

BVLGARI

HOTEL PARIS

ENJOY A HEALTHY BREAK AT THE BULGARI HOTEL PARIS



Paris, May 2nd, 2024 - With the summer months fast approaching, Chef Niko Romito has worked with an expert nutritionist to envision a selection of dishes that combine indulgence with wellbeing. What better way to be good to yourself and spoil yourself at the same time?

Our healthy menu is designed around four themes to appeal to as many diners as possible, and respond to the growing trend of making fine dining synonymous with wellbeing.

Whether you choose the Light menu, the Balanced menu, the Vitality menu or the Longevity menu, there are delicious options for every discerning diner. A delight for the eyes with sparkingly colourful dishes, an olfactory delight with the freshness of seasonal vegetables and a taste sensation with the light, melt-in-the-mouth textures that characterise Chef Niko Romito's cuisine and thrill the palate.

So what's on the menu? The savoury pleasures include fresh, colourful, vitamin-packed salads bursting with seasonal ingredients, carpaccios of fish and vegetables, canapés...and much more. Those with a sweet tooth will love the chia pudding, acai bowl with seasonal fruit or simply sliced fresh fruit.

Served at the Bulgari bar, these elegantly balanced creations can be enjoyed in a relaxed and discrete setting, perhaps accompanied by a hot drink, smoothie or detox juice.

Bulgari Bar, Monday to Sunday, 10am till midnight.

https://www.bulgarihotels.com/en_US/paris/dining/the-bulgari-bar



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Light

Red fruits salad

Lobster salad with mixed baby leaves, potatoes and black olives

Egg white soufflé with herbs, baby spinach and almond sauce

Chicken Caesar salad

Balanced

Carpaccio of beetroot with burrata and baby leaves

Steamed sea bass with grilled celery and champagne sauce

Gluten-free penne with tomato sauce

Chia pudding with seasonal fruits

Vitality

Sea bass and avocado crudo with parsley and chilli

Gluten-free mixed grain bread with smoked salmon, avocado and sunflower seeds

Gluten-free mixed grain bread with chicken, avocado and sunflower seeds

Acai bowl with seasonal fruits

Longevity

Salad of sliced fresh fruits

Lobster salad with mixed baby leaves, potatoes and black olives

Grilled chicken breast with vegetables, pistou and quinoa

Black rice salad with black-eyed beans and chickpeas

- End -



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About Bulgari Hotels & Resorts

Unique locations in harmony with the surrounding areas, the blend of traditional design with dramatic contemporary Italian architecture by the Italian architecture and interior design practice ACPV ARCHITECTS Antonio Citterio Patricia Viel and superior service crafted with the same attention to quality that has always distinguished Bulgari creations. These are the key elements that characterize The Bulgari Hotels & Resorts collection.

For all the hotels, the approach is the same: the design of the interiors is strongly rooted in the traditions of the place, and careful attention is paid to every detail in a tribute to absolute luxury. The Bulgari Hotels & Resorts collection features the distinctive, bold Italian style typical of Bulgari, reflected in its unique design, its contemporary Italian cuisine and its lavish spas. It conveys the excitement of the Bulgari brand, its timeless glamour and its magnificent Italian jewellery heritage.

Bulgari Hotels & Resorts Collection began as an initial array of three establishments in Milan, London and Bali, and recently added new ones in Beijing, Dubai, Shanghai, Paris and Tokyo. The Bulgari Hotel Roma is the ninth jewel in the collection, and three additional hotels are coming soon in Miami, Maldives and Los Angeles, between 2025 and 2026.

About Bulgari

Part of the LVMH Group, Bulgari was founded in Rome in 1884 as a jewellery shop. Known as the magnificent Roman jeweller and master of coloured gems, Bulgari has established a worldwide reputation for Italian excellence and enjoys renowned for its exquisite craftsmanship. The company's international success has evolved into a global and diversified luxury purveyor of products and services, ranging from fine jewels and high-end watches to accessories and perfumes, and featuring an unrivalled network of boutiques and hotels in the world's most exclusive shopping areas.

Demonstrated through its numerous philanthropic partnerships, Bulgari deeply believes in innovating the present for a sustainable future through its commitment to Corporate Social Responsibility and giving back – to nature and to the community.

