

# Cinnamon Lakeside introduces express lunch

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Owing to a culture that celebrates busy work schedules, stepping out of the office to lunch is often frowned upon. And on particularly rushed days, it is seemingly sensible to have a quick snack at the desk and call it lunch.

Despite this, experts now agree that taking a break can be good for creativity. Going outside for lunch, as opposed to eating in the office lunch room or cafeteria can be mentally rejuvenating as it provides an excuse for you to get up out of your office chair for a significant amount of time. Research has also shown that sitting all day leads to an increased chance of heart disease even if you regularly exercise.

Busy executives working in the heart of Colombo's business hub now have the option of a quick lunch outside their offices with the newly introduced Express Lunch at Cinnamon Lakeside Colombo.

The new Express Lunch is served with no compromise as Royal Thai and Long Feng now dish up an efficient four course, five star meal geared to the needs of discerning and busy executives and business people.

Express service begins at the door at Cinnamon Lakeside Colombo. Express Lunch diners are also provided express parking facilities with the privilege of having their

cars parked at the hotel's entrance level for quick departure.