

Media Inquiries:  
Amy Kerr  
MP&A Digital & Advertising  
(757) 645-3113  
[amy@madiganpratt.com](mailto:amy@madiganpratt.com)



## HEALTHIER PORTIONS FOR A HEALTHIER WORLD AT BUCUTI & TARA BEACH RESORT, ARUBA

*Newest dining initiative cares for guests, reduces carbon footprint at Caribbean's No. 1 resort*

EAGLE BEACH, Aruba – January 26, 2016 – Bigger isn't necessarily better. Continuing its pursuit of responsible living, [Bucuti & Tara Beach Resort](#) listened when its highly engaged guest base wanted smaller, more sensible food portions for healthy dining. This paralleled ideally with the Aruban resort's known [commitment to wellness and the environment](#). Now guests--and the environment--can enjoy all the benefits of the perfectly sized healthy food portions that are *just right*.

[Elements Restaurant](#), Bucuti's fine dining restaurant, serves gourmet fare that is just as inspiring as its breathtaking setting on Eagle Beach, one of the "Dream Beaches of the World." Exquisite dishes are made from fresh ingredients including sustainable fish & seafood, organic harvest, ethically and naturally raised meats and locally grown produce. The menus feature locally infused world cuisine and include vegetarian and vegan selections, and gluten-free choices. Elements' extensive iPad-based menu, featuring five languages, includes pictures of each dish letting guests easily see dinner portion sizes before ordering.

Guests often remarked that Bucuti's dinner portions were too large, leaving them feeling uncomfortably full or causing them to not finish their entire meal, which generated significant waste—an average of 30% per entrée. By introducing perfectly sized healthy portions, Bucuti guests can be pleasantly satiated with nutritious protein servings complemented with wholesome carbohydrates and fresh vegetables.

"As part of our commitment to better living, we share our guests' preferences for healthy choices and listened when they wanted more sensible servings," says [Ewald Biemans](#), owner of Bucuti & Tara

Beach Resort and noted environmentalist. “Our menus offer a wide selection of world cuisine using the freshest ingredients on Aruba, and reducing portion sizes is a vital step in providing an even more responsible and satisfying dining experience while immediately reducing our carbon footprint.”

Bucuti’s dining experience is an extension of its commitment to a sense of total wellness. Healthy portion sizes are a natural step in providing the best care for guests. Bucuti’s new serving sizes are European-based, known to be well-balanced for healthier living.

Perfectly sized healthy portions bring multiple benefits.

### ***More Flavors, Better Dining***

With the former larger entrée portions, some guests missed out on enjoying a full three-course dining experience. The new right-sized portions allow guests to have more control over how much they consume and affords them the opportunity to savor more exquisite flavors by including appetizers and desserts in addition to entrées.

### ***Conscientious Dining***

Before, on average, 30% of each meal went unconsumed. Less food being returned to the kitchen means Bucuti has immediately reduced the unnecessary use of key food, energy and manpower resources used to grow, procure, transport and prepare meals at the restaurant.

### ***True Value, Lower Price***

In keeping with the best interests of Bucuti’s guests, menu prices have been reduced along with portion sizes.

[Learn more](#) about Bucuti & Tara Beach Resort, or make reservations [online](#).

**Images** (courtesy of Bucuti & Tara Beach Resort)

Dropbox: <https://www.dropbox.com/sh/eub96a8nh3i9no8/AAD9nsyF4cJgPrQoRNq6K4Vma?dl=0>

Captions

**Bucuti+Tara-Beach-Resort-H** Bucuti & Tara Beach Resort is a worldwide sustainable tourism leader and holds the most eco-certifications within the Caribbean region.

**Bucuti-Elements-Sunset\_H** Bucuti & Tara Beach Resort, Aruba’s premier adults-only boutique resort, is serene and peaceful, perfect for honeymooners and couples looking for romance and relaxation.

**Bucuti-Beach+Elements-at-Night** Bucuti & Tara Beach Resort offers healthy fine dining at its Elements Restaurant nestled on Eagle Beach, named one of the “Dream Beaches of the World”.

**Bucuti-Elements-Interior\_H** Elements Restaurant offers menus feature locally infused world cuisine and include vegetarian and vegan selections, and gluten-free choices

**Bucuti-HealthyPortions-3course with Grouper** A sample 3-course dinner with perfectly sized healthy portions including (upper left) Pan Seared Zucchini with Island Spiced Couscous, (upper right) Vene’s Tropical Fruit Mojito, and (front) Group with Caribbean Fruit Salsa.

**Bucuti-HealthyPortions-CrabCakes** Another 3-course dinner combination with perfectly sized healthy portions including (upper left) Grouper with Caribbean Fruit Salsa, (front) Crab Cake My Style, and (upper right) Chocolate Pyramid Anglaise Parfait.

### **About Bucuti & Tara Beach Resort**

Named a Top 10 Hotel in the World in 2016 and honored back-to-back in 2015 and 2016 as the No. 1 Hotel in the Caribbean by guest-driven TripAdvisor, [Bucuti & Tara Beach Resort](#) is Aruba’s premier adults-only boutique resort. Led by celebrated hotelier and environmentalist, Ewald Biemans, the resort is nestled on the powdery white sands of Eagle Beach, home to protected sea turtles and named one

of the “Dream Beaches of the World.” Bucuti offers 104 well-appointed guestrooms, suites and penthouses; sunbeds and shade for every guest; fresh water infinity pool; spa; WiFi; and complimentary iPad with Skype for use during stay. Award-winning, fresh, healthy dining is enjoyed at oceanfront Elements; epicurean-lovers’ Carte Blanche; Tara Lounge; and private beach dining. Reserved exclusively for guests and their friends, the open-air SandBar on the beach offers top-shelf cocktails and live music daily. The resort is TAG Approved® as a gay friendly hotel. Bucuti, a worldwide sustainable tourism leader, holds eco-certifications of LEED Silver, Green Globe, ISO 14001 and Travelife Gold.

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