



welcome

December 2008 – January 2009

It's THAT time of year again - when a week whizzes by as if it were a day, and the month compresses into a whirlwind of shopping, children (and grandchildren), barbecues and drinks. And we wonder why we don't quite hit the festive note at times? But, there is hope. As soon as the rush dies down we can look forward to a string of lovely warm summer days, broken only by the clink of ice in long cool glasses, sunny evenings eating outside, and the lingering trails of sand from one end of the deck to the other.

From all of us here at the cafe, may your Christmas-New Year season be a happy one. And we look forward to seeing you here in the cafe over that time, swapping suits and corporate gear for jandals and shorts for those few precious weeks. We will be closed Christmas Day and New Years Day with our opening time put back to 8.30 till Jan 10, except on Sundays and statutory holidays when it will be 9am.

what's hot

This month's best seller has been the Avocado, Prawn & Mango Salad . It's a cool summery mix combining fresh mango, prawns, mint, cashew nuts and rice noodles, with a tangy lime dressing. And it's wheat, gluten and dairy free.

coffee card draw

Congratulations to:

Colin Wright
Lynda Daisley

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

cable bay cafe

Cable Bay Cafe is celebrating its 1ST BIRTHDAY this week

Open Wed to Sun - 10am to 4pm
799 Cable Bay Rd, just before the beach
ph 546 8799

Head on out to enjoy it's pleasant coastal setting and culinary charm. The menu is mainly seafood, with some other treats as well. And it's a great spot to bring the family

morrison's recipes

This recipe has rapidly become a staple here at the cafe, with its wheat and gluten-free ingredients allowing the most sensitive of customers to enjoy a nice chunk of home baking. The loaves also freeze well at home.

wheat & gluten free fruit & nut loaves

- 200gm brown sugar
- 250gm yoghurt
- 3 eggs, whites and yolks separated
- 2 tbsp rice oil, or similar
- 2 1/2 tsp baking powder (wheat & gluten free)
- 1/2 tsp baking soda
- 1 cup ground almonds
- 1 cup rice flour
- 1/2 diced apricots
- 1/2 cup currants
- 1/2 cup diced papaya
- 1/2 cup sliced almonds
- 1/2 cup chopped walnuts
- 1/2 tbsp ground ginger

Mix sugar, yoghurt, egg yolks and oil in a mixer or by hand, until smooth

Add the rest of the ingredients, except egg whites, and mix till just combined

Whisk egg whites to a firm peak and fold into mix

Fill greased muffin tins to 3/4 with mix

Bake for 20 mins, or until skewer comes out clean, at 175C

Leave for 5 mins, then remove from tins

up-coming exhibitions

Jane Barber	21 Dec - 10 Jan
Larisse Hall	21 Dec - 10 Jan
Debra East	11 - 31 Jan
Lesley Haddon	11 - 31 Jan
Peta Wright	1 - 21 Feb
Jeanna Packer	1 - 21 Feb

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