

Ramadan offers from Food Chain Asia Ltd

Looking for restaurants to check out this Ramadan? Food Chain Asia Limited operates some of the most popular chains from abroad, and they have some great deals for both iftar and dinner across all four of their restaurants. Check out which one you like below.

JOHNNY ROCKETS

This year, Johnny Rockets has arranged their premium iftar deals with the motto 'Embrace the spirit of Ramadan'. They are offering a blend of healthy food with great taste, all for an affordable price. Their first offer is a single person iftar deal, named 'Iftar Solo Deal' which includes one 'Route-66 Burger', with two pieces of 'Chicken Crispers,' one 'American Fries,' one seasonal 'Fruit in a cup' and one glass of refreshing 'Iced Lemon Tea.' Guests can avail all these items for only Tk333.

By popular demand, they also have introduced a new group deal this year. The four person 'Iftar Deal: Mix n' Match' is only Tk999. Guests can select their choice of meat (beef or chicken) for both iftar offers. They will also provide complimentary dates and fruit juice for every guest at iftar time.

TONY ROMA'S

For this year's Ramadan, Tony Roma's is offering some exciting platters during iftar. Guests can choose any suitable platter out of four. There will be two options available for one person only, priced at Tk599 or Tk999. For two people, there is a platter priced at Tk2,399. There is also an iftar platter for four people for Tk6,999. They are also offering an 'Eat Unlimited Burgers at Tk 1,299' and 'Burgers Platter for four at Tk 1,999.'

They will also open for sehri and offer a Buy One Get One Free. The offer will be available for lamb ribs full and beef short rib.

Iftar timing is from 5PM to 8PM, and sehri will start

from 11PM till 2AM.

THE MANHATTAN FISH MARKET

The Manhattan Fish Market this Ramadan, has two packages on offer, one for iftar and the other for sehri.

The iftar deal, titled 'The Fish Mate,' is priced at Tk549 with a free drink included, and will have three options ; Fish X Calamari 'N Chips, Fish X Chicken Tenders 'N Chips, and Fish X Chicken Wings 'N Chips. The fish will be dory, and the sauce choices include, chipotle, tartar, spicy seafood dip and Cajun honey mustard sauce.

The sehri package is the Manhattan Star Platter, suitable for three people. The Manhattan Fish Market will remain open from 2PM to 12AM during the first 10 days of Ramadan and after that, the restaurant will be open till 3AM. The sehri deal starts from the 10th day of Ramadan from 8PM to 3AM.

SECOND CUP COFFEE COMPANY

Second Cup Coffee is an authentic coffee brand concentrating on coffee, and light bites, but this Ramadan they are making a special iftar deal with a proper meal offer from 4PM to 8PM. The package, titled Ramadan Feast, is priced at Tk 345, and will include Tandoori chicken wrap, BBQ boneless thigh, coleslaw, their best seller 'Frrrozen' dark hot chocolate, and a lemon basbousa.

Their Ramadan timings vary slightly for each of their different outlets. The timings and locations are provided below:

Banani: 10AM to 12AM

Uttara: 9AM to 10PM

Dhanmondi: 10AM to 11PM

By Sanumkia Siddiqui

KUNDALINI RISING

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Flower Moon

Today's full moon is called the Flower Moon in honour of May's abundant blooms. Flower Moon observations revolve around the bounty and beauty of nature this time of the year.

The name has Native American origins, and in North America at this time, there are multitude of wildflowers in bloom, such as anemones, wild garlic, indigo, bluebells, lupines, sundrops, and violets.

Other names for May's full moon are Corn Planting Moon, and Milk Moon, from the Old English Rimilcemon which means Month of Three Milkings, when cows were milked three times a day.

One way to celebrate this is by enjoying nature-- take a walk in a park, go for a hike or a picnic, a swim in a pond, or visit the botanical gardens. It is also a good time to focus within-- scan your inner space. What changes are taking place in your personal life?

Last month, the full moon of Buddha Purnima, we focused on releasing and letting go. There were some things I was hanging on to that I needed to let go of-- I am always trying to control my situation, especially in terms of my children's wellbeing. So I tried to let go, loosen the reins. I also had a lot of fear to release. Where there is fear, there is not love, but releasing fear is not easy, and I am working on it.

Ekharte Tolle, one of my favourite spiritual teachers, says to release fear is to surrender to what is-- this moment. Even if with fear, constricting, resistance, by allowing the moment to be, you create space.

With the Flower Moon, the focus is on cultivating. We release junk and clear up inner space to cultivate new thoughts, beliefs, attitudes. With courage, express your new thoughts in alignment with your authentic self, that energy within you that is most excited, most passionate, most real, be true to yourself.

Nature during April lays the foundation for what springs forth in May. Similarly, notice some of the choices you made last month are showing results now? Nurture those budding developments.

Full moon nights are especially suitable for meditation, as they help seekers go inwards, transcending the mind to experience the divinity within. Go on, tonight, let yourself bloom!



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