



February 2011

welcome

As is usual this time of year we have an extraordinary number of staff starting and leaving as the uni students and college kids head back to their education and new employees take their place. These young students bring a fabulous energy to the cafe over summer with their enthusiasm and passion for what they do. Morrison Street is often their first 'real' job and it provides them with a busy taste of what work is all about. We hope it also helps them develop as strong and enterprising young people, and we wish them well for another year of study.

We have several new people starting in the kitchen over the next week or two and are currently trialling people for positions out the front as well. Watch this space.

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 is the **Chicken Souvlaki**. This tasty meal is on the Light Bites menu. It has a definite Mediterranean edge with the pita bread, Greek tzatziki, kalamata olives and marinated chicken, and has lots of lunchtime fans.

our allergy-free foods

We also have a **Cambodian Chicken Salad** on the lunch menu. This wheat, gluten and dairy-free meal gives an opportunity for all those who can't enjoy the chicken souvlaki to indulge in an allergy-free chicken salad anyway. This time the chicken is poached, and served with vermicelli noodles, salad and a spicy lime, chilli and fish sauce dressing.

morrison's recipes

Bircher muesli is on our breakfast menu every summer. In the traditional Swiss style it is soaked overnight in juice or water to soften the grain before having fresh fruit and yoghurt added in the morning to serve. Yum. Here is our recipe - serves 1.

bircher muesli

- 1 cup rolled oats
- 1/4 cup sliced almonds
- 1/4 cup water
- 1/4 cup plain yoghurt
- 1/2 cup chopped apple (fresh or tinned)
- 1/4 cup orange juice
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- mix all of the above together in a cereal bowl
- top with any fresh fruit - like banana or orange - or dried fruit, and serve

upcoming exhibitions

<i>Jo Midgley</i>	<i>30 Jan – 19 Feb</i>
<i>Morgan Freedom</i>	<i>20 Feb – 12 Mar</i>
<i>Colleen Elvines</i>	<i>30 Jan – 19 Feb</i>
<i>Natalie Walker</i>	<i>20 Feb – 12 Mar</i>

our retail area

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

cable bay cafe

OPEN FOR SUMMER

Thur - Fri 10.30 to 4pm

Sat - Sun 10.30 to 5pm

Ph 546 8799 799 Cable Bay Rd
Check out the menu on their new website
www.cablebaycafe.co.nz