

# Healthier Alternatives Continue to Grow at Popular Restaurant Chain Nanyang as it Announces New Cage-Free Egg Policy

**Makati City, Metropolitan Manila Area Jun 10, 2024 ([IssueWire.com](https://www.issuewire.com))** - It's familiar Singapore kopitiam (or coffee shop) fare served at Nanyang: Hainanese Chicken Rice, Laksa, Nasi Lemak, Curry Chicken Rice, a variety of tasty soups, kopi, teh, other beverages, and that light and refreshing mango, sago and pomelo dessert. The refreshing milk tea drink or Teh Tarik is a favorite option at Nanyang. It is made using the traditional Tarik method of "pulling" the brewed tea, a popular practice in Singapore that is believed to have been started by Indian immigrants who ran tea stalls. As the sweetened milk tea is poured between two containers at increasing heights, the drink is aerated and a delicious froth is formed. The preparation of the drink is an entertaining spectacle, and the resulting beverage is a crowd-pleaser.

Best of all is the ubiquitous favorite-- kaya toast consisting of slices of buttered toasted bread topped with kaya, which is a fragrant creamy spread made with coconut cream, eggs, sugar and pandan leaf. The term "kaya" is derived from "serikaya," the local name for coconut jam. And while the toast makes for a traditional and hearty breakfast meal when paired with perfectly boiled eggs and a kopi(coffee) or teh (tea) beverage, it also hits the spot when you need a quick snack to revive your enervated self.

But now, there's more good news for Nanyang habitues. The company recently announced that it is shifting to cage-free eggs for the various food items on their menu that require eggs. The move is in line with the brand's commitment of using the best ingredients as it continues to serve forthright and tasty traditional Singaporean fare. Healthier cage-free eggs are just the latest change as they continue to strive to serve customers even better.

Cage-free eggs are sourced from hens that are raised in covered barns without the strenuous conditions brought about by overcrowding. Better conditions for the fowl result in better quality eggs in terms of nutritional profile. Studies have shown that apart from lower saturated fat and cholesterol content, cage-free eggs have increased antioxidant components with higher levels of alpha tocopherols and carotenoids. Other benefits include increased levels of Vitamins A and E, as well as Omega3.

Nanyang food is comfort fare—simple, uncomplicated and familiar to the Asian palate. It is reasonably priced and fairly healthy, so you can have it every day if you so choose. The brand has attracted a loyal following in the Philippines so apart from the 15 Nanyang outlets located throughout the country, more branches are set to open soon.

The use of healthier cage-free eggs is certainly a welcome development for health-conscious diners at Nanyang. It is another good reason to remain loyal to the brand.

## Media Contact

Lever Foundation

robyn@leverfoundation.org

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