

The City's Top Coffee and Cake Combos

RABITA SALEH

Coffee shops have recently gained immense popularity in Dhaka. Be it *Pahela Baishakh* or Eid, the coffee houses in town are seen to be bustling with students throughout the year. Needless to say, a slice of cake with your coffee is the perfect pairing. Therefore here's a description of some of my favourite coffee and cake combinations in town, so you know what to order the next time you're there. The best part? They're all under BDT 500!

NORTH END COFFEE ROASTERS

Pairing: Caramel Café Freddo + Brownie
North End's brownie is legendary for its fudgy chocolatey goodness for only BDT 80 a piece. Add a tall mug of the light cold caramel Café Freddo on the side, and you're in for the perfect treat.

CRIMSON CUP

Pairing: Crimson Cup Mocha + Red Velvet

Cupcake

Not many know that the creamy depth of the best coffee at Crimson, hot or cold with whipped cream, is perfectly complimented by the tang of the lemony cheese cream that tops their scrumptious red velvet cupcake. So make sure to try the two together.

TABAQ

Pairing: Espresso Brownie Froccino + Cheesecake Brownie

Tabaq started the very trend of cheesecake brownies with the chocolate swirl on top that so many other stores have since then replicated. Pair a piece of that sweet treat with their dark creamy Espresso Brownie Froccino and you won't regret it.

Bonus: Their triple chocolate gâteau is an absolute delight, but I can never finish it myself. It's a must have with any coffee if you have someone to share it with.

POPLAR

Pairing: Salted Caramel Latte + Chocolate Banana Cake

Poplar might seem like an unusual addition to this list, because ironically enough, it isn't as popular. However, if you try their slightly salty latte with the perfect dark sugary hit from the caramel, with their moist chocolate banana cake on the side, I promise it'll all make sense.

Pro-tip: Ask them to cut the cake for you and they'll throw in a little extra delicious chocolate syrup on it for your utmost satisfaction.

Rabita Saleh is a perfectionist/workaholic. Email feedback to this generally boring person at rabitasaleh13@gmail.com



PHOTO: **RABITA SALEH**

How writing can be therapeutic for you

SYEDA ERUM NOOR

In this day and age, the number of times an individual has an unexplained emotional breakdown will surprise you. Our ways of dealing with emotional stress vary. Some of us use communication, anger, therapists, etc. And some of us channel all our emotional baggage into creative ways of expression i.e., extra-curricular activities.

Over the years, I've found writing to be a very therapeutic way to deal with any emotional distress that appeared on my way.

You make the rules

Sometimes in life, what stresses us out the most is the feeling of losing control. When we feel like we can't control the things in our lives it can make us feel rather helpless. When writing, we are in total control of everything we create. We

can create worlds with characters that will live the way we want, and will face the problems we want head on. The sense of control we get is something that can help make us feel better at times.

A blank paper can be your best friend

Sometimes all you need is for someone to hear you out, to be able to pour out your feelings to. You need to talk to someone who doesn't offer any advice or doesn't have an opinion. You need to just get some things off your chest. Enter, writing. Grab some pens and paper and write out everything you're feeling. I promise you that no one can be a better listener than a blank piece of paper waiting to be filled.

Rewrite your fate

You get to create characters, modelling them after the person you want to be, or modelling their lives to be like yours. But here, you get to choose the ending. You

get to decide what your character will be like, smite their flaws, or give them traits you've always wanted. Then, give them the ending you want. In the end, you may end up learning more from the character you created than you intended.

I'll be there for you

Being human, you tend to have emotional outbursts when you've been carrying out a lot of stress for too long. Sometimes we are unable to contain our emotions and feel an outburst coming. Sometimes a person isn't available to help sort out these problems. But a paper is accessible all the time. The second you feel an outburst coming, you can turn to your paper and write it all out before you let your emotions get the best of you.

Syeda Erum Noor is dangerously oblivious and has no sense of time. Send help at erum.noor1998@gmail.com





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