an illustrious history dating back to 1887 when the world-renowned Raffles hotel first opened its doors in Singapore. Today, the remarkable collection includes twelve extraordinary properties in many of the world's best cities and top holiday destinations including favourites such as Paris, Istanbul, and the Seychelles. Many more exciting locations are also on the horizon with new hotels being developed in destinations such as Warsaw and Jeddah. Whether it's a secluded resort or a lively city-centre, each Raffles promises an oasis of calm and charm and a compelling mix of cultures and styles, and has its very own story to tell. Part of *AccorHotels*, a worldleading travel & lifestyle group and digital innovator offering unique experiences in more than 4,000 hotels, resorts and residences around the globe, Raffles is proud to draw on the timeless essence of Raffles – to deliver thoughtful, personal and discreet service to well-travelled guests.

www.raffles.com

About Katara Hospitality

Katara Hospitality is a global hotel owner, developer and operator, based in Qatar. With more than 45 years' experience in the industry, Katara Hospitality actively pursues its strategic expansion plans by investing in peerless hotels in Qatar while growing its collection of iconic properties in key international markets. Katara Hospitality's portfolio has grown to include 34 owned and / or managed hotels and the company is now focused on achieving its target of 60 hotels in its portfolio by 2026. As the country's flagship hospitality organisation, Katara Hospitality supports Qatar's long term economic vision.

Katara Hospitality currently owns properties spread across three continents in Qatar, Egypt, Morocco, UK, France, Germany, Italy, Spain, Switzerland, The Netherlands, Singapore and Thailand. While it partners with some of the finest hotel management companies, Katara Hospitality operates owned and non-owned hotels through its standalone operating arm, Murwab Hotel Group.

Katara Hospitality has gained global recognition for its contributions to the Qatari and international hospitality landscape, through numerous prestigious accolades from the industry.

www.katarahospitality.com