Café Bagatalle: wholesome food for a healthy life

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Malik J Fernando, CEO, MJF Leisure, addresses the gathering while Kishu Gomes, CEO/MD, Chevron Lubricants Lanka, and Fouzul Hameed, Managing Director, Hameedia, look on

Creating new avenues beyond its hallmark menswear trade, Hameedia introduces Café Bagatalle, through a commitment to serving nourishing food for a healthy lifestyle. The restaurant is located within the Envoy Mansion on the corner of Duplication Road and Bagatalle Road, from which it has derived its name.

The café is a gastronomic haven for anyone in search of healthy food and drinks. It not only serves a wide selection of nutritious items, but they are all delicious as well.

The seed was sown when Fouzul Hameed, MD, Hameedia, realised that, after a

certain age, many Sri Lankans showed a general disregard towards their daily diet and exercise regimen. Substantiating this is a study conducted by WHO which has revealed that 26.1 per cent of the country’s adult population is overweight. Fouzul Hameed has noted the growing interest in health food among Sri Lankans and expatriates living in Colombo. He was convinced that one should make use of every opportunity to maintain a healthy lifestyle and thus opened the café to promote that concept.

“Our mission is to make this a holistic offering to our fellow Sri Lankans. The older one gets biologically, the more one should take care of one’s food and physique. Café Bagatalle offers exactly that to its discerning patrons who try to make conscious decisions concerning their lives without compromising on quality and value for money,” stated Fouzul Hameed.

Joining the project as a consultant is Chef Rajendra Prem Kumar. He brings in a wide-ranging and rich culinary experience gained in Sri Lanka and countries in South-East Asia, Africa, North Pacific and Europe.

The café offers both indoor and outdoor seating in a serene ambience surrounded by trees. The outdoor seating area is aptly fitted with exercise balls, stationary cycles and spinners. Ample parking space is available.