



February 2010

welcome

As you may have noticed the cafe has been very busy these last few months with a big influx of visitors, and many of our regulars in during their holidays. We are already looking ahead to the late summer menu, due for release on March 25th. With summer marching on there is a whole new range of fresh foods coming available, which will be featured in the new menu.

We are also looking for some exciting new artists to exhibit their work in the cafe, hopefully adding a dash of class and panache to the walls. If you know of anyone with some great artwork please call in to the cafe and let us know.

coffee card draw

Congratulations to:

Sara Leach
Liz Narbey

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 Marinated Lamb with Grilled Veges and Couscous. The lamb has been marinated in tasty Moroccan flavours and is served on grilled courgette, capsicum and eggplant, with herbed couscous. It is delicious.

up-coming exhibitions

<i>Fran Gould</i>	<i>14 Feb - 6 Mar</i>
<i>Deanna Hobbs</i>	<i>7 - 27 Mar</i>
<i>Nicolette Louverdis</i>	<i>14 Feb - 27 Mar</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 coffees	EV olive oil
Fair Trade dark hot chocolate powder	

morrison's recipes

This shortcake is on the current menu, and has received some great feedback.

apricot, fig & almond shortcake

BASE:

200gm butter
1/2 cup flour
1/2 cup brown sugar
1/2 cup wholemeal flour
2 lemons, zested
1 1/2 cups sliced or chopped almonds

Cream butter and brown sugar in a cake mixer until a pale cream
Mix in remaining ingredients
Spread base evenly into a swiss roll tin lined with baking paper

Bake at 180C for 6 mins

FILLING:

1 cup whole dried apricots
1 cup whole dried figs
Cover with water in a saucepan.
Bring to the boil, simmer for 20 mins. Strain, cool and spread evenly over the base.

TOPPING:

4 eggs
1 cup brown sugar
1/2 cup coconut
1/2 cup wholemeal flour
1/2 cup white flour 1/2 tsp baking powder
1/2 tsp vanilla essence
1/2 tsp almond essence
Beat eggs and sugar in a cake mixer until well mixed
Add the rest of the ingredients.
Pour over the base and dried fruit
Bake at 180C for 35 - 40 minutes.
Cut when cold. Makes 12 portions

cable bay cafe

COME ON OUT – JUST 4 WEEKS till we close for winter
Open Wed – Fri 11 to 4 Sat & Sun 10.30 to 4

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