



May 2011

welcome

Wednesday is Farmers' Market Day in the complex around the cafe. It's always a great day with bustling stalls, chatty people, music and delicious aromas. I've just returned from working in Christchurch where gatherings like this have now become an important part of life - a place to talk things through, to share, to grieve and to celebrate. Markets and cafes have always been places where this kind of important community interaction happens naturally so plan your next cafe trip for Wednesday after 11am and enjoy the Farmers' Market as well.

The winter menu has rolled out nicely with most dishes being warmly praised. If you don't feel like a full meal our Light Bites menu offers smaller portions at a lighter cost. Or maybe go for a Light Bites meal and add a side or two for some variety.

coffee card draw

Congratulations to:

Matt Shipman
Vanessa Barnett

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 **Smoked Salmon Omelette Rolls**. These are hard to go past at any time of year and it's great to have them back on the menu. A wafer-thin omelette is wrapped around chunky smoked salmon, spinach and hummus..

our allergy-free foods

A good number of dishes on our menu are either wheat, gluten or dairy free. Others are vegetarian or come with vegetarian options. Each of these dishes has this outlined under the heading or at the end of the listing. All these dishes are also gathered together on the Sample Allergy Menu sheets held under the counter. Ask to see them if you have dietary allergies, sensitivities or preferences.

morrison's recipes

Sausage rolls generally come as a standard length of sausage meat wrapped in a case of pastry. They're an iconic staple of the Kiwi cuisine, but could be done so much better. Here's how the recipe makes 24.

retro sausage rolls

- 500gm good quality sausage meat - squeezed from sausages
 - 1 tube sausage meat
 - 1 red onion - finely diced
 - 1 large potato - grated
 - 1/4 pumpkin - grated
 - 1/2 cup chopped fresh herbs (rosemary, parsley, sage or chives)
 - 1 tbsp worcestershire sauce
 - 1 1/2 tsp black pepper
 - 1 1/2 tsp salt
 - 1 pkt streaky bacon (8 pieces)
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- place all of the above ingredients into a large bowl and mix well
 - roll into 6cm long logs with wet hands
 - cut the lengths of streaky bacon into thirds
 - wrap each log of sausage meat in a piece of bacon
 - sear off in a little oil in a frypan till brown on both sides
 - place in a roasting dish, bake in the oven for 15 mins. Serve with tomato chutney or sauce

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 Kakariki EV olive oil, Atomic coffee or Fair Trade dark hot chocolate powder.

upcoming exhibitions

<i>Tania Bostock</i>	<i>22 May – 11 Jun</i>
<i>Lynne Broughton</i>	<i>22 May – 11 Jun</i>
<i>India Scott</i>	<i>12 Jun – 2 Jul</i>
<i>Wendy Lineham</i>	<i>12 Jun – 2 Jul</i>

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