



## welcome

August 2011

We've finally launched our Facebook page – follow the link on our website. We'll be updating regularly with muffin selections, cake of the day, baking features, the occasional recipe and other foodie hints and tips. There will also be coffee notes, new menu announcements and other cafe happenings.

Like the rest of the country we are gearing up for a busy time over the coming months. With the RWC leading into the Masters Games, also in Nelson, which then lead into the Arts Festival it's going to be all on through till late October. But we'll always have room for our locals and regulars so come and enjoy the buzz.

## coffee card draw

Congratulations to:

Rosanna Best  
Julianne Topp

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

The polar blast has brought on a rush of people wanting heart-warming dishes like the rustic porridge for breakfast and the mussel soup or Caribbean Lamb off the lunch menu. Soup in general is immensely popular - check out this month's recipe.

## our allergy-free foods

A good number of dishes on our menu are either wheat, gluten or dairy free. For those who enjoy a soymilk coffee we are now using a new soy milk, which is lower in fat and sodium, has no added cane sugar, and is organic and gluten-free.

## our retail area

Take home a pack of our cafe-made muesli, W&GF bread, hummus, cashew nut & capsicum pesto or mayonnaise. Or try the Kakariki EV olive oil, Atomic coffee or Fair Trade dark hot chocolate powder.

## morrison's recipes

Soup it is - this is a very popular one from our Soup of the Day range. It is wheat, gluten and dairy free and the recipe serves 6.

### kumara, lentil & coconut soup

- 3 tbsp olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 2 cloves garlic, crushed
- 1 tbsp grated fresh ginger
- 2 tsp curry powder
- 1 x 400gm tin crushed tomatoes
- 400gm kumara - peeled, diced into 2cm pieces
- 2 apples - peeled, cored, diced into 2cm pieces
- 1 cup coconut cream
- 4 cups vege stock (or water)
- 3/4 cup red lentils
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- Heat oil in a large pot, add onion, carrot, garlic, 1/2 tsp salt, 1/2 tsp white pepper
- Saute until veges are tender
- Add ginger and curry powder. Saute another 2 mins
- Add remaining ingredients. Bring to a boil and simmer 20-25 mins, until kumara is cooked
- Serve, garnished with coriander and toasted coconut

## upcoming exhibitions

- |                 |                               |
|-----------------|-------------------------------|
| 14 Aug – 3 Sept | Symen Hunter<br>John Caldwell |
| 4 – 24 Sept     | Karen Anker<br>Jeanna Packer  |



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