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# Creating the Perfect Resort Menu

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As I embark on a trip far away to Bali, I can't help but look back at the last half of the year. I have spent 6 months in preparation to develop the entire food and beverage outlets for a new resort - The Leaf Jimbaran - which is Jimbaran's most luxurious and private pool villa resort. It is due to open on October 31st and I have been tasked with creating the perfect menu to promote overall well-being for their guests. So needless to say the food is the key to everything.

Let me share my journey with this mission so that the next time you're in a resort, you will look at the food choices very differently.

Most resorts by default try to streamline the use of ingredients as possible. This cuts down on waste but it often means that dishes look the same across all of their outlets, For instance, a salad nicoise by the pool, may be exactly the same as the one served in the coffee shop. I don't like this repetition and so I planned the menu to be as diverse and distinct as possible.

Resorts and hotels also often have trouble with in room dining. This is because most in room dining is ordered after hours, leaving the night crew rather than chefs to make it. That's why the after 11pm menu is usually pretty basic. But for a fly in destination like Bali, where guests may be coming from all corners of the world and adjusted to all kinds of different time zones, it's important to have good dining choices at all times.

For this task not only did I face the normal hurdles of hotel menu design, but I also needed to make it very healthy. So the training of the staff is now at a whole different level. For this resort, as it's more of a private, health retreat with spa. I decided to be very tough on the kitchen. No cream. No butter. No Cheese. No deep frying. I also implemented much of my PALEO concept that is now covered in two cook books. So carbs and wheat are limited. You'll thank me for this.

My first book was "The PALEO diet: Food our body was designed to eat". This works very well for people to feel good as it eliminates processed foods and wheat. It's gluten free and dairy free. It also works well for business travellers trying to fight jet lag and have energy for breakfast. My new book will concentrate on the weight loss potential of this program.



Healthy Dining Choices

Hotels and resorts also cater to different nationalities. The Leaf will at first appeal to Korean and Japanese tourists, so I have to be very conscious about food preferences and habits. The Asian breakfast for instance is quite different from the western fare. Miso soup and grilled salmon on rice is not what most Americans or Europeans are used to. So I have quite a lot to manage in creating, a healthy, delicious and efficient service.

My menu will consist of Korean beef tartar and a tapas Asian style outdoor seating area that will have food like grilled squid and shrimp with curry dips and sun dried tomato tapenade. All will be made with fresh ingredients incorporating an abundant use of herbs and spices to create flavour.

This is the first part of my venture and there will be more to come when I share with you the grand opening gala and the beauty of Bali. Stay tuned, everyone at Going Global are really excited to share this journey with you.



Daniel Green, the Model Cook is a Celebrity Chef known for his healthy approach to food and living well. With TV, books, magazines and live appearances, Daniel spends his time helping fans to cook better, feel better and live better. He's also an avid traveler and a self-confessed Foodie.

To contact Daniel or learn more visit [www.themodelcook.com](http://www.themodelcook.com) or follow on [Twitter](#) and [Facebook](#)



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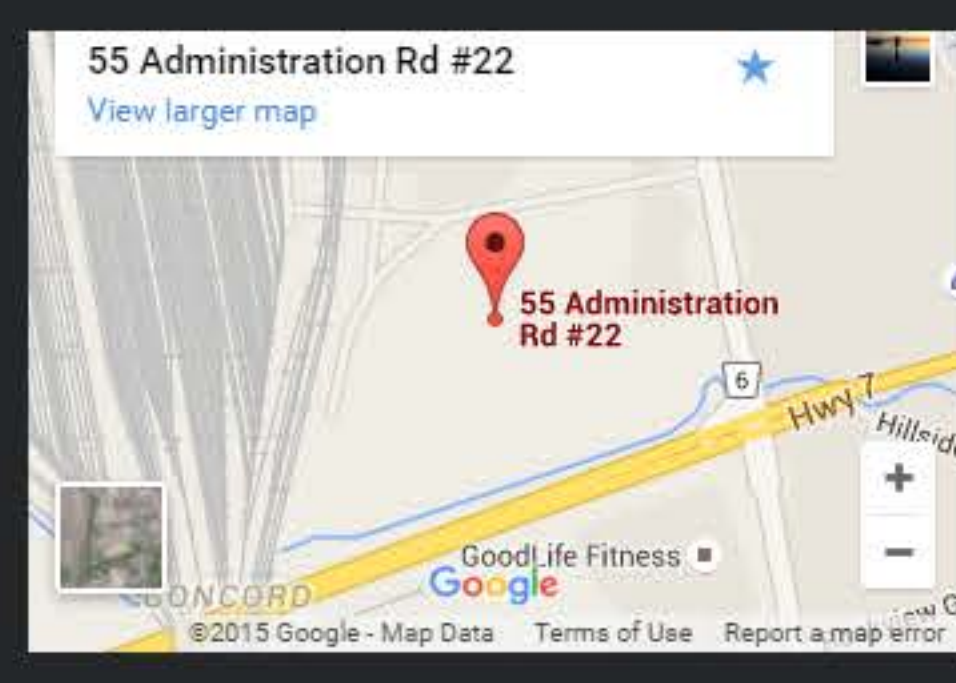
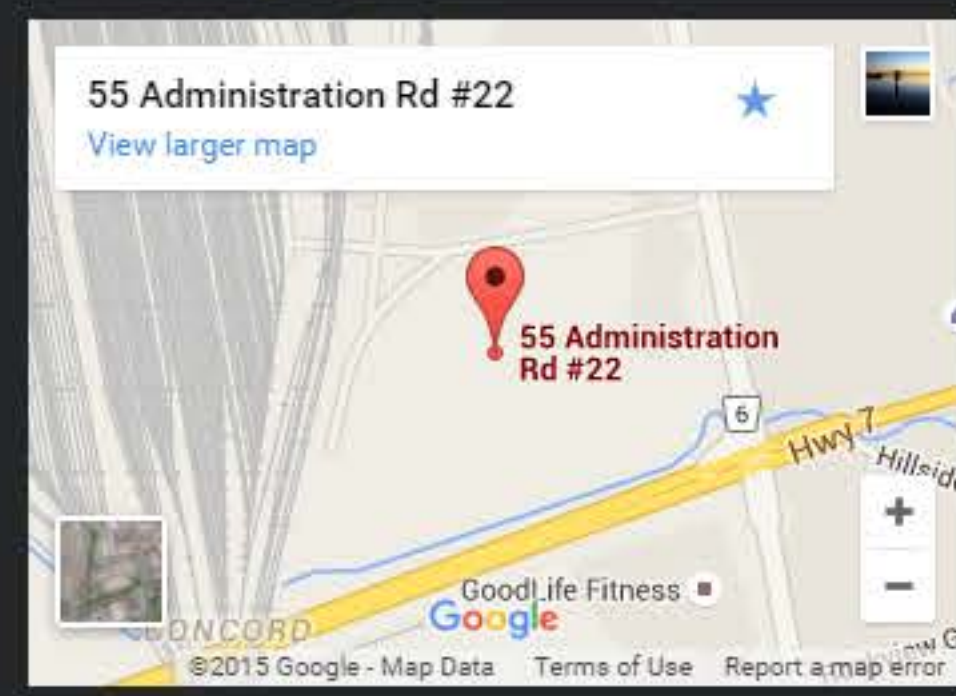


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