

A healthy head start with the ARCOTEL hotels' Five-Element breakfast delights

An integral part of Traditional Chinese Medicine, the Chinese nutrition theory relies on the Five Elements (also referred to as phases) for the preparation of wholesome food. This theory lists breakfast as the most important energy source that helps us unfold our full life force potential for the day. ARCOTEL hotels now provide their guests with a powerful start by offering healthy breakfast delights prepared according to the Five Elements.

As Earth organs, the stomach and spleen are at their most active between 7.00 a.m. and 11.00 a.m. For a perfect start into your day, it is recommended to indulge in food pertaining to the element earth in combination with cereals, such as rice pudding or porridge. We would therefore like to treat you to some mouth-watering rice pudding and delicious porridge.

Rice pudding: Time allowed for preparation approx. 20 min. As an alternative, you can also order it at our reception desk the day before.

Porridge: Time allowed for preparation approx. 20 min. As an alternative, you can also order it at our reception desk the day before.