



# Let's go Upstairs

Even though eateries are popping up at breakneck speed, there are still many voids and uncharted territories to be ventured in. Among the great number of restaurants, have you noticed that not many specialise in continental cuisine? Albeit a scarce few, we seldom get authentic continental food or an eatery that particularly focuses on this kind of menu.

When Fuad Hossain saw this scenario, he thought of opening up a continental restaurant. And hence, Upstairs Lounge & Bistro was born. True to its name, the eatery sits on the 11th floor of a building at Banani

wide array of French, Italian and other continental dishes. "We go to great lengths to ensure that our food is authentic and up to the standard. The ingredients and sauces are imported," Hossain said.

But first, we start with the basics: French fries. The poutine at Upstairs won't let you down, its French fries being cooked to perfection. For the main course, you might try out their cordon bleu. The dish is essentially chicken breast stuffed with smoked beef and cheddar cheese. The item is wrapped with bread crumbs and blue cheese sauce. With an exquisite and

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There are a variety of drinks to wash down the food. Try Red Sea, which is a mocktail of black grapes, orange and pineapple -- a relishing treat for summer. The dessert menu also gives some good options, such as crepes, fruit tarts, etc.

Upstairs Lounge & Bistro uses beans from North End Coffee Roasters. "Just getting the ingredients for making coffee is not enough. We even had our staff trained from North End to ensure that we maintain the proper standards," Hossain informed.

The lounge is indeed very rigorous about maintaining proper standards. Each table consists of a device as part of its waiter call system. Whether you want service, drinks or the bill, you press dedicated buttons, and the waiter will come immediately and respond to the specified need.

With great service and continental cuisine, Upstairs Lounge & Bistro is an eatery you must definitely check out.

Location: House # 25, Road 11, Banani. Contact number: 01754297730. Business hours: 12pm-12am. Facebook page: The Upstairs Lounge & Bistro. For home delivery: HungryNaki and Foodpanda.

By M H Haider

Photo courtesy: Upstairs Lounge & Bistro



11. Needless to say, it gives splendid views of the area.

A very minimalist approach is taken in designing the décor of the restaurant; simple, yet elegant. Sleek, but not overbearing since it's a lounge and relaxation is the key. And the sitting arrangement is very roomy. "We could have fit in more seats and tables," Hossain, the CEO of Upstairs Lounge & Bistro informed. "But we didn't want to make the place too crowded. Instead, we prioritised the comfort of our guests, and went for a spacious layout."

The menu is a rich one, with a

layered combination of chicken and beef, an intelligent use of cheese and the brown sauce that will surely come handy, the cordon bleu is surely a must-have. It is accompanied with mashed potatoes and sautéed vegetables.

The dish is not very spicy. Of course, you may add in a few drops of Tabasco sauce if that suits your palate more. "Continental food is all about subtle flavours, and we would like to promote the originality of it. We've had Italian guests who have come here and said that our pasta is excellent. That is success for us," Hossain said.

I am 40 years old, Banker, experiencing baldness for the last 4 years. When I was in US, my hair had started falling but now my frontal portion is almost empty. It is really giving me pain. Now I am thinking of Hair Transplant or Laser Hair Regrowth. How much hope is there for me?

-Mr. T. Chowdhury, Baridhara

Dear Mr. Chowdhury,

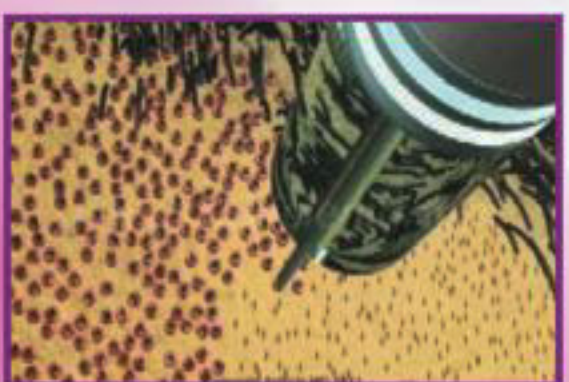
If you have lost the hair from the frontal zone and your forehead has become broader than your 4 fingers width, you can go for Hair Transplant for aesthetic purpose. The success of the treatment depends on several points:

1. Healthy donor area,
2. Area of the bald patch (usually we see very good result on hair line or temporal area) and
3. Health status of the patient.

I am very hopeful about you as I believe you fall in the above mentioned criteria. We offer both Follicular unit transplantation and follicular unit extraction (Robotic Hair Transplantation) in our clinic.

We also offer Hair Regrowth LED laser & Low-level light therapy LLLT. These are very simple and effective treatments to prevent further baldness and ensure healthier hair and scalp.

You are most welcome if you are planning for Hair Transplant and Laser treatment. We will try our best to give you desired solution. Take care



**Dr. Jhumu Khan**

MBBS (DMC), DCD (UK),  
MSc(Germany) Board Member WOCPM,  
Diplomat (WOSAAM) Dermatologist, Anti aging  
& Regenerative Medicine Specialist



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