



March 2010

welcome

Our new autumn menu was released this week, so put aside some time to come and try something new. Once again our head chef has created some wonderful dishes, some quite traditional and others with a distinct exotic edge. The Satay Beef with Pumpkin and Kaffir Lime, the Kumara Salad with coconut and banana, and the Kushari, an Egyptian dish using rice, pasta and lentils in lemon, onion and garlic all have instant appeal. The Cranberry, Apricot and Pecan Shortbread is going to be perfect with a smooth flat white, and the Rhubarb, Raspberry and Apple Crepes on the breakfast menu sound divine.

coffee card draw

Congratulations to:

Amanda Cottle
Pat Campbell

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 Double Chocolate and Macadamia Nut Brownie. No matter what the current flavour combination, this slice is always really popular. It's wheat and gluten free, but still has that rich, creamy smoothness of a fine brownie.

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.

FIRST UP - OUR MUESLI & BIRCHER MUESLI

Both our muesli mixes are wheat free. The regular muesli is filled with nuts, grains, seeds, dried fruit, popped corn and maple syrup, while the bircher muesli is made with oats, almonds and fruit. They are both suitable for those with wheat sensitivities; but they are not gluten free as they contain oats and/or barley. The regular muesli is also available in a handy 700gm take home pack.

morrison's recipes

We use this sauce as a staple at the cafe. It can be preserved like any sauce or pickle but needs to be kept in the fridge once it has been opened. As it is made in our own kitchen, we know it is free from colourings, flavour enhancers and nasty preservatives.

sweet chilli sauce

75gm red chillis (leave the seeds in if you want a HOT sauce)
4 cloves garlic
1 tbsp fresh ginger - grated
1 1/2 cups sugar
1 1/2 cups white vinegar

Place all the above in a saucepan.
Bring to the boil and simmer for 45 minutes
Cool
Place the cooked sauce in a food processor or blender and puree until smooth
Season to taste
Reheat, then pour into a sterilised jar and seal
Makes 2 cups

upcoming exhibitions

<i>Tanya Bostock</i>	<i>22 Mar - 17 Apr</i>
<i>Nicolette Louverdis</i>	<i>14 Feb - 27 Mar</i>
<i>James Currie</i>	<i>28 Mar - 17 Apr</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