

For immediate release

**\*Alisan introduces £20 three-course set vegetarian menu\***

Features vegetarian 'chicken' satay, aromatic 'duck' and 'beef' with ginger

Alisan, the new flagship restaurant launched recently by the Aroma Group, to offer dim sum and fine Cantonese dining, has introduced a set 3-course vegetarian menu.

Millions of Chinese – mainly Buddhists - opt for a vegetarian diet for religious or health reasons. Their cuisine is called 'cai' which means 'cuisine' or 'vegetable'.

The basic ingredients of traditional Chinese vegetarian cuisine are soya bean products, wheat gluten, vegetable oils, mushrooms, bamboo shoots, seaweed, edible fungi, vegetables, fresh and dried fruits.

Vegetarian 'Beef' with Ginger and Spring Onion in Alisan's vegetarian set menu is actually wheat gluten with sauce and plant flavouring.

The 'chicken' in the Vegetarian 'Chicken' Satay is in fact soya protein with soya oil and natural seasoning. It is known as vegetarian "chicken" because soya protein has the texture of chicken.

Vegetarian Aromatic 'Duck' is beancurd skin prepared with soy sauce and natural seasoning made to taste like similar duck.

Among the four starters, Salt & Pepper Lotus Root is sliced fresh lotus root deep-fried lightly in self-raising flour. Commenting on the new vegetarian offering Alisan co owner and director Colin Wong said, "Not only does lotus root stimulate the appetite, but to the Chinese, it is a symbol of purity, perfection and beauty."

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**SET MENU (Vegetarian)**

Vegetarian "Chicken" Satay

Salt & Pepper Lotus Root

Vegetarian Spring Roll

Crispy Seaweed

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Vegetarian Aromatic "Duck"

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Stir Fried Tofu with Szechuan Sauce  
Stir Fried Aubergine in Black Bean Sauce  
Vegetarian "Beef" with Ginger & Spring Onion  
Deep Fried Enoki Mushroom with Snappy Vegetables  
Fried Rice with Vegetables & Mushroom

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Minimum of 2 Persons

£20 per person inclusive of VAT

A discretionary service charge of 10% will be added to the bill

\*Editors' Notes: \*Photos and copies of the menu available.

The name Alisan is taken from of a mountain in Taiwan made famous in an old Mandarin folksong. The song is about the aboriginal women living on Alisan mountain being very beautiful. The word "san" means mountain or hill in Chinese. The letters "/\*LIS\*/" in the A/\*LIS\*/AN logo form the Chinese character for mountain.

The split-level establishment seats up to 200 on the ground floor. The first floor features a cocktail lounge, with sofa seating, serving drinks and snacks. A function room is available for private hire, complete with karaoke facilities.

\*The Aroma Group\*, which opened its first of its eight restaurants under the Aroma brand in Stevenage in 1997, also has locations in Wood Green and Shepherd's Bush in London, Luton, Northampton, Braintree and Hemel Hempstead.

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\*ALISAN Opening Times\*\*.\*

Mon to Thurs 12 noon – 5.00pm & 6.00pm – 11.00pm

Friday 12 noon – 5.00pm & 6.00pm – 11.30pm

Saturday 11.00am – 5.00pm & 6.00pm – 11.30pm

Sunday 11.00am – 5.00pm & 6.00pm – 10.30pm

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<<http://www.thearoma.co.uk>>