June 2008

welcome

As we move towards the shortest day it is time to release our winter menu. This will happen on Thursday June 26 and promises some very tasty options. Look for new treats like the Potato, Kumara and Haloumi Fritters on the breakfast menu, the Roasted Vege Empanadas on the Light Bites menu and the Cullen Skink - a traditional Scottish smoked fish soup - on the lunch menu. Work on the outside of our building is finally finished and, apart from one more repair to an internal wall, work has been completed inside as well. It has been a long haul of changes but we are finally almost there!!

something about coffee ….

Why do my coffee beans get all oily? and how does that affect the taste?

As coffee roasts and gets darker it starts to break down structurally, this means volatile oils contained in the beans are released. As the coffee ages, these oils make their way to the surface where they gradually oxidise and start to go stale.

(from the Atomic Coffee website)

what's hot

This month's best seller has been the BAGELS. These are a perennial on our menus and come with a good range of filling options. And they are staying on the new menu.

up-coming exhibitions

Lane Collins *15 June - 5 July*
Nelson Creative Fibre
6 - 26 July
Todd at Atomic Coffee Roasters
15 June - 5 July
Yemaya Spence *6 - 26 July*

cable bay cafe

Cable Bay Cafe is closing for winter on Friday June 27, so take the opportunity over the next 10 days to enjoy lunch or a coffee and cake at the bay. Opening times till the 27th remain – Wed to Sun 10am to 4pm; Mon, Tues closed. The menu is excitingly different, focusing on seafood, but with a few other treats in there as well. The cafe will re-open in October.

morrison's recipes

Here are some wheat and gluten-free muffins to put on the table for a satisfying winter lunch. Or keep them in the freezer for a handy lunch box snack.

roasted pumpkin, spinach & feta muffins

1 1/2 cups grated cheese
2 cups rice flour
1 1/4 cups potato flour
150gm melted butter
2 small eggs
6 tsp wheat and gluten-free baking powder
1 1/2 cups milk
1 1/2 cups roasted/cooked pumpkin
1 cup blanched spinach, roughly chopped
200gm diced cows feta

Mix eggs, milk and melted butter together well.
Put the remaining ingredients in another bowl.
Add together and mix until just combined.
Rest mix for 10 minutes.
Grease muffin tins and fill till even with the top.
Bake at 200C for 20 mins.

coffee card draw

Congratulations to:

Anne Harrison

Marie Duncan

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

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