



welcome

What a month it's been - whether you're a rugby fan or not. Here's hoping the All Blacks win on Sunday! Closer to home we have the Arts Festival underway, and the South Island Masters Games have also started here this week. Lots of events to go to. We were recently voted '**Best Cafe in the Nelson Region 2011**' by Cafe Magazine. Judges comment - 'We think this is probably NZ's most awarded cafe, consistently leading the pack for as long as we can remember. Great ambience, excellent food and always brilliant coffee'. Thanks Cafe Mag. Here at the cafe we released our new summer menu two weeks ago and the feedback is all good. At our staff meeting last week we sampled all the dishes and, as usual, it was very hard to pick a favourite but I'm backing the Smoked Salmon in a Lavosh Cracker case.

coffee card draw

Congratulations to:

Yvonne Bowater

Rachel Bush

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

A new lunch dish that is proving very popular is the Marinated Chicken Salad. This dish has a strong Asian flavour, using a marinade of red curry and coconut cream. It is served with a light salad and drizzled with a coconut, pineapple and coriander dressing. It's also wheat and gluten free.

our allergy-free foods

A good number of dishes on our menu are wheat, gluten or dairy free, or vegetarian. For those who enjoy a soy milk coffee we use a soy milk which is lower in fat and sodium, has no added cane sugar, and is organic and gluten-free. Ask to see the menu allergy sheets if you want to know more about a dish.

our retail area

Take home a pack of our cafe-made muesli, W&GF bread, ciabatta or sourdough breads, hummus, cashew nut & capsicum pesto or our mayonnaise. Or try the Kakariki EV olive oil, Atomic coffee or Fair Trade dark hot chocolate powder. The new Nelson Arts Guide is also there as well.

See us on Facebook 

October 2011

morrison's recipes

This salad is on the new summer menu. It's a lovely cool dish for a hot day and would make a nice addition to a barbecue, or can be served with bacon or ham. The recipe serves 6.

potato and egg salad

- Cook 1.4 kg scrubbed new potatoes in salted water until just cooked
- Strain, let cool and cut into small chunks
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- **dressing**
- 1/2 cup good mayonnaise
- 2 tbsp lemon juice
- 2 tbsp Dijon mustard
- 1 tsp salt
- Mix all above together
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- Put potatoes in a large bowl
- add the dressing and
- 4 tbsp drained capers
- 1/2 cup finely chopped parsley
- 4 sticks celery - finely chopped
- Mix all together and serve with halved boiled eggs (see pic on our Facebook page)

upcoming exhibitions

16 Oct – 5 Nov

Fran Gould
Troy Warring

6 – 26 Nov

Jo Tyson
Fiona Sutherland



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