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[Gilgamesh Bar & Restaurant Review- Glamorous Heights, Low Calorie Delights](#)

Posted on 23. Jan, 2010 by [admin](#) in [All Restaurant Reviews](#), [Fusion](#), [Go On Spoil Yourself](#), [North London Restaurants](#), [Pan-Asian](#)

Cuisine: Fusion, Pan-Asian.

Location: Camden View, Camden Stables Market, Chalk Farm Road, NW1 8AH

Website: www.gilgameshbar.com

Price Category: Go On Spoil Yourself

The Food Health Blog's Choices:

Tuna Sashimi (£9.40), **23 kcals**

Salmon Tartare (£10.10), **46 kcals**

Sashimi Salad (£12.60), **357 kcals**

Sushi House Special (£13.20), **373 kcals**

More about the restaurant...

In the heart of Camden's Stables Market, the strikingly beautiful interior of Gilgamesh Bar & Restaurant is accessed through a slow moving, outdoor escalator.

It's easy to eat light at Gilgamesh as raw fish in the form of sushi and sashimi is a staple menu item alongside a selection of dim sum, Pan-Asian salads and mains as would be expected from, formerly E&O's, Head Chef- Ian Pengelley.

The Food Health Blog enjoyed starters of tuna sashimi, which due to small portion size was only **23 calories**. Gilgamesh being a venue about aesthetics and décor served this otherwise straightforward is what it is, sashimi dish over a bowl, puffing out smoky, white clouds of dry ice. Entertainment on a plate and very attention grabbing.

As far as taste was concerned, Salmon Tartare which was only **46 calories** was the winner of the 2 starters. Flavoured with garlic and shallots and consumed in just a few small mouthfuls.

A Sashimi Salad included classic favourites: salmon, tuna and yellow tail around a bed of mixed salad leaves, **357 calories** Gilgamesh's House Roll came with the same selection of fish adding rice and Ikura eggs, rolled into a fine sheet of Daikon (white radish) delicious all **373 calories** of the dish. The star dish of the night.

Before heading home after dinner, The Food Health Blog highly recommends a quick stop at the Gilgamesh bar to see the Lapis stone, hand-crafted by a 10,000 strong Indian design team. Cocktails are filled with fresh and inventive ingredients and there's a good choice of fresh fruit juices for those being good including sweet lychee.



A peek at Gilgamesh Bar and it's hand crafted

ceiling.

Tags: [healthy restaurant](#), [Japanese Restaurant](#), [low calorie pan-asian](#)

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1.

Maria

Jan 23rd, 2010

Gilgamesh is one of my favourite spots in London. The interior and the level of service makes you feel special... Sushi House Special is definitely the dish to treat yourself elegant, delicious and surprisingly filling! Cocktails are indeed a rainbow in a glass. Beautiful place, but not pretentious! Strongly recommend.

PS this is the best place you can take your other half for the Valentine's day.. or for any day to be fair!

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