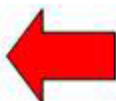




March 15, 2011
UVM: N/A

Sofitel Washington DC Debuted the new Low-Calorie "De-Light" Menu



ICI Urban Bistro is now offering a French De-Light Menu featuring many low-calorie options. I enjoyed the Salmon Tartare Appetizer and loved the Fromage Blanc Ice Cream with Red berry coulis. You can mix and match the De-Light option with the regular menu. They also offer refreshing champagne that only has 68 calories per glass. Chef Perret's De-Light menu will now be featured permanently so guests can enjoy healthful options all year long. Also, stay tuned for Capital Cooking's Bistro Cooking episode where Chef Perret shows us how to make Braised Lamb Shank with Goat Cheese Polenta. So delicious!