



April 2010

welcome

Love it or hate it, the Trip Advisor website gets a lot of exposure. And in the tourism arena it is often consulted by travellers and locals looking for good value and a top experience. We are currently #1 on Trip Advisor's list of cafes and restaurants in Nelson and Tasman. In Nelson we are spoilt for choice for good cafes and restaurants and it's nice to see an open forum where customers can rate their experiences for others to share and learn from.

Our new autumn menu has been heartily received with all the dishes on the breakfast menu being tried on the first morning following its release. It is very rewarding to be able to offer something for everyone.

coffee card draw

Congratulations to:

Colin Wright
Pat Edwards

Bring this newsletter in to the cafe during the next month to receive a bag of Atomic coffee, ground to your needs

what's hot

This month's best seller has been the Satay Beef with Pumpkin and Kaffir Lime. This has quickly become a firm favourite on the new menu. It's a light stir-fried meal of beef, veges and cashew nuts, with a satay and coconut sauce. It's served on jasmine rice and is dairy free.

our allergy-free foods

Due to the increasing demand for foods suitable for those with food sensitivities and allergies we will feature a suitable dish off the menu each month. Ask to see our allergy sheets if you want to know exactly what is in a particular dish.

RHUBARB, RASPBERRY & APPLE CREPES

These fresh, light crepes are wheat and gluten free. Served with a tasty raspberry and apple compote, they are filled with rhubarb and drizzled with yoghurt. The crepes are freshened with a whisper of coconut and mint, and can be ordered off the breakfast menu.

morrison's recipes

These fritters have been a sell-out success on the menu and are wheat, gluten and dairy free. Serving accompaniment ideas include roasted tomatoes, bacon, basil pesto, sausages, baked beans or parmesan.

bubble & squeak fritters

800gm potatoes - cooked and mashed
1 cup roasted pumpkin
3 cloves garlic
1/2 cup blanched spinach - chopped
1 small onion - finely diced
1 leek, finely chopped
1/2 tsp salt
1/2 tsp pepper
2 eggs - lightly beaten

Place all the above ingredients into a large bowl. Mix well together
Mould into palm-of-your-hand sized fritters, pressing the mix together firmly
Heat a frypan with a little oil and brown fritters on both sides
Place in a 200C oven for 10 minutes to finish
Serve.

upcoming exhibitions

<i>Jane Barber</i>	<i>18 Apr - 8 May</i>
<i>Amber Smith</i>	<i>9 - 29 May</i>
<i>Charlotte Townley</i>	<i>18 Apr - 8 May</i>
<i>Rebecca Brown</i>	<i>9 - 29 May</i>

our retail area

Take home a pack of our

in-house muesli	hempseed oil
W&G free bread	hummus
cashew nut & capsicum pesto	
in-house mayonnaise	
Atomic coffee	EV olive oil
Fair Trade dark hot chocolate powder	

Give us your feedback - mail us back! We love to hear your feedback on what we do here at the cafe

many thanks
the team @ Morrison Street