

FIVE ELEMENT FOOD RESTAURANT

THE NETHERLANDS

Customized food concept according to the Five Elements; a natural disease prevention system based on selecting foods, herbs and flavors that provide optimal benefit for their customers different health conditions, as well as balancing the various types of constitutional physiology.

We blended the classic and contemporary cuisines of the East and the West by creating a menu that featured dishes according to the colors, flavors and the spirit of the Five Elements.

We designed the recipes and menus, created Five Element-typology questionnaires and a Five Element booklet for guests.

Trained the kitchen and restaurant staff in how to personalize the healing properties of food through a recognition of their flavors, energies, actions and movements in this tradition of understanding food and health maintenance.

CONCEPT DEVELOPMENT | MENU PLANNING | COST CALCULATIONS | TRAINING

