



BUSHIDO

Slim and Trim

It's hard not to feel guilty about your eating out when you're trying to trim down. Fret not; Bushido helps us stick to our New Year resolution of eating right with some outstanding recipes.

A new dawn is upon us and with it the desire to change for the better. Topping that list is the need to stay fit and the first thing we cut down on is our food. But why compromise on a good meal when it holds the key to all things healthy? All you need to do is to take up the Japanese diet. There's a reason the people of that region have the longest lifespan.

Known as 'the iPod of food', this cuisine concentrates the magnificent energy of the ingredients into a compact and pleasurable size. You don't have to cook Japanese-style to enjoy the healthy foundations. Just eat more fish, vegetables, and fruit; add some healthy options like tofu and rice. Or you could just go to Bushido where its expert chefs know how to keep the right balance between nutrition and good taste.

Eat with your eyes

What you eat matters as much as where you eat. With a dip in the temperature, people now enjoy fine-dining at this Samurai-castle nestled by the shores in Seef during lunch as much as they love to visit for dinner. This owes to their al fresco options on both floors and their exclusive island all boasting a spectacular view of the lagoon, perfect to take in the island's splendid winter.

The intricate details in their décor and architecture may be reasons enough to return to this restaurant-lounge that oozes class and sophistication. Adding to that is their amazing lunch promotion. Indulge in their bento box at BD9 that includes the finest sashimi, grilled fish or chicken depending on your craving for the day, a crunchy signature salad, some crispy tempura and their most popular miso soup.

A highlight of the Japanese culture is their need to embrace beauty in every respect of life. Their cuisine is considered an art due to their style of cooking and presentation which is almost magical; this way of dining encourages you to enjoying your meal.

The result: you'll want to slow down to savour every bite, which means eating less, because it gives your brain time to realise your body is full. According to research, those following the Japanese diet intake 25 per cent fewer calories as compared to Western counterparts.

Hitting relaxation mode

If you couldn't make it for lunch, make your way upstairs to lift your spirits in a soothing, glamorous setting. Made of glass shelves, the bar rests on katana handles; it appears as if dozens of blades have been inserted into the walls.

Take advantage of their special offer this month. For each selected beverage that you buy, you are entitled to a second drink on the house. The skilled bartenders will leave you breathless while flaring with fire right before your eyes. Bushido, masters of the art of taking anything ordinary and doing it extraordinarily well.

Lounge music hovers over this venue as it is all about easy listening. As the night progresses, the beats may get quicker and the music a bit louder; but it doesn't move far away from its genre. The spread of rich silks in turquoise and red in the décor and furniture remind you that there's nothing typical about this lounge.

📞 Call 17 583-555 or visit www.bushido.com.bh.