



NEWS

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Chakra Restaurant Debuts New Fall Menu Selections

New Chef at Paramus Dining Destination Brings Tastes of Fall to Patron's Palates

(September 17, 2008: Paramus, NJ) Chakra Restaurant has launched its new fall dinner, lunch, and lounge menus, reinvigorating its approach to New American cuisine, by incorporating the influences and creativity of the recently-named executive chef, Nelson Martinez. New dishes from Chakra's menus are inspired by locally sourced, seasonal ingredients from the Garden State's fall harvest that promise to provide soul-warming comforts as autumn approaches.

Chakra Restaurant's new dinner appetizer selections capture a wealth of vegetables and fruits at their season's best and include dishes such as **butternut squash gnocchi** with pulled short rib and Asian pears and **spinach and ricotta ravioli** with a tomato fondue, zucchini, and shaved Parmesan.

The dinner menu also features eleven fall-ready featured entrees, including hearty dishes such as an **herb-crusted rack of lamb** accented with a white bean purée, wilted chard, and a tomato marmalade, and a **port-braised short rib** with a sweet potato purée, haricots verts, and a chipotle demi-glaze, as well as an array of fresh catches such as a **honey and coriander-glazed salmon** with roasted cauliflower cannelloni, baby artichokes and bacon.

All new menu offerings can be viewed below or by visiting:

www.chakrarestaurant.com/menu.

About Chakra Restaurant

Chakra Restaurant, located in Paramus, New Jersey, features an inviting menu focused on New American cuisine with European and Asian influences. Dominated by candlelight, the restaurant features a low-lit stone water wall, soft, velvet pillow-backed banquettes, Asian throw rugs, a mahogany bar, as well as romantic, silk-tented bungalows. Raised fire crevices and hand-carved Cambodian reliefs fill the old brick walls, which were painstakingly built from bricks that are over 120 years old.

The 187-seat dark, dramatic restaurant, located 10 miles from New York City, in the heart of Bergen county New Jersey, is open for dinner Monday through Wednesday from 5:00 to 10:00 p.m., Thursday through Saturday from 5:00 to 11:00 p.m., and Sunday from 5:00 to 9:00 p.m. Lunch is served Monday through Friday from 11:30 a.m. to 2:30 p.m. The inviting lounge is open until midnight Monday to Wednesday, until 2:00 a.m. Thursday through Saturday, and until 9 p.m. on Sunday. Happy Hour is offered from 4:00 to 7:00 p.m., Monday through Friday. Bring Your Own Bottle Nights are held on the first Monday of every month. Chakra's monthly wine dinners celebrate wines from a variety of regions and vineyards. A private dining room, equipped with an LCD projector, is available for special events during the day and night. Chakra restaurant is a four-time recipient of the Wine Spectator Award of Excellence.

Chakra Restaurant is located at W. 144 Rt. 4 (Eastbound), Paramus, NJ. For more information, please visit www.chakrarestaurant.com or call (201) 556-1530.

DINNER MENU

Starters

Soup

Chef's Daily Creation

8

Salad of Baby Greens

English Breakfast Radish, Carrot Ginger Vinaigrette

9

Grilled Portobello Salad

Dolce Gorgonzola, Watercress, Haricots Verts,
Balsamic Vinaigrette

13

Spinach and Ricotta Ravioli

Tomato Fondue, Zucchini, Shaved Parmesan

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Lemon Basil-Fried Calamari

Charred Tomato Salsa, Spicy Remoulade

12

Selection of Oysters

Pineapple Mignonette

18

Pan Seared Diver Scallops

Tagliatelle, Scallop Beurre Blanc

18

Butternut Squash Gnocchi

Pulled Short Rib, Asian Pear

17

Wild Mushroom Risotto

Forest Mushrooms, Mascarpone

15

Sushi

Dragon Roll

Avocado, Cucumber, Barbequed Eel

13

Parma Ham Roll

Spicy Tuna, Wild Arugula, Spicy Miso Mustard Glaze

14

Green Apple Salmon Roll

Wasabi Peas, Granny Smith Apples

12

Chef's Selection of Sashimi

16

Meats

Port-Braised Short Rib

Sweet Potato Purée, Haricots Verts, Chipotle Demi Glaze

29

Berkshire Pork Two Ways

Chop and Belly, Fiery Rapini, Pickled Mango, Whole Grain Mustard Jus

27

Long Island Duck Breast

Butternut Squash Purée, Baby Turnips, Brussel Sprouts, Bacon, Port Stewed Fruit

26

Grilled New York Strip

Potato Purée, Long Beans, Pearl Onions, Honshimeji Mushrooms

35

Herb-Crusted Rack of Lamb

White Bean Purée, Wilted Chard, Tomato Marmalade

36

Roasted Frenched Breast of Chicken

Soft Polenta, Asparagus, Baby Vegetables, Madeira Sauce

25

Fish

Honey and Coriander Glazed Salmon

Roasted Cauliflower Cannelloni, Baby Artichokes, Bacon

26

Fennel Scented Tuna

Eggplant Caponata, Red Port Reduction

28

Chorizo-Stuffed Brook Trout

Haricots Verts, Almond Wild Rice, Brown Butter

24

Roasted Halibut

Fingerlings, Baby Bok Choy, Black Olive Tapenade, Razor Clams, Lobster Butter

30

Seafood Cioppino

Shrimp, Mussels, Red Snapper, Fennel, Shrimp Consommé

29

LUNCH MENU

Soup

Chef's Daily Creation

6

Appetizers

Steamed Flat Iron Dumpling

Black Vinegar Dipping Sauce

8

Basil and Lemon Fried Calamari

Charred Tomato Salsa, Spicy Remoulade

11

Salads

Grilled Portabello Salad

Dolce Gorgonzola, Haricots Verts, Watercress,

Balsamic Vinaigrette

13

Grilled Salmon Salad

Romaine, Parmesan Crouton, Casear Dressing

18

Chicken Paillard

Bibb Lettuce, Avocado, Hard Boiled Eggs, Tomatoes, Blue Cheese Dressing

13

Grilled Skirt Steak Salad

Red Cabbage, Watercress, and Kecap Manis Vinaigrette

16

Sandwiches

Crab Cake Sandwiches

Brioche, Wasabi Mayo, Asian Slaw

17

Parma Ham Panini

Fresh Mozzarella, Basil, Vine Ripened Tomatoes, Arugula

15

Chakra Burger

Gruyere Cheese, Applewood Smoked Bacon, Grilled red Onions

12

Sushi and Sashimi

Spicy Tuna Roll

13

Chef's Tasting Sashimi

15

Pasta

Orecchiette

Fresh Basil, Rapini, Sweet Italian Sausage

16

LOUNGE MENU

Lemongrass-Scented Chicken Satay

Fiery Peanut Dipping Sauce

11

Duck Confit Spring Rolls

Sweet Tamarind

12

Indonesian Beef Tataki

Curried Mayo

14

Steamed Flat Iron Dumplings

Black Vinegar Dipping Sauce

8

Dragon Roll

Barbecued Eel, Avocado, Cucumber

14

Chakra Sliders

Gingered Pork, Fried Eggplant, Kimchee Spread

12

Passion Fruit Ceviche

Shrimp and Scallop

17

Spicy Tuna Roll

Blue Fin Tuna Sri Racha Mayo

12

Selection of Sashimi

Hamachi, Tuna, Salmon

16

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