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FOOD

WEDNESDAY, JULY 14, 2004

EATING OUT: STARTERS

Chakra

The word *chakra* is used in certain forms of yoga to refer to body centers that are considered sources of psychic or spiritual power. Chakra, the new restaurant in Paramus, hopes it will reflect that mystical connection.

"We want it to be more than a restaurant," said co-owner Micheal Heiden. He was formerly associated with Tantra Restaurant & Lounge in South Beach, Fla. His partners in this venture are Phil Chiaramonte and Jason and Peter Longo.

"We want our customers to feel as if they can find new sources of energy in mind and body and spirit. There are seven chakras in the body, and those combine to form the indivisible whole," he said.

The essence of Chakra, the restaurant, is to make that same connection subtly channeled through the senses, using the elements associated with each, he said.



A low-lit wall and comfy banquettes give Chakra exotic ambience.

The very look of the place is exotic, with a low-lit stone wall of water; soft, velvet pillow-backed banquettes; Asian throw rugs; and romantic, silk-tented private tables. Raised fire crevices fill walls built with bricks that are more than 120 years old, discovered in an abandoned underground kiln.

Edward Lake is the chef, and he formerly worked in the United Nations kitchens in Manhattan. The fare is New American with

various Asian elements. The extensive menu includes bluefin tuna three ways, lemon basil fried calamari, a raw bar, and pan-roasted breast of Long Island duck. The wine and spirits list also is extensive.

Chakra, W. 144 Route 4 east, Paramus. (201) 556-1530. Open Monday through Saturday, lunch and dinner. Bar and lounge open from 5 p.m. until 2 a.m. and offers live entertainment.