

For Immediate Release

Stretch and De-Stress with Cafe Roma

Ma Wan's favourite beachside restaurant proudly presents an evening of detox treats

Hong Kong, 8 June 2017 – Cool off and get fit this summer with **Cafe Roma's** exclusive '**Stretch and De-Stress**' event. On the evening of **29 June (Thursday)**, guests are invited to begin a refreshing wellness journey with a restorative yoga class on the beach hosted by certified yoga instructor, **Jessica Lee**. After finding zen, guests can relax and refuel with a healthy detox dinner complete with a cleansing juice that has been prepared exclusively for the occasion by celebrity chef **Jaakko Sorsa**. At the end of the evening, guests will also be treated to a special gift featuring an exclusive Cafe Roma treat and a free bottle of **Vita Coco Coconut Water**, allowing guests to keep the beach detox spirit alive in the comfort of their very own homes.

Jessica Lee will kick start the evening with a relaxing beach yoga class set against the majestic backdrop of the iconic Tsing Ma Bridge. Known for a teaching philosophy which combines physical, dynamic sequencing with a playful approach, Jessica Lee's classes - which have been featured in numerous Hong Kong lifestyle publications - are all about connecting the breath with the flow, tempering the pose to suit the day, and working hard to the perfect playlist.

After beach yoga, guests are invited to make their way to Cafe Roma for a delicious detox dinner complete with a tasty cleansing juice. The detox dinner features a choice of Cafe Roma's most popular salads. The **Duo of Smoked Salmon Niçoise Salad** is a long time blogger favourite, well-loved for its flavoursome mix of house-smoked and cold-smoked salmon, crisp salad, and tangy Dijon mustard vinaigrette dressing. The salmon itself is directly imported from the Nordic seas to ensure the highest quality and freshest flavour. Topped with a slow-cooked egg, French beans, cherry tomatoes, potatoes, and black olives, the dish is as filling as it is healthy, making it the perfect post-workout treat. Alternatively, the **Roasted Chicken, Pumpkin, Tomato, Mozzarella & Couscous Salad** is an elevated take on the classic chicken salad. Loaded with delicate flavours and interesting textures, and served with additional bell peppers, rocket, pine nuts, and a pesto dressing, the salad provides excellent nutrition benefits ideal for ensuring a balanced diet conducive to health. To accompany the detox salads, Chef Jaakko has created a nutritious health juice especially for the occasion. The **Summer Gazpacho Juice** combines heirloom tomatoes, celery, cucumber, and pear for a light and refreshing beverage. Vegetarian and special dietary options are available upon request.

To guarantee a place at this exciting event, please sign up at <https://goo.gl/l6GYZN>. Spaces will be allocated on a first come first served basis. Successfully registered participants will be required to pay an **event fee of HK\$150** to confirm their place. All participants must bring their own yoga mat, water and towel on the event date.

"Stretch and De-Stress with Cafe Roma" Details:

Date: 29 June 2017 (Thursday)

Time: 6pm – 7:15pm

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

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f www.facebook.com/caferoma.hk

Managed by GR8 Leisure Concept

Venue: Cafe Roma, L1, Shop 7&8, Beach Commercial Complex, Park Island, Hong Kong
Price: HK\$150/person (Including: one hour yoga class with Jessica Lee, a healthy detox dinner at Cafe Roma, and a special gift)
RSVP: <https://goo.gl/l6GYZN>
Enquiry: www.facebook.com/caferoma.hk

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
Instagram: www.instagram.com/caferomahk

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, 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 9 brands including hotels, 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, a stylish Dadaism-themed variety club located in The Luxe Manor, **Dada Bar + Lounge** was launched. 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**. In the following year, the group introduced beachside café **Cafe Roma**, and Hong Kong's first and only Nordic restaurant **FINDS** led by celebrity chef Jaakko Sorsa to the company's portfolio of restaurants. The group's latest opening, **Bar Soul**, which is located on the first floor of Hotel Soul, brings a unique blend of retro and industrial elements.

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

About Jessica Lee

Jessica's yoga journey began in 2005, initially as a substitute for her childhood hobbies of gymnastics and acrobatics, though it was soon to progress into something more transformational. In 2008, Jessica discovered AcroYoga and has since actively immersed herself in the practice, building and growing the local AcroYoga-community through her Facebook group, Acroyoga Hong Kong. She completed her 200RYT and advanced teacher training with Briohny Smyth and Dice lida-Klein in 2014, before going on to take part in the first ever ACROVINYASA teacher training with Honza and Claudine Lafond of YogaBeyond. In 2015 Jessica made the choice to teach yoga full-time. Primarily based in Hong Kong, she has also had the privilege of teaching at yoga studios, conferences, festivals, and community spaces in Korea, Thailand, Singapore, Australia, and the UK. Jessica has recently been featured in HK Tatler as one of their "10 Hong Kong Yoga Teachers You Need to Know", and in Lifestyle Asia as one of their "10 Hong Kong Yogis to Follow on Instagram".

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

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High-resolution images can be downloaded here: <https://goo.gl/JnqfSz>



Event Poster



Certified Yoga Instructor - Jessica Lee



Cafe Roma



Ma Wan Tung Wan Beach



**Detox Dinner: Duo of Smoked Salmon
Niçoise Salad**



**Detox Dinner: Roasted Chicken, Pumpkin,
Tomato, Mozzarella & Couscous Salad**