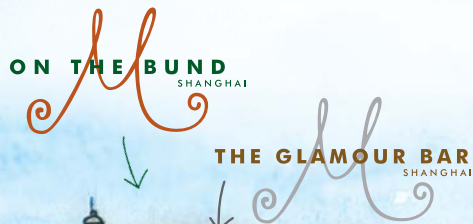


M GUIDE Shanghai

Food...
Music, books, talks...
Things to do...



M on the Bund

When M on the Bund opened in January 1999, the idea was to create a dining experience as exciting, as sophisticated, as delectable as Shanghai itself. Located at the pinnacle of the historic Nissin Shipping building, built in 1921, M overlooks Shanghai's most famous sight: the Bund. Here, diners sample a creative menu in a warm, sophisticated space, where references to Shanghai's Art Deco past are updated and given a contemporary spin. The street's most famous roof terrace and stylish Crystal Room are also favourite spots to savour M's simply good food, whose flavours range from the comforting to the novel, from Europe to the Middle East, but remain grounded in classical European techniques.



Lunch: Monday - Friday, 11.30am - 2.30pm
Dinner: Every evening, 6.00 - 10.30pm
Brunch: Sat - Sun, 11.30am - 5.00pm
Afternoon Tea: Sat - Sun, 3.00 - 5.00pm
www.m-onthebund.com



The Glamour Bar

The Glamour Bar opened in 2006, a sensuous space that feels like a luxurious salon, glamorous yet comfortable, sexy and groovy to boot. A stunning chrome-and-mirror bar, its inspiration a sexy high heel, anchors the room; fabric screens feature Chinese landscape images and huge windows overlook the river and the twinkling skyline.

Both classic and creative cocktails, a great wine selection, a fabulous menu (so much more than just bar snacks) to graze or nibble or snack.

And music – cool, laid-back, fun, flamboyant, live! DJs & jazz, swooners & crooners and dancing on the tables, too.

It's cultural, too – home of the Shanghai International Literary Festival, and weekend readings, talks, chamber music and more ...

From 3.00pm, daily
www.m-theglamourbar.com



Eating on the Bund

– Asia's Top 20 Restaurants – Miele Guide, 2009

Modern European cuisine

M on the Bund serves a delicious menu of modern European food, old classics, nostalgic favourites and dishes from the Middle East and North Africa, too.

Chef Hamish Pollitt believes that it is the combination of great ingredients and great teamwork that produces great food – crucial when you're cooking meals for hundreds of people every day!

Naturally, good cuisine begins with fresh, seasonal ingredients, and Shanghai certainly has its share of China's flavourful local bounty, which includes surprising produce like foie gras, black truffles, caviar, all manner of birds, fabulous herbs and unusual fruits. We import what we need to make authentic Western cuisine, only the best quality meats and make our own breads, ice creams and desserts – and are continually inspired by the flavours of the vegetables and fruits we find in our neighbourhood markets, too.



Literary Festival & Chamber Music

Shanghai International Literary Festival

March 5-21 2010

It all started with a martini, or six...

In 2003, when Frank Moorhouse ruminated on the martini in literature in the Crystal Room, he started a beloved Shanghai tradition – our annual literary festival. This March, we'll have three weekends of readings, literary lunches, wine and poetry, workshops and panels – days of talking and thinking about books and how they shape and enrich our lives.

Shanghai Festival alumni are an international group of literary lights, including Gore Vidal, Simon Schama, Amy Tan, James Fallows, Arundhati Roy and Jancis Robinson, Qiu Xiaolong and several Man Booker Prize winners.

The 2010 Festival features Pulitzer Prize winner Junot Diaz, China chronicler Peter Hessler, Man Asian Prize 2009 winner Su Tong, poet Les Murray, and plenty of new talent and old favourites, from almost 20 countries and here in China.

www.m-literaryfestival.com

Shanghai Chamber Music Lovers Crystal Chamber Music

Since the beginning, we've had chamber music in the Crystal Room. We adore chamber music – and the room, with the setting sun twinkling on the crystal curtains and the view of the river, seems made for it.

In 2009, we began a partnership with the Atelier of Chamber Music at the Shanghai Conservatory of Music, holding regular concerts in the Crystal Room. In December 2009, we also sponsored the first chamber music competition in China, the inaugural Haydn Chamber Music Competition and Festival (in conjunction with the Atelier and the Shanghai Conservatory of Music) – all part of the goal of raising the profile of these immensely talented chamber musicians in China.

www.m-chambermusic.com

SHANGHAI CHAMBER MUSIC LOVERS
上海室内乐迷



SHANGHAI
INTERNATIONAL
LITERARY
FESTIVAL 2010



The Glamour Bar



**Glam Music, Glam Disco,
Glam Punk, Glam Hip, Glam Hop,
Glam Rock, Glam Grooves,
Glam People, Glam Boy, Glam Girls,
Glam Drinks, Glam Cocktails,
Glam Shots, Glam Food, Glam Snacks,
Glam Books, Glam Films,
Glam Talk, Glam Cult, Glam Parties,
Glam Shows.**

**Glam It Up
The Glamour Bar...
Originally Glamorous**

www.m-theglamourbar.com



Glam Food



All that glamour can really work up an appetite, so our chefs have come up with Glam Food: a very delicious menu for heartily glamorous appetites ... from the comforting chicken schnitzel to an exotic Turkish Pide (that's Turkish flatbread rolled with spiced minced lamb or spinach and cheese), a classic prawn cocktail, and much more.

Our bar menu offers delicious variety as well, from the glorious simplicity of a bowl of roasted olives with fennel seeds and red chili to carrot soup, stewed lentils, a flaky pastry fishy pie, frog legs, Panini with salami ...and more.

Served daily, from 5.00pm
Afternoon tea, 3.00 - 5.00pm,
Monday - Saturday

Functions and Events at the Glamour Bar



The gorgeous Glamour Bar is a stunning setting for events ranging from glamorous cocktail parties to corporate celebrations and product launches; from intimate gatherings of 40 to big-occasion events of 400. Entertainment – speeches, performances and films – can also easily be part of your event. And when it comes to food, we serve canapés and cocktails as delicious as the views. For Glamour Bar events, please contact Renata at renata@m-theglamourbar.com

Daily, 3.00pm till late
The Glamour Bar
6/F, No. 5 The Bund
(corner Guangdong Road)
Tel: 6350 9988 (office hours)
Tel: 6329 3751 (most other hours)



Je suis Glamour

Our Favorite Shanghai (and China) Books

Permanently Temporary: From Berlin to Shanghai in Half a Century by Tess Johnston

Building Shanghai: The Story of China's Gateway
by Edward Denison, Guang Yu Ren

Gardens in China by Peter Valder

Shark's Fin and Sichuan Pepper: A Sweet-Sour Memoir of Eating in China by Fuchsia Dunlop

Phantom Shanghai by Greg Girard

Shanghai Style by Lynn Pan

Carl Crow - A Tough Old China Hand by Paul French

The Man who Loved China by Simon Winchester

Shanghai Express by Zhang Henshui

Frenchtown Shanghai by Tess Johnston

Tracing it Home by Lynn Pan

China to Me by Emily Hahn

The Lure of China: Writers from Marco Polo to J. G. Ballard
by Frances Wood

Red Mandarin Dress by Qiu Xiaolong

In Search of Old Shanghai by Pan Ling

Empire of the Sun by J.G. Ballard

Return to the Middle Kingdom: One Family, Three Revolutionaries and the Birth of Modern China by Yuan Tsung Chen

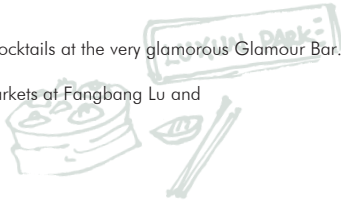
Shanghai's Dancing World by Andrew Field

The Real Story of Ah-Q and Other Tales of China by Lu Xun

10 Favourite Things to Do in Shanghai



1. **EXPO'**sing yourself to a better city and better life ... now how about that!
2. **RE-BONDING** with the Bund – it's finally finished ... join the crowd!
3. **SEEING** Shanghai's fabulous museums, especially the Urban Planning Museum.
(Wednesday – Sunday, 9.00am - 4.00pm, RMB 20, 100 Renmin Dajie at Xizang Lu).
4. **COUNTING** favourite buildings left standing.
5. **VISITING** the new Botanical Gardens – it's peony season soon (or you just missed it ...)
6. **LISTENING** to Crystal Chamber Music in the Crystal Room on the last Sunday of every month.
7. **VIEWING** beautiful Guilin Park, the abode of a gangster's mistress, especially when the chrysanthemums and osmanthus are in bloom.
8. **SQUEEZING** through the lanes of Taikang Lu, for shopping and snacking and people-watching.
9. **DRINKING** very glamorous cocktails at the very glamorous Glamour Bar.
10. **SCOURING** the weekend markets at Fangbang Lu and Dongtai Lu for old treasures.



Functions and Events at M on the Bund and the Glamour Bar

For a Marvellous Event

For the past decade, M on the Bund and the Glamour Bar have hosted some of Shanghai's most memorable private events – from birthday parties for ten to large-scale corporate functions for 400, product launches and even royal receptions.

At M on the Bund, we like to think of your event as a personal restaurant experience and we therefore recommend a tailored menu with choices for each course. We print individual menus for each guest (with titles and logos, if you'd like), and are happy to accommodate culinary preferences. For events at M on the Bund, please contact Matthew Nilon: matthew@m-onthebund.com

The Glamour Bar is a stunning setting for events ranging from glamorous cocktail parties to corporate celebrations and product launches; from intimate gatherings of 40 to big-occasion events of 400. For Glamour Bar events, please contact Renata Roberts at renata@m-theglamourbar.com

Details

M on the Bund / The Glamour Bar

7/F, No. 5 The Bund, 6/F, No. 5 The Bund
Shanghai 200002 China
Tel: (86-21) 6350-9988 Fax: (86-21) 6322-0099
www.m-restaurantgroup.com



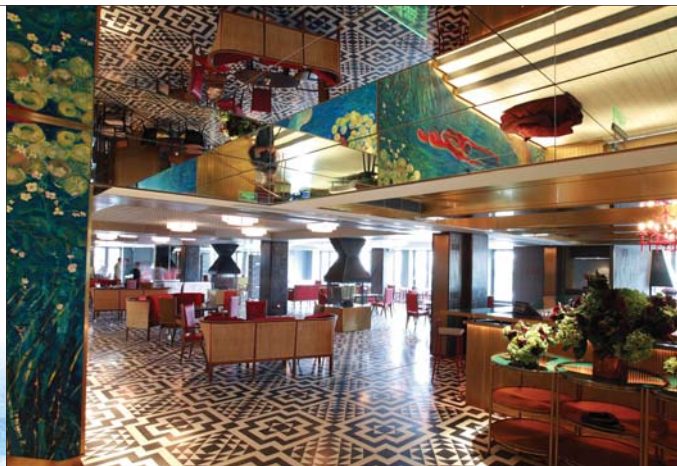
M GUIDE

Beijing

Eat...
Drink...
Be Merry...

Time Out - Beijing
Best New Restaurant 2010
Best Design 2010

CAPITAL
BEIJING



...the Shanghai story...

The Glamour Bar, opened 2006

The gorgeous Glamour Bar opened in 2006, heralding a Bund nightlife renaissance with stunning cocktails and views, a happening late-night scene with DJs, music and all things groovy. During daylight hours the Glamour Bar takes on a different personality, a very glamorous backdrop for cultural events and our annual Literary Festival.



The M Story

Winner "Best New Restaurant 2010" - *Time Out Beijing*

Capital M, opened 2009

In September 2009, Capital M opened in Beijing – the newest M venture in one of the city's oldest locations, historic Qianmen Street. Capital M diners enjoy spectacular views of Tian'anmen Square, taking in the imposing Qianmen Gate as well as Tian'anmen Square in its entirety, right up to the entrance to the Forbidden City.

The interior is pretty spectacular as well, dominated by "Journey," Michael Cartwright's breathtaking hand-painted mural, inspired by a river scene in an old Chinese tapestry; a striking geometric black-and-white floor; and roaring fireplaces. Diners are served in the signature M dining room, which includes the elegant Silver Room, a dedicated bar area and five spectacular outdoor terraces all around.

On the menu: the delicious "simply good food" that is a hallmark of M Restaurants; modern European food that is a collection of classics and nostalgic favourites.

M on the Bund, opened 1999

When M on the Bund opened in January 1999, the historic waterfront was a culinary desert and conventional wisdom held that no one would go all the way to the Bund for a meal. Fortunately, M's charms proved them wrong: Located at the pinnacle of the Nissin Shipping Building (constructed in 1921), M serves a deliciously creative menu of modern European cuisine in a warm, contemporary setting. The Dining Room, rooftop terrace and Crystal Room all overlook the quintessential Shanghai view - the historic Bund and the futuristic Pudong skyline.



...the beginning and the end...



M at the Fringe 1989- 2009

The story of M began in November 1989, when M at the Fringe opened in Hong Kong's historic Dairy Farm cold storage warehouse. The restaurant's culinary inventiveness and excellence, coupled with its stylish, yet casual setting, set a new standard for dining in Asia, quickly becoming Hong Kong's top table and celebrity haunt. Over twenty years, M at the Fringe became a Hong Kong classic, a much-loved jewel for generations of Hong Kong celebrations. On December 31, 2009, M at the Fringe closed its doors for the last time: the end of an era, and the beginning of a new one.

(Watch this space!)



Capital M Best Design 2010 - Time Out Beijing

"Capital M, one of the newest, and most stylish additions to Beijing...the creative food and striking interior design reflect both contemporary good taste and a certain cheeky flair. - The Financial Times

Capital M, at 2 Qianmen Street, has all the hallmarks of an M Restaurant: delicious cuisine, unparalleled service and a glamorous setting in a breathtaking, historic location. Located on Beijing's most celebrated shopping street since the Yuan dynasty, Capital M overlooks Qianmen Gate and Tian'anmen Square, all the way to the walls of the Forbidden City.

Lunch
11:30 - 2:30
Monday - Friday

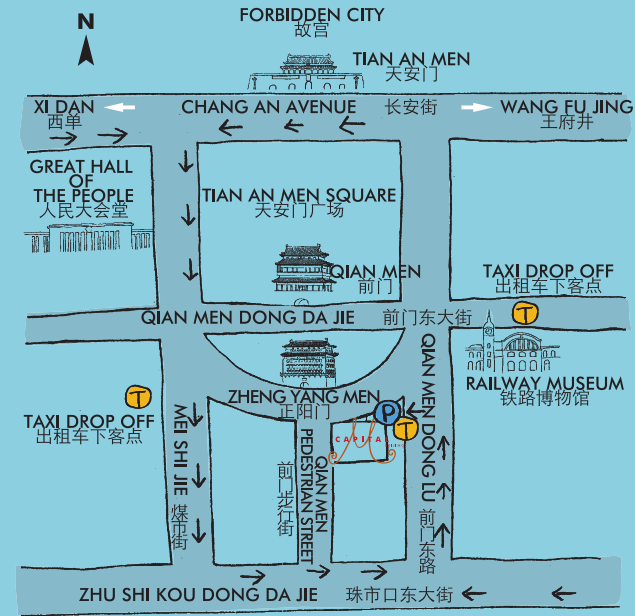
M's Big Brunch
11:30 - 5:00
Saturday & Sunday

Dinner - every evening
6:00 - 10:30

The Bar - gazing at the gates
Noon to Midnight

Afternoon Tea
3:00 - 5:00
Saturday & Sunday

Finding us



TAXI DROP OFF  PARKING

3/F, No. 2 Qianmen Pedestrian Street (overlooking Tian'anmen Square)
Beijing 100051 China
中国北京市前门大街2号3层 邮编 100051 (尽览天安门全景)
Tel: (86 10) 6702 2727

www.capital-m-beijing.com



Capital Dining

Best Western Restaurant - Modern Weekly China

At Capital M, diners enjoy a quintessentially Beijing view, and a quintessentially 'M' menu – with a Beijing accent. Our ingredients and seasonality are a reflection of Beijing's great local market produce, but our menu remains a collection of classics and some new favourites.

Our lunch menu includes a new feature: smørrebrød, the deliciously piled-high Danish open-face sandwiches. On weekends, M's Big Brunch is an occasion to savour – or, if you prefer, our sumptuous traditional afternoon tea (scones, all the tea in China, finger sandwiches and lots of treats).

Sip our creative and classic drinks in the dedicated bar area, while indulging in our favourite Beijing activity: Gazing at the Gates (Qianmen, Tian'anmen and Zhenyangmen). You can also gaze from our spectacular outdoor terraces, all around the restaurant.



Some of Our Favourite Beijing (and China) Books

The Forbidden City: The Great Within by May Holdsworth & Caroline Courtald

Judge Dee Mysteries by Robert van Gulik

The Last Days of Old Beijing: Life in the Vanishing Backstreets of a City Transformed by Michael Meyer

The Hermit of Peking by Hugh Trevor-Roper

Postcards from Tomorrow Square by James Fallows

Tales of Old Peking by Derek Sandhaus

China Shakes the World by James Kynge

The Forbidden City by Geremie Barne

The Mao Case by Qiu Xiaolong

Factory Girls by Leslie Chang

Morrison of Peking by Cyril Pearl

Brothers by Yu Hua

Peking Story by David Kidd

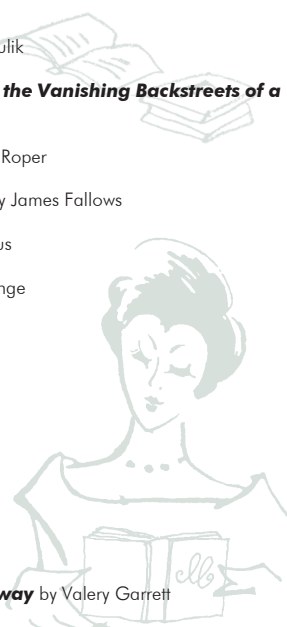
Heaven is High, the Emperor Far Away by Valery Garrett

The Maker of Heavenly Trousers by Daniele Vare

Rhapsody in Red: How Western Classical Music became Chinese by Sheila Melvin, Jindong Cai

The Search for a Vanishing Beijing: A Guide to China's Capital Through the Ages by Michael Aldrich

Country Driving by Peter Hessler



Some of Our Favourite China Films

Shanghai Express (1932) starring Marlene Dietrich

Goddess (1934) starring Ruan Lingyu

God is My Co-Pilot (1945) starring Dennis Morgan

A Spring River Flows East (1947) starring Bai Yang

Spring in a Small Town (1948) directed by Fei Mu

Woman Basketball Player No. 5 (1957) directed by Xie Jin

55 Days at Peking (1963) starring Charlton Heston

Fist of Fury (1972) starring Bruce Lee

Yellow Earth (1984) directed by Chen Kaige

Black Cannon Incident (1984) directed by Huang Jianxin

The Last Emperor (1987) directed by Bernardo Bertolucci

Empire of the Sun (1987) directed by Steven Spielberg

Ju Dou (1990) starring Gong Li

Once Upon a Time in China (1991) directed by Tsui Hark

Beijing Bicycle (2001) directed by Wang Xiaoshuai

Cell Phone (2003) directed by Feng Xiaogang

Kungfu Hustle (2004) directed by and starring Stephen Chow

Still Life (2006) directed by Jia Zhangke

Lust, Caution (2007) directed by Ang Lee



10 Favourite Things to Do in Beijing



1. **WATCHING** the paddle boats on the lake from the top of the Summer Palace's Longevity Hill and getting lost in its acres of gardens while you try to get back down.
2. **AMBLING** in the peaceful shade of Ritan Park before heading to the Stone Boat Bar for a cup of tea or an evening drink.
3. **VISITING** the Forbidden City -- the heart of Imperial China is so impressive, despite the crowds and the inevitable continual restoration work.
4. **CLIMBING** the Qianmen Gatehouse or its sister Arrow Tower, and then...
5. **STROLLING** down the revamped Qianmen Dajie where everyone, from everywhere in China, is taking pictures.
6. **LISTENING** for echoes at the Echo Stones and Wall in the beautiful Temple of Heaven.
7. **HIKING** by the stream in the stunning Intelligence Valley - the further up the valley you go, the cleverer you become!
8. **EXPLORING** the nineteenth century Foreign Legation to the southwest of Tiananmen, the old quarters of European banks and diplomats, which are now offices, restaurants and even a police museum.
9. **BARGAINING** for antiques (genuine or not) at the bustling weekend "Dirt Market" of Panjiayuan.
10. **SMELLING** all the blossoms of Beijing in springtime - the city at its most beautiful.



Functions and Events at Capital M

When Capital M opened its doors in September 2009, it immediately became the venue of choice for glamorous events in the very heart of Beijing. Capital M's magnificent terrace, overlooking Tian'anmen Square, and its equally spectacular interior offer a variety of stunning areas just right for any occasion. There is the 'Family Table' with its spectacular marble top, the Silver Room magnificent with its private terrace, The Bar Room 'by the Gates' or The Dining Room and the surrounding garden terraces.

At Capital M, we take great pride in working with you to create the perfect event. Whether it's a springtime cocktail party under the magnolias, a formal dinner celebration in The Dining Room, Silver Room product launch or afternoon tea around the fireplace, we promise a memorable occasion.

To plan your special event at Capital M, contact us at events@capital-m-beijing.com.

Details

Capital M

3/F, No.2 Qianmen Pedestrian Street
(overlooking Tian'anmen Square)

Beijing 100051 China

中国 北京市 前门步行街 2号3层 邮编 100051

Tel: (86-10) 6702 2727 Fax: (86-10) 6702 3737

www.capital-m-beijing.com

