

**August 2007
Press Release**



Ragdale Hall – Healthy food, tasting good!

Award winning Leicestershire health spa, Ragdale Hall's long awaited new cookbook has just been published.

For over thirty years, chefs at Ragdale Hall have been serving deliciously healthy meals and have constantly updated and innovated with the use of new cooking methods and new ingredients when available.

This contemporary style, 100 page book features the most popular and requested recipes from current menus. Photography was all done on site by leading food photographer Steve Lee.

Featuring recipes from a whole day at Ragdale, the choice is varied – energising breakfast ideas, smoothies, healthy organic cakes and snacks, to soups and light lunch recipes – there is truly something for all tastes. The highlight is of course, 'The Main Event', the section on dinner menus – here at Ragdale it is candlelit and relaxed, but very sophisticated!

Editor, Sue Ashworth, veteran of many successful cookbooks and former Cookery Editor of Weight Watchers Magazine commented "the book represents everything that Ragdale stands for. Readers can take a way a mini memory to relive their enjoyment, enabling them to recreate the pleasures of eating at Ragdale in their own homes".

Ragdale's Executive Head Chef Scott Williams and his team have put many hours of hard work into this 'labour of love', showing their true passion for serving over two hundred guests per day - 'healthy food, tasting good'!

The book is now available at a price of £9.99 (£1.50 postage and packing, free if two or more are purchased).

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