

LUX*

GRAND GAUBE, MAURITIUS
RESORT & VILLAS

P R E S S R E L E A S E

Healthy Staycation: Keen on Green Concept Debuts at LUX* Grand Gaube Resort & Villas



Mauritius, 27 August 2020 - Foodies looking for culinary diversity have always been spoiled for choices at LUX* Grand Gaube Resort & Villas. With the debut of The Lux Collective's **Keen on Green** concept, the healthy foodie can now enjoy a range of plant-based cuisine incorporated into the *a la carte* menus of every restaurant. Without the hassle of boarding a plane, LUX* Grand Gaube's **Culinary Staycation** package will take guests to Peru, Argentina, Turkey or the Mediterranean, with all the feel of a vacation abroad.

"The Keen on Green concept offers vegetarian and vegan items that fit the restaurant's concept and ingredients on hand in the kitchen. We had a lot of fun testing and tasting these new dishes, and they just happen to be healthy. Even those who are not vegetarian will be delighted by the mouth-watering food," said Executive Chef Dominik Ambros.

All Keen on Green dishes will feature a calorie count, highlighted by a Keen on Green logo. A set of guidelines and standards are drawn up to prioritise healthier cooking methods such as steaming, baking, grilling, slow cooking at low temperature and pressure cooking. Wherever possible, raw methods of food preparation will be favoured over cooking. Certain ingredients are also banned such as Monosodium Glutamate (MSG), refined oils and non-sustainable ingredients. Deep-frying and saturated oil used in food preparation will be reduced to the minimum, or replaced by healthier fats, such as extra virgin olive oil, coconut oil or hemp oil.

"These ingredient-driven dishes require creativity in modern cooking. We are placing vegetables at the centre stage, and that must come across," added Chef Dominik.

LUX* Grand Gaube's **Culinary Staycation** package starts from Rs 7,000 per person per night for stays between Sunday and Thursday; or Rs 8,000 per person per night for stays on Friday and Saturday. Prices includes wine tasting, cooking class, Café LUX* barista class and do-it-yourself cocktail making class.

For more information or to make a reservation, please call 698 2727 or email reservation@theluxcollective.com

