



As soon as I entered the Emporium I felt instantly welcome in the big open space. It had a warm and welcoming feeling with lightly dimmed lights, chatter and soft background music helping to set the mood. After walking around exploring the array of options I came across Rice Workshop situated on the top floor of Melbourne's Emporium. The comforting aroma of rice, ramen and chicken broth drew me in. Rice Workshop's menu is diverse and inclusive, catering for traditional and asian fusion tastes, meat lovers and vegetarians.

It was a difficult choice but I decided on the Japanese staple, Teriyaki Ramen bowl with Miso broth for \$11. The staff were friendly and very quick, with my wait time only around 5 minutes. I was surprised and happy to see that the soup was served in a round recyclable takeaway food container, but disappointed to see that we had to use plastic utensils. I made my way to a table in the communal eating area on some comfy couch-like chairs.

When I opened the container I noticed how the food was arranged carefully in the bowl, quite a pleasing sight to my hungry eyes. Each individual ingredient was organised into its own little cluster. The Teriyaki chicken was evenly distributed throughout the soup which gave it the right balance. The soup consisted of Mushrooms, Ginger, Miso broth, Ramen noodles, Teriyaki chicken, shallots and to top it off it had scattered chives on top. The first mouthful was incredible. The hot miso broth contrasted with the silky smooth noodles. The smokey tender chicken tasted amazing with a texture that left me wanting more. The soft mushrooms and crunchy ginger created a lovely warm mouth feel while the noodles brought the slippery smooth aspect. Although I did find the dish a little heavy on the amount of ginger. The tender chicken balanced the salty umami of the miso which created the perfect comfort food lunch with friends.

For something so affordable this was a satisfying and delicious lunch time meal. The food was astonishingly good value for money, plus the meal was a quite a healthy choice. Ginger not only brings a lovely warmth to the dish, it also helps with the immune system. Mushrooms can help mitigate the risk of getting some cancers, Alzheimer's and heart disease. Chicken is also great and affordable lean protein which can help bone growth and boost immunity booster. Miso is a great way to provide your body with healthy bacteria giving your body the power to fight back from colds and diseases. Each aspect of this meal can positively benefit the human body in many ways.

Looking back at my lunch time dining experience at the Emporium I would rate it 8/10. I enjoyed most things but there were a few things they could change, for example; reusable cutlery and a little less ginger. I would definitely eat at Rice Workshop again, and I look forward to trying more of their enticing menu items.