

'Go Healthy' dishes energise food-life balance.

Delicious body-boosting local flavours are at the heart of a new global culinary concept by Mövenpick Hotels & Resorts.

Zurich, Switzerland, 19 May 2014. Enjoying a healthy work-life balance is a wonderful thing, but Mövenpick Hotels & Resorts also believes that a healthy food-life balance is a vital component of living well.

With this in mind the Swiss upscale hospitality company has introduced an innovative range of delicious 'Go Healthy' dishes designed to showcase the best of regional seasonal ingredients as well as inspire refreshing body balance.

"Mövenpick Hotels & Resorts has always believed that enjoying good food should make you feel good in every way," says Thomas Hollenstein, Director of Food & Beverage Europe. "Our 'Go Healthy' menus are about making the right food choices, selecting ingredients that are seasonal and produce that is local to create delicious energising healthy dishes."

'Go Healthy' is now a global concept by Mövenpick Hotels & Resorts. Already a major success in the Middle East and Asia, it has been introduced across all the company's hotels in Africa and Europe.

Mövenpick Hotels & Resorts has always enjoyed a rich legacy of culinary innovation and environmental respect, so our 'Go Healthy' menus are not just big on imagination and low in carbohydrates but also deeply inspired by locally sourced seasonal produce," says Peter Drescher, Vice President of Food and Beverage for Mövenpick Hotels & Resorts in the Middle East and Asia.

Delicious fresh nutritious flavours are the cornerstone of every dish on the 'Go Healthy' menu and although this is a constant across all Mövenpick Hotels & Resorts, dishes are customised to match the local produce available.

For example, at Mövenpick Resort & Spa Dead Sea in Jordan, 90% of fruits and vegetables are bought from nearby markets with local honey proving highly popular; at Mövenpick Hotel Beirut more than 75% of ingredients are locally sourced with game meat a particular favourite while at Mövenpick Hotels & Residences Bur Dubai, chicken, turkey and lean meat cuts create classic 'Go Healthy' combinations.

In Mövenpick Hotels & Resorts in Europe, seasonal spring dishes may include appetisers such as green asparagus or ratatouille soup; mains could feature perch fish fillet with vegetables or beef tenderloin teriyaki style while dessert favourites may include mango and passion fruit ice-cream or apricot cake with almonds.

And the good news for those watching their weight is that in every hotel in Europe, an appetiser, main course and dessert from the 'Go Healthy' menu can add up to less than a thousand calories meaning every meal is a guilt-free pleasure and every course is a body-boosting energiser.

'Go Healthy' dishes will be available at every Mövenpick Hotel & Resort on all à la carte menus as well as on breakfast, lunch and dinner buffets. They are also perfect for providing a nutritious energy-boost to meetings and events and can be easily customised according to taste.



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