

# HOTELS, RESORTS & SPAS

## THE MONTCALM IN BARBICAN, LONDON CITY IS TOP NOTCH

LONDON CITY, ENGLAND -- Sleek, chic and contemporary, The Montcalm At The Brewery London City presents a completely new experience in the heart of Barbican, London City. The hotel accents luxurious comfort and offers a superb choice of luxurious accommodation, while preserving heritage values. The bedrooms are tastefully designed with stylish en-suite bathrooms and rain show-ers, accented with luxury toiletries. Up-to-the-minute technology for communication and entertainment includes high-speed wired and wireless Internet access, telephone with voicemail, ipod docket and a selection of inter-national satellite television chan-nels. The hotel luxury suites are characterized by



a loving attention to detail to make your stay an experience you’ll always remember. The Montcalm At The Brewery London City Wellness Centre which will open its door soon will be well equipped with state-of-the-art spa offering a full range of spa treatments and beauty services to compliment your experience. The Chiswell Street Dining Room, previously called The St. Paul’s Tavern is a gourmet modern British restaurant serving seasonal cuisine complete with a private dining room. A themed British pub with a real food and fine wine focus features an open kitchen with charcoal grill and three large rotisseries. The Montcalm At The Brewery London City is a little piece of heaven in Barbican, London City! The Chiswell Street Dining Room, previously called The St. Paul’s Tavern is a gourmet modern British restaurant serving seasonal cuisine complete with a private dining room for 16 and will be open daily from 7 am for breakfast, lunch, afternoon tea and dinner. A themed British pub with a real food and fine wine focus features an open kitchen with charcoal grill and three large rotisseries. It will have a public bar and dining room with three additional private rooms and will serve food and drink from 11 am - midnight.

The Montcalm At The Brewery London City offers a choice of luxury suites with opulent extras all rich with glamour and timeless elegance to make your stay an experience you’ll never forget. Indulge yourself even more and select your room aroma from our fine assortment of high quality six senses exotic fragrances for an intimate and relaxing ambience.

Refreshing Lavender -- This fragrance is a blend of essences of French lavender, bergamot and clary sage. It creates a calming and balancing aroma. Close your eyes and you’ll feel like you’re in a spa. Perfect for winding down after a stressful day.

Fresh Clean -- A fresh and airy fragrance, lightly scented and reminiscent of gentle breezes and open windows. This fragrance is subtle and light, creating a breezy, open atmosphere that takes you from the city to the countryside in seconds. Perfect for a picnic in the country.

Pink Grapefruit -- The invigorating juice of ripe grapefruit and oranges are paired with fruity peach and red berry nuances, sweetened by osmanthus, violet, and muguet Pink Grapefruit to create a fresh, open and uplifting atmosphere. Perfect for energizing at any time of the day.

Saw Grass -- The smell of fresh grass evokes open windows on a summer day. The earthy, sweet and distinct scent of sawgrass smells like a warm day in the Deep South. Notes of bright green grass are sweetened with light floral and neroli, with hints of lemongrass, rose and sandalwood to create a sense of peace. Perfect for summer escapes.

Marine Fresh -- Smell the waves crashing to the shore with notes of ocean spray, bergamot, dune grass and cedar. Transport yourself instantly to the beach on a Summer’s day. With this uplifting scent you can almost hear the seagulls and feel the sand between your toes. Perfect for beachcomb-ing. **Check out <http://www.themontcalmlondoncity.co.uk/>**

## GOURMET CHEF PROFILE: MEET CHEF SRIRAM VISHWANATHAN AYLUR

LONDON, ENGLAND -- From the first time Sriram stepped into his father’s kitchen, it was the beginning of a long quest for passion and knowledge of food. “I remember being fascinated by the smell and aromas which used to come from the kitchen – it was my first love”. He was always inspired by the way his father used to work in his restaurant in India. It was ad-mirable to see that with all the hard work and effort put in by his father and his staff, they all still managed to enjoy themselves and laughter always filled the kitchen.



Sriram gave up his Law studies for his first love and in 1984 he joined the Institute of Hotel Man-agement, Catering Technology and Applied Nutrition in India. His father recognised his culinary talent from a very young age and gave him the responsibility of ‘working partner’ in the business, even though he was still young and in college. “It gave me the overall perspective of the restaurant. It was the best training I ever received.”

In 1989 Sriram joined the luxury hotel group Taj Hotels Resorts and Palaces which includes many locations across India as well as prominent locations internationally including the Maldives, US, Nepal, Sri Lanka, Australia, Africa and the Middle East. His passion for food and knowledge pio-neered him to be given the overall responsibility of Gateway hotel Bangalore in India and it was a mere two years before he became the executive chef of the very hotel “It was here that I strength-ened my thoughts and shaped my desire to unfold the potential of southern Indian cuisine.”

Thus he conceptualised and actualised Karavali Restaurant. “The challenge was to make ethnic food without sacrificing too much in the recipes.” It was that dedication and spirit that gave Kara-vali its place in top 5 Restaurants in India in 1995 – The Statesman.

1996 GENTLEMAN – national monthly echoed the views of the Statesman. In 1997 Best restau-rant in South India was Karavali – Hotel and Food Service Magazine.

Finally in 1997 The Telegraph – National daily ranked him as one of the Top five Chefs in India. “I am quite confident of the south-west Indian cuisine because of its lightness and multi dimen-sional flavours” – in 1999 Sriram earned the opportunity to start the Quilon Restaurant in the heart of London – Westminster.

The Challenges were many in the London market. The biggest of these was identifying how best to project this unique South-west coastal Indian cuisine. “To use the right technique, and ingredients from the recipe, catering to the real world, without compromising on the foundation of the cuisine.” Hence, Quilon uses only the freshest of ingredients that are available and is the largest importer of south Indian spices in whole of the UK.

The Quilon Restaurant reflects the progressive thoughts and desires to remain connected to its roots and be reflective in the menu. Dishes have included Black Cod, Tempered Asparagus and French Beans, Seafood in mustard and coconut cream – sit comfortably side by side with more traditional South Indian Dishes such as Chicken Korma, fish in banana leaf, Avial and Masala dosa.

It was this example of Sriram’s experience, hard work passion and dedication that has seen Quilon receive an array of awards and accolades:

2001-- Winner of Best Indian restaurant Good Curry Guide Award.  
2003-- Quilon was nominated as one of the five best restaurants in Time Out food guide.  
2004 -- Star Diamond Award from the American Academy of Hospitality Sciences.  
2008 -- It’s first Michelin Star which it retained in 2009 and 2010.

His vision about the food – like everything else in the world – is progressive. Progression is logical in this world and true with everything. Therefore, the Quilon’s menu is an amalgamation of Ethnic and Progressive dishes for example – Black Cod, Asparagus and Mange Tout and Lobster butter pepper. **(Quilon - The home of traditional home-style South-west coastal Indian cuisine. 41 Buckingham Gate -- London, SW1E 6AF -- Phone: +44 (0) 20 7821 1899 -- [info@quilonrestaurant.co.uk](mailto:info@quilonrestaurant.co.uk))** Diners can enjoy the views of the mural in the raised area of the restaurant also over-looking the prestigious road, Buckingham Gate or in the more private booth for intimate dining.

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