



October 2009

welcome

The city is busy over the next month as the Arts Festival plays its tune and we enjoy lots of visitors arriving. There are already plenty of unfamiliar faces coming through, all adding to the dynamic hum of the cafe.

After Labour Weekend we will be moving to our summer hours, with 4.30 closing from Monday to Saturday. Sundays and opening times will remain the same.

This month we have supported the Bliss Organisation - a local trust supporting teenage girls in our community. This worthwhile group promotes positive role modeling and friendships in an alcohol and drug-free environment, helping build the girls' confidence and rewarding them for personal achievements.

coffee card draw

Congratulations to:

Vanessa Barnett
John @ Everyman

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 Hot & Sour Fish. This wheat, gluten and dairy-free dish has pan-fried fish drizzled with a wake-me-up dressing full of flavour, and served on rice. Be quick, it often sells out.

our retail area

Take home a pack of our

in-house muesli spiced nuts
W&G free bread hummus
in-house mayonnaise hempseed oil
EV olive oil Atomic coffees
cashew nut & capsicum pesto
Fair Trade dark hot chocolate powder

morrison's recipes

Earlier in the year we featured a fish cake recipe based on potatoes. This one uses flour as the base, and if you are wheat or gluten sensitive then rice flour and W&G-free baking powder can be substituted. The cakes can be made small, and served as nibbles, or larger for a main meal, served with a green salad and chilli sauce.

fish cakes

400gm white fish
1 tbsp red or green curry paste
1 tbsp fish sauce
1 egg
30gm rice or wheat flour
1 1/2 tsp baking powder
5 fresh kaffir lime leaves (available from Asian stores)
1/2 small red onion
1/2 red capsicum, finely chopped
2 tbsp chopped coriander

Place fish in a food processor and process till smooth
Mix blended fish and all other ingredients well in a large bowl
Use wet hands to form your fish cakes into required size and shape
Place in a hot frypan with a little oil
Cook until brown on both sides and cooked right through

cable bay cafe

Opening for Summer on
Wednesday Nov 11

Open 5 days Wed-Sun 10 to 4pm
New menu, new chef, great experience

up-coming exhibitions

Philippa Foes-Lamb	11 - 31 Oct
Cushla McKay	1 - 21 Nov
Cherie Furniss	11 - 31 Oct
James Cameron	1 - 21 Nov

Give us your feedback - mail us back! We love to hear your feedback on what we do here at the café

many thanks
the team @ Morrison Street