



October 2008

## welcome

IT'S OUR 11th BIRTHDAY next week

On Friday, October 31st, we are celebrating Morrison Street Cafe's 11th birthday ... and 10 years of being in our beautiful historic building ... and our many years association with Atomic Coffee ...

with a Giveaway Day. Come in for a coffee or a meal and you could be one of the lucky people to receive a gift. Every half hour throughout the day we will be giving away Something Nice.

So much of the last 11 years' success comes down to our loyal customer base - all those lovely people who come in and share a little bit of their day with us ... again and again and again. We love it. Thankyou.

## what's hot

This month's best seller has been the Chicken, Kaffir Lime and Macadamia Salad with Nam Jim. This lovely summery dish is selling well. It's wheat, gluten and dairy free and the lime, garlic and chilli Nam Jim sauce is a highlight.

## up-coming exhibitions

*Jeanette Marlow* 19 Oct - 8 Nov  
*Craig Bluett & Wendy Murphy*  
19 Oct - 8 Nov  
*Karen Anchor-Murray*  
9 - 29 Nov  
*Jo Tyson (kids art)* 9 - 29 Nov

## coffee card draw

Congratulations to:

Louise Anderson

Tom (you know who you are Tom)

## cable bay cafe

Cable Bay Cafe is now open for summer.  
Wed to Sun - 10am to 4pm  
799 Cable Bay Rd  
ph 546 8799

Head on out to enjoy its simple coastal setting and culinary charm.

## morrison's recipes

This nutritious sweet bar is new on the menu. It has a soft texture and a zesty citrus flavour and is wheat free.

### fruit, seed & nut muesli slice

300gm butter  
3/4 cup maple syrup  
190gm peanut butter (or make your own cashewnut butter)  
3 tsp vanilla essence  
45gm rice flour  
1/2 cup ground almonds  
3/4 tsp mixed spice  
4 1/2 cups instant oats  
1 orange, zested  
2 lemons, zested  
1 1/2 cups brown sugar  
3/4 cup dessicated coconut  
1/2 cup sesame seeds  
3/4 cup sunflower seeds  
3/4 cup currants  
1/2 mixed peel

Heat butter and maple syrup in microwave till melted.  
Stir in peanut or cashewnut butter and vanilla essence.  
Place rest of ingredients into a large bowl.  
Make a well in the centre.  
Pour in butter mix. Combine well.  
Press evenly into a swiss roll tin lined with baking paper  
Sprinkle with 1/4 cup pumpkin seeds  
Bake at 170C for 35-40 minutes until evenly brown all over.  
Cool completely. Carefully cut into bars with a serrated knife.

Bring this newsletter 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