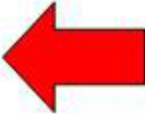


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March 1, 2011
UVM: 3,900

Calorie Counting: De-Light Savors And Satisfies At Sofitel's ICI



Ever wonder why French women don't get fat"... ?! Probably because French chefs know how to prepare a luxurious, yet low-calorie meal.

Unveiled today at the Sofitel's ICI Urban Bistro, **De-Light**, an innovative gastronomic experience, allows diners to enjoy a satisfying three-course meal for less than 500 calories.

The fats, sugars and additives aren't where all of the flavors are found.

Instead, **Chef Olivier Perret**,

under the direction of the Executive Chef at Thalassa Sea & Spa, creates culinary sensations without a taste sacrifice.

Pair the Salmon Tartar (120 kcal) with Black Pepper-crust Beef Tenderloin (280 kcal) and Fromage Blanc (60 kcal). Or tempt yourself with Truffle Leek Veloute (75 kcal) and Braised Chesapeake Rockfish (215 kcal) finished off with Nougat Glace (85 kcal).

Twenty-seven pairing options offer some deLIGHTful calorie counting cuisine.