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## Get up & Go: Radisson's healthy "Grab & Run" breakfast

We've all been there: Checking out of a hotel at 5 a.m. in the early morning means to leave without any breakfast – no chance to get at least a coffee or a snack. Unless you stay with Radisson SAS! The innovative first class- and full service hotel chain offers a daily "Grab & Run" breakfast in all 158 hotels and resorts across Europe, the Middle East and Africa.

Every day from Monday to Sunday and minimum from 5 to 7 a.m. a contemporary buffet in the hotel lobby awaits the earliest of birds with freshly brewn *Nespresso* coffee, a selection of teas, skimmed milk and still water in 0.25 l plastic bottles. And the added healthy and nutritious items are a perfect start into the new day: Seasonal whole fruits such as apples, peaches, plums or bananas which can be eaten by hand, and energy bars with low sugar, low cholesterol and low fat content. "The Grab & Run breakfast is the best option to get a maximum of energy within a minimum of time", says Marko Hytonen, Vice President Food & Beverage of The Rezidor Hotel Group. "In the early morning you don't long for rich croissants, eggs or cold cuts – but for a light energy kick and a healthy snack you also may take away for the way to the airport."

The "Grab & Run" breakfast is part of a unique service concept Radisson SAS has implemented. It also features options such as Business Class rooms including *Nespresso* machine, bathrobe & slippers and daily newspaper, free high speed internet access for all resident and non-resident guests, and the three hours express laundry service. "In providing all these services we're responding to the needs of today's travelers", adds Hytonen. "And we'll continue to add, enhance and refine these added values."

### **For further information, please contact:**

The Rezidor Hotel Group

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### **About the Rezidor Hotel Group:**

*The Rezidor Hotel Group is one of the fastest growing hotel companies in the world. The group features a portfolio of 333 hotels in operation and under development with more than 68,000 rooms in 51 countries.*

*Rezidor operates the brands **Radisson SAS Hotels & Resorts**, **Regent Hotels & Resorts**, **Park Inn** and **Country Inns & Suites** in Europe, Middle East and Africa, along with the goldpoints plus<sup>SM</sup> loyalty programme for frequent hotel guests. Rezidor has signed a worldwide license agreement with the Italian fashion house Missoni, in order to develop and operate a lifestyle hotel brand of the same name: **Hotel Missoni**.*

*In November 2006, Rezidor was listed on the Stockholm Stock Exchange. With 41,7%, Carlson Companies is the main shareholder. The Corporate Office of the Rezidor Hotel Group is based in Brussels, Belgium.*

*For more information on Rezidor, visit [www.rezidor.com](http://www.rezidor.com).*