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Chakra Restaurant

Press Release

“We wanted to create a place that offered people much more than a good meal... a spiritually uplifting oasis that guests could escape to... a mini vacation to an exotic, romantic place, far far away.”

Michael Heiden- co-owner

Bergen County’s Newest Restaurant Serves up Love to New Jersey.

WHAT: Located in the heart of Bergen County, New Jersey, Chakra Restaurant opened its doors on February 9th, 2004. This cavernous, 187 seat, ultra-romantic, fine dining restaurant, offers much more than the average dinner excursion. Guests are invited to “embark on a culinary journey” as they enjoy the ultimate dining experience with food, wine and friends. From the moment guests walk through the doors, they seemingly feel as if they are transported to another place and time. Dominated by candlelight, flowers and plants, the restaurant creates an energy that is uplifting, and inspires the passion of life within each guest. The restaurant features a low-lit stone water-wall, soft, velvet pillow-backed banquettes, Asian throw rugs, as well as romantic, silk-tented bungalows. Raised fire crevices fill the old brick walls, which were built with bricks that are over 120 years old. The bricks were discovered underground, within an old, abandoned kiln. They were excavated and later constructed by world-renown mason, Giovanni Lobue. The name, “Chakra,” inspired by the ancient Yoga systems of India, refers to spinning vortices of energy created within us by the interpenetration of consciousness and the physical body. Together, the seven chakras form a profound formula for wholeness, linking the physical, emotional, mental, and spiritual selves into one indivisible whole. Chakra encompasses and captures the true essence of what Chakra Restaurant represents... a connection to the mind, body and spirit, subtly channeled through the senses, using the elements associated with each chakra.

Love and compassion are added to every dish, by Edward Lake, formerly the Executive Chef of the United Nations, in Manhattan. Chakra Restaurant offers a New American Cuisine, combining a fusion of various Asian elements. A few of the appetizer selections include items such as **Blue Fin Tuna Three Ways, Lemon Basil Fried Calamari, Chakra Raw Bar, and Steak Tartare.** Among the entrees, guests can order dishes such as **Crispy Skin Sake Roasted Salmon, Grilled Diver Scallops, Pan Roasted Breast of Long Island Duck, Crispy Skin Sake Roasted Salmon, House Made Pappardella, Ravioli of Crabmeat, or a Black Angus Filet.** There is a large selection fresh, **Epicurean Salads, Home-made Pastas,** as well as delicious, **In-house Desserts.** Chakra restaurant features an award winning wine list, consisting of a vast depth of vintages from around the globe. To entice your pallet, Chakra Restaurant offers a delicious assortment of specialty martinis and cocktails.

WHO: Chakra Restaurant was created by co-owners, Michael Heiden, former co-owner/founder of Tantra Restaurant & Lounge in South Beach, Florida, Phil Chiaramonte, and Peter Longo.

WHERE/ WHEN: Located at W. 144 Rt. 4 East, Paramus, NJ 07652, Chakra Restaurant is located directly off of Rt. 4, on the Eastbound side. The restaurant is open six days per week, for both Lunch & Dinner, from Monday through Saturday. Lunch is served from 11:30 to 2:30. Dinner is served from 6:00 to 10:00 on weekdays and 11:00 on weekends. The New York-style Bar & Lounge is open from 5 pm. to 2 am, and includes live entertainment weekly. Dress Fashionably Casual. All Major credit cards are accepted. Complimentary valet parking is offered. A private dining room, equipped with an LCD Projector, is available for special events during the day and night. For more information, please visit the web site at:

www.chakrarestaurant.com

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