



August 2006

## welcome

This month has been quiet but steady. No big changes, no new awards, no new staff. But lots of that pleasant satisfaction that comes from having lots of happy people through the cafe each day. Indoors and outdoors are popular, but as the weather slowly starts to warm a little the courtyard is becoming a very pleasant option at lunchtime. The new menu has been really well received over the month since it was released. No doubt you have worked out what your new favourites are.

## lawry's coffee tips

We retail several freshly roasted Atomic coffees here.

**Veloce** - Atomic's wicked espresso blend with a dark roast profile, heavy body and lingering aftertaste. The base of the blend is Brazilian, blended with Central American and African origins. Veloce is Morrison Street's blend of choice which we serve here in the cafe as well.

**Atomic** - a grunty espresso and plunger blend with 5 different origins used. More complex flavours will be present if used as a plunger coffee.

**Essenza** - 100% bio-gro, organic and fair trade. A separate roaster is used to maintain the organic purity. Medium roast profile with earthy chocolate notes. Great for plunger and espresso.

**Decaf** - full-bodied decaf. Natural decaffeination through the Swiss water process where no solvents are used.

## coming up

- Winery of the Month for August is Brightwater Vineyards - come and enter the draw before its too late. Watch out for Renato Estates next month
- 19 October - Readers and Writers Event here featuring young NZ writer
- 22 October - Sealord Celebrate Showcase. Morrison Street pancakes outside Bardelicious in Trafalgar Street - yum

## car park

Morrison Street Cafe customers now have use of the old Mitre 10 carpark in Morrison St, with a 2 hour limit. Seems some folks around town are using it for their all-day use but we are working on that. Hopefully there will always be a space for our valued customers.

## morrison's recipes

The Goats Cheese Crostini on the Light Bites menu features hemp seed oil, an excellent source of essential fatty acids, Omega 3 and Omega 6. It is a pure, cold-pressed oil and the heme3 brand we use here is made from GE-free hemp seed grown on the Canterbury Plains. It is now available by the bottle as a retail item here at the cafe.

### Goat Cheese Crostini with Avocado

Serves 1

2 slices french stick or turkish bread  
1 large clove garlic, cut in half  
6 slices tomato  
4 slices avocado  
8 x 1cm cubes goat feta (or cow feta)  
black cracked pepper  
sea salt  
hemp oil

Toast bread in a panini grill or sandwich press till lightly toasted  
Carefully rub raw garlic across toasted warm bread  
Arrange the rest of the ingredients on top, and drizzle with the hemp oil  
You can also make up your own crostini flavours to suit

## coffee card draw

Congratulations to:

Sharon Morrison

M Wendelborn

Call in to the cafe during the next month to receive a Morrison Street cookbook and a bag of Atomic coffee, ground to your needs

## up coming exhibitions

<i>Dee Parus</i>	6 - 26 Aug
<i>Daniel Allen</i>	27 Aug - 16 Sept
<i>Yemaya Spence</i>	6 - 26 Aug
<i>Jane Reilly</i>	27 Aug - 23 Sept

**Give us your feedback - mail us back!**

We love to hear your feedback on what we do here at Morrisons

many thanks  
the team @ Morrison Street

