

Indulge yourself with the Northern Rivers' tastiest offerings!

eat drink

Issue #4 Easter 2023



Echo

NORTH BYRON HOTEL

Eat . Drink . Discover



LIVE MUSIC & DJ'S EVERY WEEKEND | TRIVIA MONDAYS | TUESDAY PASTA CLUB

From sunlight to sunset, North Byron Hotel is a thriving mecca of good food, great music and a chill atmosphere that is quintessentially Byron Bay. Soak up the sunshine surrounded by our lush gardens with freshly made cocktails and our famous wood fired pizzas loaded with locally sourced toppings. Discover something new, discover North Byron Hotel.

NORTH BYRON HOTEL

61 Bayshore Drive, Byron Bay, 2481

NOSE-TO-TAIL BEEF MASTERCLASS & LONG LUNCHES APRIL 28, 29 & 30



A homage to our holistically-reared Angus-Wagyu cattle at our beautiful on-farm restaurant Frida's Field in Nashua, 10 minutes from Bangalow.

www.fridasfield.com for bookings and details



REAL FARMERS, REAL FOOD



* SINCE 2002 *

**Thursdays 7-11am
Butler St Reserve**



* SINCE 2004 *

**Saturdays 7-11am
Behind the hotel**



tweed river house

murwillumbah, nsw



Perched on the banks of the Tweed River in Murwillumbah, resides the award winning bistro, the Tweed River House.

Savour our prix fixe menus, enjoying panoramic views from the River Verandah, or in the Dining Room under the elegant, pressed tin ceilings. For a drink or light bite try the riverside Lawn Bar.

Open Thursday to Sunday.

eat drink

Issue #4 Easter 2023

AN ECHO MAGAZINE

Echo

www.echo.net.au

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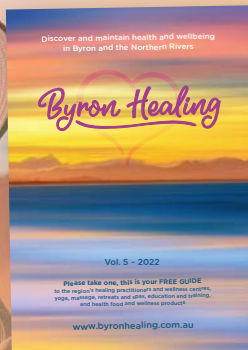
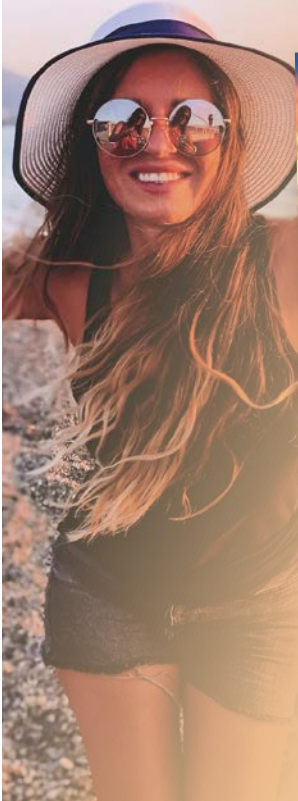
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Look at all our great magazines, just for you!



Byron Healing

Discover and maintain health and healing in Byron and the Northern Rivers.

www.byronhealing.com.au



Eat Drink

A collection of the wonderful options for eating and drinking locally.

www.echo.net.au/eat-drink



Made Here

Showcasing the products that are made here, in the Northern Rivers.

www.echo.net.au/made-here



Family

Get the most out of family life on the North Coast

www.echo.net.au/family

Echo Publications

~ Welcome ~

The Northern Rivers – a place of exploration, experimentation, and success

SOME SAY IT BEGAN WITH THE SURFERS, OTHERS with the hippies, but really it began with people looking for something different. A different approach to life, a way of living with, and within the Earth's capacities.

The Northern Rivers is a place where people come to connect, with the water, the trees, the earth and where the first concept of a welcome to country took place – at the Nimbin Aquarius Festival in 1973. So many of these ideals are reflected in, and remain embedded in, how people live, work, and develop businesses in the region.

An exciting development for farming, and the production of food and drinks on the Northern Rivers, has been the emerging native food industry. Native foods are being used, farmers being supported and local Indigenous businesses developing. The Aunties Cafe in Broken Head is part of the long-term vision of Aunties Dulcie, Lorna, Linda and Yvonne who originally claimed native title in Byron Shire. In her piece *First Flavours* on page 16 Belle Budden looks at the importance of the developing native food industry, and of recognising the cultural intellectual property of First Nations people both here and around the world.

Connection to place is also explored through the ideas of the paddock-to-plate experience and the impact of the local farmers markets – they allow locals, chefs and visitors to get a seasonal understanding of the region. Through locally grown and developed fresh food and produce people continue to be able to reduce their carbon footprint and live a more sustainable existence in tune with their environment. This reflects many of the principles that First Nations people remind us of through their connection to, and respect for, Country. It reflects the ideals and principles that were explored and developed by the alternative community when they came here in the '60s and '70s seeking a change in their interaction with the planet, and each other, as they sought to create new and dynamic communities.

Taking these ideas of community and Country, of living with and giving back, there have been many successful businesses created that actively seek to not only be successful in terms of money and product production, but who also count the principles of community, respect and giving back as equally important. These have formed the successful foundations of a food and beverage industry that continues to go from strength to strength across the Northern Rivers.

– Aslan Shand, editor

~ Organisations ~ Wholesome & Fresh ~



NORTHERN RIVERS FOOD

Northern Rivers Food (NRF) is a not-for-profit member-based food industry group, established by people in the local food industry to support, celebrate and connect members across the Northern Rivers. NRF run regular events, classes, courses, workshops, celebrations and networking and mentorship opportunities to help connect members of our dynamic local food industry.

NRF celebrate the unique food provenance of our region and support their members by sharing their news, stories and incredible offerings to the foodie community.

The NRF Harvest Food Trail is held annually, this year on the weekend of 6 and 7 May. It is always guaranteed to be a very Northern Rivers experience, reflecting on and celebrating the distinctive provenance of our region's food, and offering lots of wonderful eating and drinking experiences – jam-packed with our most acclaimed restaurants, producers, farmers and growers.

Local farmers, producers, distillers, restaurants, bars, breweries and stallholders are invited to come on board to join NRF and participate in the Harvest Food Trail.

Local foodies are also invited to sign up to NRF's newsletter to keep informed about all the amazing opportunities and events coming up in the month ahead.

Please visit www.northernriversfood.org for more information.

Photos by Davina Bambrick and Kate Scott.



BALLINA FARMERS MARKET

Ballina Farmers Market has become a favourite place to visit on a Sunday morning. It has the best farm fresh produce the region has to offer, in a beautiful setting by the river.

You can find freshly picked vegetables, oyster mushrooms, apples, berries, flowers and crisp salads. Alternatively grab a punnet of seedlings and grow your own.

There is also a wonderful range of artisan produced foods: cheeses, freshly baked organic sourdough bread, pasta, cloud-like sourdough donuts, olives, fermented vegetables and so much more.

The market is a perfect place for you to enjoy a cup of coffee with your pick of breakfast options including croissants, donuts, breakfast burgers, sushi, or vegan delights, to name just a few. It is a place for the community to get together.

It's held at Commemoration Park next to the Missingham Bridge, in East Ballina. Pack a picnic blanket and head on down this Sunday and every Sunday.

Ballina Farmers Market is held every Sunday morning from 7am to 11am.

www.ballinafarmersmarket.com.au

📷 @ballinafarmersmarket



~ Wholesome & Fresh ~



BANGALOW BREAD CO.

Located in the historic village of Bangalow, a short ride from Byron Bay, Bangalow Bread Co. showcases the diversity of the wonderful local region of the Northern Rivers. Offering seasonal food sourced from artisan producers and local farmers, they bring the age old trade of baking into the modern world. Get ready to be taken all the way back to your childhood with nostalgic memories brought on by their reimagined chocolate fudge slice.

Since opening their doors in 2019, owners Tyson and Jess Phillips have been delivering wholesome baked goodness to the community, producing a range of gut loving sourdough breads daily, made traditionally and slowly fermented for a minimum of 24 hours to ensure that delicious taste and perfect chew.

Look no further for all your traditional bakery items, and so much more. Selecting other local producers with similar ideals was of the utmost importance for Tyson and Jess, who quickly partnered with the legends from Old Quarter Coffee Merchants, who source and supply sustainable coffee beans from farming partners around the globe.

With all of their products produced on site, including hand rolled pastries baked fresh every morning, it's not hard to see why there is a line out the door every day of the week. You'll need to get in early for their brioche doughnuts filled with Nutella! With a rotating display of delectables, the hardest thing will be deciding between a slice of their famous carrot cake or a chunky olive oil cookie that dreams are made of. The regulars say you can't go past their vanilla slice made with butter puff pastry and passionfruit icing, but ultimately, the choice will be up to you!

The offerings don't stop at sweet treats – housemade pies made with slow cooked beef are all cooked on site, as are sandwiches made using fresh sourdough and including a variety of fillings. A must-try is the popular 'Reuben sandwich', which boasts layers of silverside, traditional sauerkraut, Swiss cheese and a not-so-modest serving of housemade Russian sauce. Yum!

12 Byron Street, Bangalow
02 6687 1209
www.bangalowbread.co
@bangalowbreadco



~ Wholesome & Fresh ~

MULLUM FARMERS MARKET

The famous, award-winning Mullum Farmers Market is a weekly family affair that simply should not be missed. It bursts into life every Friday morning, from 7am to 11am, at the beautiful Mullum Showgrounds. Weave through the 65 stalls showcasing the region's finest produce, and enjoy the relaxed vibe as your taste buds do a merry dance. Grab yourself a coffee and a delicious breakfast from one of the eight food stalls, and sit down under the giant fig trees and enjoy the outstanding live music. Then pay the Kids' Plot a visit, after all, happy kids mean happy families!

Fridays 7-11am, Mullumbimby Showgrounds
www.mullumfarmersmarket.org.au



NEW BRIGHTON FARMERS MARKET

Every Tuesday morning from 7am to 11am the sister market to Mullum comes alive in the cool, laid-back surfing community of New Brighton, opposite the river and minutes from pristine beaches. With 35 stalls, it's smaller than Mullum, but it has everything you need. It is also a favourite secret brekkie spot for locals. With the free Kids' Plot and live music, it's a family melting pot loved by all.

Tuesdays 7-11am, New Brighton
www.newbrightonfarmersmarket.org.au



~ To Take Home ~



DINNER IS SERVED

Like so many local businesses, Dinner Is Served has had to change dramatically over the last two years to survive the craziness and uncertainty of the pandemic, evolving from catering to holiday makers, to a much-loved meal delivery service for the local community. What hasn't changed is their belief that food should nurture, nourish and comfort and that delicious food can turn a good day into a great one.

Having outgrown their small kitchen in Ballina, they spent much of last year building a state-of-the-art commercial kitchen with a beautiful adjacent cafe and garden near Ballina airport.

With an experienced international team headed by Executive Chef Etienne Karner, it's no wonder word is spreading about their new cafe and pantry as a destination eatery and the go-to for gourmet take-home meals. It's perfect for busy locals and tourists looking for a delicious no-effort meal at their accommodation.

The new cafe and pantry offers exceptional service as well as take-out breakfast and lunches. Drop in for coffee and browse their wide range of fresh take-home meals and salads, all prepared on-site daily, and their well-stocked pantry shelves full of local artisanal produce, including olives, crackers, condiments and gift baskets. The cafe and pantry is located at North Creek in Ballina. Open Monday to Saturday, 7am to 2.30pm. Visit www.dinnerisserved.com.au to see what's cooking.

11/4 Ascot Road, Ballina
www.dinnerisserved.com.au
 @dinnerisservedau @dinnerisservedaus



SATVIK FOODS

Local family-owned business, Satvik Foods, has been nourishing the community for over a decade with their easy make-at-home meals. Dhals, Quinoa Salad, and Royal Rice feature unique Ayurvedic spice blends in fully home-compostable packaging.

Satvik Foods meals are delicious on their own, or as a base to your own creations. Buy at your local health food stores, IGA, or online at satvikfoods.com.au.

Discount code: ECHOTAKE15
www.satvikfoods.com.au
 @satvikfoods



BYRON BAY PORK & MEATS

Byron Bay Pork & Meats in Mullumbimby and Byron Bay are your family operated butchery, sourcing premium quality pork, beef, lamb and goat from their family farms. They offer specialty sausages, including a gluten-free variety, smoked leg hams, free range chickens and ducks. All meats are organic, antibiotic- and hormone-free and they have a great range of smallgoods.

130 Jonson Street, Byron Bay
 02 6685 6261
 Mon-Fri 6am-5pm, Sat 6am-1pm
 70 Dalley Street, Mullumbimby
 02 6684 2137
 Mon-Fri 6am-5pm, Sat 6am-12pm



~ To Take Home ~



From the heart, Byron Bay Chocolate Co

Handmade in Byron Bay at their boutique chocolate factory, Byron Bay Chocolate Factory offer an extensive and decadent range of chocolate products, which have been loved by locals for more than 30 years.

Byron Bay Chocolate Co have poured their heart and soul into every single chocolate made, using the highest quality, freshest ingredients. Chocoholics from throughout Australia and the world look forward to the next time they can indulge in these delicious sweet treats.

Look out for the distinctive colourful jars at local retailers and check out the full range available on their website.

www.byronbaychocolateco.com.au
@byronbaychocolateco

THE MULLUMBIMBY CHOCOLATE SHOP

Hop on over to The Mullumbimby Chocolate Shop where you'll find a huge variety of unique and fun chocolate Easter bunnies and eggs to choose from, along with a great assortment of gourmet chocolate gift boxes for that special someone.

If you like, you can have fun making your own Easter basket too. And don't forget about their famous Chocolate and Lolly bar where you can choose your own special mix for some extra fun!

The Mullumbimby Chocolate Shop have also recently added 18 enticing flavours of premium Italian gelato and sorbet, so there's even more reasons to see you at "the sweetest shop in town!"

1/104 Dalley Street, Mullumbimby • 02 6684 4825
www.mullumbimbychocolateshop.com.au



Red Ginger Asian Emporium, Byron Bay and Bangalow

Stepping into the Red Ginger stores in Byron and in Bangalow will transport your senses to the lanes of old Shanghai and open your eyes to the many delights that are Red Ginger.

Sitting in the beautiful Byron store, or on the verandah in Bangalow, eating delicious handmade dumplings or Portuguese custard tarts and sipping green tea has become a quintessential experience for locals and for visitors who make Red Ginger an essential stop when they visit the area.

It's a grocery store selling every Asian ingredient you will need, from fresh local kim chi (made by a Korean family on the Gold Coast), miso, fresh noodles, roasted BBQ ducks and pork, locally foraged seaweed, locally brewed soy sauce, the very best fish sauce, rices and spices, curry pastes, fresh herbs and more, from every corner of Asia. You'll find nothing but the best brands here.

Red Ginger is so much more than an Asian grocery store, it is a beautifully curated colourful Asian emporium of rich delights for the kitchen and for the home. Within it you will find Japanese ceramics, teas and teapots, colourful market baskets, Chinese beaded slippers, recipe books, furniture and marvellous curiosities to delight your senses.

2/111 Jonson Street, Byron Bay
38 Byron Street, Bangalow
www.redginger.com.au



Our business choices impact our local community and the environment

Aslan Shand

IN THE NORTHERN RIVERS, in Australia and around the world we have been seeing the reality of how humans, their expectations, businesses, and dreams impact the world. It is not always a positive outcome. But what we can say is that there are many businesses who are taking up the challenge to change that dynamic.

Locally two businesses who have worked, and continue to work actively in the areas of sustainability and new, positive, and innovative techniques for business development and positive environmental impacts are Stone & Wood and Brookfarm.

In 1989 Pam and Martin Brook bought a 96-acre rundown dairy farm in the Byron hinterland and moved there with their family. They decided to plant macadamias, a native Australian nut from the Northern Rivers and south-east Queensland, and also to re-establish Big Scrub rainforest and eucalypt forest on their property.

By 1999 they had decided to enter the food industry directly.

'No one was value adding in the macadamia nut industry here in Australia,' explains Pam.

'As a home cook and chef I realised what an opportunity this was. So we decided to "value add" by developing our muesli and granolas etc. So in 1999, as novices, we entered the food industry.'

While reforesting their property started out for environmental reasons, as their business and their understanding developed it has become so much more. Pam explained that becoming educated by First Nations people and chefs has allowed them to gain a greater insight and understanding about what is right on their doorstep as well as supporting other farmers who are part of developing the native foods industry.

'Now we look at the rainforest as our larder. There are so many different types of food available, from ribberries and bottlebrush flowers to native white aspen berries. We take these ingredients and incorporate them into our products from the wild berry granola we developed for Qantas to the 17 native ingredients we have in Brookies Byron Dry Gin or the Davidson plums for our Brookies Byron Slow Gin.

'At Brookfarm the environment and the farm are at the heart of everything we do. Like the distillery, we make it locally and source locally when we can. It is

really important to us to maintain our Big Scrub and farmland and farm it productively.'

A key initiative that they have underway is in conjunction with Southern Cross University (SCU) where they are looking to create the right 'bug balance' on their farm.

Having started out using sprays on the farm they are seeking to go spray free and are looking at how to use biological pest control with 'predator bugs'. Having removed every second row of macadamias they are doing 'inter-row' plantings, a regenerative farming practice.

'We are taking a scientific approach and working with SCU to achieve the best outcomes and understanding both for us and other macadamia farms,' explains Pam.

Creating the right environment between the rainforest and farm has seen owls encouraged to return, which helps manage rats and mice. Wasps (*trichogramma* wasps) are encouraged to manage the population of nut borer, while the regenerative farming practices such as inter-row planting and native bee hives not only help with a healthy bug balance they also help with soil health and carbon capture etc.



Choosing to make a difference

Working with local farmers is also a part of Stone & Wood's approach to reducing their environmental footprint, as well as actively seeking to fund projects in the region as part of their inGrained Foundation charity program.

Having started out in the Byron Arts and Industry Estate they have been bottling and brewing beer since 2008. Inspired by the 'village brewery' they endeavour to be 'a conscious business that gives back to our local community'.

'While we source the majority of these ingredients from Natif (based out of Victoria) we also try and go direct and local as much as possible,' explained Production Manager, Pat Keeble.

This is reflected in the range of ingredients that they use, in particular for their native ingredient-inspired beers that they have on tap at the Byron brewery.

'Our intention is to have a native-inspired beer on all the time here in Byron. To date we've had a Lilly Pilly Kolsch, Brown ale with

Macadamia Smoked Wood, Rosella and Raspberry Sour and a Desert Lime Kolsch. Next one coming down the line is a Lemon Myrtle Lager.'

While they have small breweries at Byron and in Brisbane the main bottling and distribution plant is in Murwillumbah.

'We see our suppliers as partners; they're an essential part of our story, our business, and the community. Many of our suppliers have grown alongside us from the beginning.'

There are local farmers that take the waste products for both feeding cattle and fertilising their farms as well as the Murwillumbah-based business, Coastal Feeds, that started out composting their organic brewing waste as a trial on the vacant block beside the Murwillumbah brewery. This trial has grown into a composting and waste management business that Stone & Wood rely on to distribute their spent grain and organic brewing waste to local farms for both cattle feed and composting.

Similarly they have looked specifically at certain high use resource areas, like water, and sought to reduce their consumption and waste in relation to

those areas. Their water consumption is well below the industry average for the production of each bottle of beer while they have actively sought ways to reuse waste water from their production processes.

'Brewing beer is water intensive, so we continue to deliver on our commitment in taking steps to minimise our usage and take an innovative approach to our water usage. We continue to use strategies to use less water. We reuse treated wastewater with a UFRO system (Ultra-Filtration Reverse Osmosis system) which gets repurposed for utilities and cleaning. We also capture water from our bottle rinse and pipe it through our refrigeration system and reuse cleaning chemicals recovered through a CIP system.'

In fact, they brewed a beer using recycled brewery water for World Water Day in 2020.

inGrained

While they are not directly planting rainforests and doing regenerative farming like Brookfarm, Stone & Wood continue to support a range of environmental and community initiatives through their inGrained Foundation that they set up in 2018.

Since then they have donated around \$2 million towards a range of charities including social and environmental causes, emergency relief funding, fundraising events, and direct giving.

Recipients have included Bangalow Koalas who they have funded to help replant around 9,000 trees that were impacted by the 2022 floods, Zero Emissions Byron and their cultural burning program, Community Owned Renewable Energy Mullumbimby (COREM), and Green Heroes who were rescuing loggerhead turtle nests from the Fingal and Pottsville areas, among many others.

There are many other businesses, large and small, that are making sustainability, positive environmental outcomes, and community-building core aspects of their business development, and they are inspiring and supporting others to take the same path. It is about creating the right balance between humans, animals and the environment so that we can all survive together into a positive future on this planet.

Pictured above: Roasted Brookfarm macadamias. **Right:** The Brookfarm macadamia orchard is planted with inter-row crops. **Background:** regenerated rainforest at Brookfarm.

~ Catering ~

LUNA WILD CATERING

This small catering company specialises in restaurant-style services in your home, retreat, or holiday rental. They prioritise healthy whole foods, locally sourced and produced with care. Luna Wild Catering can adapt to any dietary requirements or preferences, from vegan to keto, allergies, or dislikes.

Enjoy a curated menu and hospitality in the comfort of your own abode with a premium catering option that brings the restaurant to you. Your intimate event will experience attention to detail and a culinary story unlike any other.

Luna Wild's cuisine is epicurean at heart - they draw on 20 years of experience and focus on locality and provenance, while also exploring global flavours.

Contact Luna Wild today to create a remarkable experience.

luna-wild-catering.square.site

hinterlandharmony catering@chef.net • 0491 612 773



2020 SMOKEHOUSE BBQ

This American-style smokehouse in the heart of the Tweed Valley is the real deal - no reheated BBQ here. Everything is smoked in the wood-fired 500 gallon Texas offset smoker using a traditional blend of spice rubs and locally sourced meats.

Satisfy all your American BBQ cravings with smoked brisket, pork and beef ribs, chicken wings, mac and cheese, smoked sausage, plus a revolving specials menu including smoked desserts, gluten-free, and smoked vegetarian options.

Find 2020 Smokehouse BBQ every Sunday at the Murwillumbah Leagues Club - 1 Dorothy Street, Murwillumbah from 12pm to 5pm or until sold out. No bookings, first in best dressed.

[f @2020smokehousebbq](https://www.facebook.com/2020smokehousebbq) [@2020_bbq](https://www.instagram.com/2020_bbq)



THE GIRL WHO CRIED WOLFE

The Girl Who Cried Wolfe is all about creating magic for your special event! This boutique styling and catering business servicing Byron Bay to the Sunshine Coast loves nothing more than creating beautifully styled garden parties, intimate weddings, long feasting tables, gorgeous picnics, luxe grazing tables and platters. Reach out to jo@thegirlwhocriedwolfe.com for a tailored quote.

[@thegirlwhocriedwolfe](https://www.instagram.com/thegirlwhocriedwolfe) • www.thegirlwhocriedwolfe.com



~ Catering ~

OPEN TABLE CATERING

Open Table Catering serve unforgettable cuisine for events and parties. Their signature style is Mediterranean fusion, as well as Middle Eastern, Moorish and Moroccan. At Open Table they are passionate about nutritional health and well known for providing delicious meals for guests with special dietary needs, such as kosher food, vegan, vegetarian, gluten-free and many more. They support local sustainable produce – using organic, kosher, pesticide-free ingredients wherever possible.

They can do event management and planning – from intimate dinners, birthdays, corporate events to grand-scale weddings. Their mission is to provide professional catering service suited to your needs and the best cuisine for your budget, making your event not only unique, but sublime.

111 Lagoon Drive, Myocum
02 6684 3013 • 0414 878 290
@opentablebyronbay
www.opentable.net.au



Francisco's Table – come to them, or they come to you

Francisco's Table is a roaming restaurant dining experience, held in charming community halls sprinkled throughout the Byron and Tweed shires in the Northern Rivers of NSW.

Whether you're celebrating a loved one's birthday, a family get-together or treating yourself and a bunch of besties to a culinary treat, you're invited you to come and enjoy the warm hospitality and delicious long table feasts of Francisco's monthly pop ups.

Francisco's Table's wedding and event catering is the perfect choice for those wanting a rustic, more laid-back dining experience for their guests, that doesn't skimp on the wow factor. From weddings in country barns or lush hinterland landscapes, to corporate picnics or casual backyard soirées, Francisco's Table can cater to all formats, in any location.

Approachable and humble by nature, Francisco's Table serves restaurant-quality food designed to share, in a simple and honest setting, and take pride in bringing people together in local halls and venues. Roaming around the Northern Rivers for ten years, Francisco has an intimate relationship with each and every ingredient he uses, knowing where it comes from, who has grown it, and its personal story.

Jump online or call Francisco to enquire about event catering and follow their socials to stay in the loop for pop-up dates.

www.franciscostable.com
0416 057 705
@franciscostable



~ Food Experiences ~

Pop-up picnics by Wild Goat Events

The team at Wild Goat events offer luxury bespoke pop-up picnics, which are designed to include everything you need for a relaxing day by the beach, park or even in your own backyard.

Relax on their designer rugs and cushions for a morning brunch or an afternoon grazing board filled with gourmet, local produce showcasing the best food suppliers in the area.

Their pop-up picnics are perfect for celebrating the special moments in life, and cater for anniversaries, hen's parties, baby showers, birthdays or even get togethers. Using luxe trimmings and styling, they plan and set up everything you need, so all you have to do is turn up and enjoy the delicious spread! They even return and pack up when you're done!

www.wildgoatevents.co
info@wildgoatevents.co • 0409 594 915



North Coast Market Guide

Always a great day out, the NSW North Coast's craft and food markets are full of fun for the whole family! *The Echo's* Market Guide is the best place to easily find all the local monthly markets and the weekly farmers' markets from around the Northern Rivers / North Coast. You can find this guide online at www.echo.net.au/market-guide and in the weekly classifieds section of the *Byron Echo*.



MONTHLY MARKETS

- | | |
|--|--|
| 1 st SAT Brunswick Heads
- 0406 724 323 | 3 rd SUN Federal - 0433 002 757 |
| 1 st SUN Byron Bay - 6685 6807 | 3 rd SUN Uki - 0487 329 150 |
| 1 st SUN Lismore Car Boot - 6628 7333 | 3 rd SUN Lismore Car Boot - 6628 7333 |
| 2 nd SAT Flea Market, Bangalow
- 0490 335 498 | 3 rd SUN Ballina - 6687 4328 |
| 2 nd SAT Woodburn - 0439 489 631 | 4 th SAT Evans Head - 0439 489 631 |
| 2 nd SAT Tabulam Hall - 0490 329 159 | 4 th SAT Wilson Creek - 6684 0299 |
| 2 nd SUN The Channon - 6688 6433 | 4 th SAT Kyogle Bazaar
- kyoglebazaar.com.au |
| 2 nd SUN Lennox Head - 6685 6807 | 4 th SUN Bangalow - 6687 1911 |
| 2 nd SUN Chillingham - 0428 793 141 | 4 th SUN Nimbin - 0475 135 764 |
| 2 nd SUN Coolangatta | 4 th SUN Murwillumbah Showground
- 0413 804 024 |
| 3 rd SAT Mullumbimby - 6684 3370 | 4 th SUN Coolangatta
(in a 5 Sunday month) |
| 3 rd SAT Murwillumbah - 0413 804 024 | 5 th SAT Flea Market, Bangalow
- 0490 335 498 |
| 3 rd SAT Salt Village Market, Casuarina | 5 th SUN Nimbin - 0458 506 000 |
| | 5 th SUN Lennox Head - 6685 6807 |

FARMERS/WEEKLY MARKETS

- | |
|--|
| Each TUE New Brighton - 0424 168 672 |
| Each TUE Organic Lismore - 6628 1084 |
| Each WED Murwillumbah 7-11am
- 6684 7834 |
| Each WED Nimbin 3-6pm - 0475 135 764 |
| Each WED Newrybar Hall 4-7pm |
| Each THU Byron Bay 8-11am - 6687 1137 |
| Each THU Lismore 2.30-6pm - 0401 190 912 |
| Each FRI Mullumbimby 7-11am
- 0424 168 672 |
| Each SAT Bangalow 8-11am - 6687 1137 |
| Each SAT Uki 8am-1pm - 6679 5530 |
| Each SAT Duranbah Road Farmers Market
8-11am (at Tropical Fruit World) |
| Each SAT Blue Knob Gallery 8.30am-12pm |
| Each SAT Lismore Farmers Markets
8.30-11am |
| Each SUN Ballina 7-11am - 0493 102 137 |

~ Drink ~

EARTH BEER COMPANY

Earth is a small-batch handcrafted beer brewed between the sea and the mountains of the Northern Rivers. Earth Beer company sits in an old packing shed on a 24-acre working avocado farm in Cudgen.

Utilising the rich volcanic soils, they take local produce and ferment it into seasonal releases. Their latest release is the Sunshower Berry Sour – with organic pilsner and wheat malts producing a soft, smooth body. Other recent creations are the Avocado Kolsch – a creamy, crisp kölsch like you've never had before, and their summer seasonal, the Mango Weisse Beer – a German-style wheat ale fermented with fresh ripe mango puree creating a light summery ale. They also have their much-loved core range pouring all year round.

Book a brewery tour online and sample a few ales while they share their journey, or kick back and spend a few hours in the beer garden amongst the avocados enjoying the view of Wollumbin.

Taproom open Friday and Saturday 11am–8pm, Sunday 11am–6.30pm.

592 Cudgen Road, Cudgen
www.earthbeercompany.com.au
@earthbeercompany



COMMON PEOPLE BREWING CO

Celebrating its first birthday at the start of the year, Common People Brewing Co has quickly become the new home away from home for the people of Bangalow and beyond. The brewery is run by a team of local friends and family, and they treat all their customers much the same. The space is a welcoming extension of your living room and you are always invited to come down for a beer and take in the sights of the working production house.

Common People offer a range of seriously tasty beers, with four core range beers that are always on offer; Villager's Pale Ale, Protesters IPA, Back Beach White Ale and Helles Hole Lager, all which pay homage to natural beauty around the area. Then there's also an ever-rotating selection of special batch brews, so that there's always something new to try.

They have brewed over 20 beers in their first year of operation and are graduating some of their much loved special batch brews to a new seasonal range. The Moonless Midnight Stout is the seasonal beer for the cooler months and is perfect to curl up with in their lounge area near the warm fireplace.

If you're peckish, The Brewer's Kitchen is there to satisfy your taste buds – with woodfired pizzas, salads, sharing plates and kids meals, there's something for everyone and every dietary requirement. The brewery offers Thursday dinner specials, Friday happy hours, live music on Sundays and have a range of special events like long table lunches and more planned for the year.

Walk-ins are encouraged and bookings are welcomed.
Open Thurs to Sat 12pm–9pm and Sunday 12pm–8pm.

9 Dudgeons Lane, Bangalow
www.commonpeoplebrewing.com.au



~ Drink ~

Locally roasted Bun Coffee

A good coffee changes everything...

It starts by sourcing quality beans that are ethically farmed and farmers are paid a good price for their work, which allows them to manage their farms sustainably and provide for their families to keeping growing this incredible crop.

Choose from ethically sourced certified organic, Rainforest Alliance, fair trade, Australian grown blends or compostable coffee pods – all traceable to origin. Want to travel a bit further afield? Explore the Single Origin Bar and taste the world of coffee through the unique single origin collection from over 40 countries.

Based in the Byron Arts and Industry Estate, Bun Coffee now roasts over 90 single origin beans that truly take your taste buds on a world tour... from Australia to Hawaii, Madagascar, Brazil, Ethiopia, Bolivia, Ecuador and El Salvador, just to name a few!

Open Monday to Friday 6am–3pm, Saturday 7am–11am.

Unit 15–17, 1A Banksia Drive, Byron Bay
02 6680 9798
www.buncoffee.com.au



STONE & WOOD

At Stone & Wood's Byron headquarters, locals and visitors gather for some of the freshest brews and best food in the shire. With a 31-tank brewery in operation, guests can enjoy all their Stone & Wood favourites, as well as pilot batches exclusive to the Byron Brewery. Experimenting with native ingredients and brand-new beer styles, Stone & Wood's local brewers are turning out beers that will bend your mind and challenge what you think is possible!

If you're keen to try something beyond the beers, the brewery offers a delicious range of other beverages, as well as amazing food from 12pm created by local foodie icons, 100 Mile Table. They also run brewery tours six days a week, and live music on a Sunday afternoon.

100 Centennial Circuit, Byron Bay • 02 6685 5173
www.stoneandwood.com.au

Cold-brew coffee that will 'blow your KIND'

Northern Rivers-based company, The KIND Coffee Co. has introduced a ready-to-drink range of shelf stable cold-brew coffees in slimline, recyclable 250ml cans. It features three new flavour profiles: two milk-based coffees, mocha latte and creamy milk latte, and a single-origin vegan double espresso.

Coffee loving Aussies have been looking for a sustainable, convenient product that also delivers on flavour, and The KIND Coffee Co. has responded with its sought-after ready-to-drink cold brew, which has a shelf life of 12 months.

Get your hands on a ready-to-drink can; they'll be hanging out in the chiller and online at www.thekindcoffeeco.com. And don't forget... it's cool to be kind.

Instagram and Facebook icons followed by [@thekindcoffeeco](https://www.instagram.com/thekindcoffeeco)



~ Drink ~ Pubs & Clubs ~

BYRON BAY SPIRITS

The Byron Bay Spirits distillery uses the finest, natural ingredients and carefully distils in small batches. Master distiller Luca Bolzoni lovingly blends the distillates with fresh local botanicals to create exciting spirits and liqueurs, including their signature Honey Gin, using honey from the farm, encapsulating the riches of our region.

Order online, pick up a bottle or enjoy a glass at many local bottle shops and venues.

www.byronbayspirits.com
@byronbayspiritscompany
@byronbayspirits



SEVEN MILE BREWING CO.

Uniquely located next to the Ballina Byron Gateway Airport, Seven Mile Brewing Co is all about crafting the best beer possible, no compromises. This laid-back family owned and operated brewery is a local favourite, operating as a genuine production facility and taproom. Simply put, there's a chance to drink fresh from the source.

Their award-winning range of brews cater to the easy drinker through to the hop-happy adventurer. Small batch seasonal beers change on a regular basis to keep things interesting and provide an opportunity to try something different. Not a beer person? They've got you covered with multiple wines, non-alcoholic and soft drink options. Continue the enjoyment beyond the brewery with takeaway options available.

For those looking to pair a bite with their bev, you'll find a rotating roster of food trucks parked out the front serving up tasty eats. From smashed patty burgers to South American street food to low and slow barbecue, there's something to satisfy all bellies.

188-202 Southern Cross Drive, Ballina
www.sevenmilebrewing.com.au • @sevenmilebrewing

AZTECA MARGARITA

Introducing the answer to all your difficult decisions, or at least one of them: The Azteca Margarita Mixer Pack. Why choose?

You can try all four flavours: Classic Lime, Smoked Jalapeno, Grapefruit & Hibiscus, Lemon Myrtle & Ginger (250ml bottles), plus Badass Salt.

Azteca Margarita – made in Byron, inspired by Mexico.

Enjoy and feel good.

Available at select local stores and on the web.

www.aztecamargarita.com
@aztecamargarita



Cape Byron Single Malt Whisky is here!

Co-created by Jim McEwan, one of Scotland's most awarded Master Distillers, and Eddie Brook, co-founder and distiller at Cape Byron Distillery, this Australian adaptation of a Scottish whisky is remarkable and unique to the terroir of the Byron region.

Available at their cellar door and capebyrondistillery.com.

Visit Cape Byron Distillery and experience tastings, rainforest tours, and cocktails (bookings essential).

@capebyrondistillery



The Pacific Bistro at the Brunswick Heads Bowling Club

With a large dining area and a warm family atmosphere, the Pacific Bistro offers à la carte dining with meals from just \$13, as well as catering for functions and events.

Open Tuesday to Sunday for lunch 12pm-2.30pm and dinner 5.30pm-8pm.

107 Tweed Street, Brunswick Heads • 02 6685 1328



~ Pubs & Clubs ~

Eat, drink and play, at the Ocean Shores Tavern

The Tav has just undergone the second of its major redevelopments, including a ripper sports bar, beer garden, gin garden, and a fully fenced playground that will absolutely delight the youngest of your squad. Mum and dad can kick back and relax with a cheeky vino or two! They can even host your next kids party!

With over 40 TVs, you are sure to catch all the latest sports action from NRL, AFL, NFL, NBA, MLB, UFC... more abbreviated codes than you can poke a crooked pool cue at. Randwick, Flemington, Sha Tin, every race, every day. Poker, punters club, and pool comps. The tastiest pub grub by master chef Luke Southwood, cracking cocktails, and kick on with karaoke first Friday every month! Ocean Shores Tavern, your number 1 sporting venue in the Shire! Follow them on Facebook, Insta, or just ask a local!

84 Rajah Road, Ocean Shores
www.oceanshorestavern.com.au
 @OceanShoresTavern



Ocean Shores Country Club, destination of choice

With sweeping ocean views from Cape Byron to the Gold Coast, and west across the Byron hinterland, Ocean Shores Country Club is the destination of choice.

Whether you are looking for somewhere to play golf or bowls, to take a dip in a pool, or to host your next event, Ocean Shores Country Club is the place to be. So much more than a sports club, they offer the perfect venue for your next corporate function, wedding, celebration – or just drinks and dinner with family and friends.

The Shores Bistro offers a range of delicious meals with specials changing every lunch and dinner, which can be enjoyed in the restaurant or throughout the club and verandas.

The 18-hole layout comprises six par-3s, six par-4s and six par-5s, with the same par never being played consecutively. This distribution adds to the unique nature of the course.

One of the standout features of the course is the large greens that are protected by extensive bunkering.

The club's bowling complex offers two wonderfully manicured greens and surrounds with panoramic mountain views. Their swimming pool with its crystal clear water is inviting and invigorating for when you need to cool off.

Members, guests and visitors alike are all welcome at the Ocean Shores Country Club.

113A Orana Road, Ocean Shores • 02 6680 1008
www.oceanshorescc.com.au



~ Pubs & Clubs ~

BALLINA RSL

Ballina RSL Club offers uninterrupted views of the majestic Richmond River and is proud to be recognised as the premier family and community club in the Northern Rivers.

The stunning contemporary interiors are stylish and chic, yet inviting, relaxing and comfortable. The club offers air-conditioning, the supervised Kids Cove, live music, two floors of bars, a cafe, a modern bistro, three function spaces, and endless member offers and competitions.

Sit back, relax and let the friendly team take care of you!

1 Grant Street, Ballina
02 6681 9500
www.ballinarsl.com.au



ELTHAM HOTEL

Take a short drive from the coast through the rolling hills and you'll find this 120-year-old gem in the sleepy little village of Eltham. Tastefully restored to ensure its historical integrity, this beauty remains a favourite watering hole for locals and travellers alike.

Eltham is home of the great pub lunch – the menu features classics through to a daily changing specials board championing the best of the Northern Rivers produce. Add a good dose of live music (from here and abroad), a game of pool and a few ice cold beers, and you'll consider wanting to stay upstairs in one of the five restored rooms.

441 Eltham Road, Eltham
02 6629 1217
www.elthampub.com.au



First Flavours

First Nations food and industry in the Northern Rivers

Belle Budden

THE NORTHERN RIVERS REGION IS well known for fine food and unique flavours and our First Nations communities are playing a big role in creating high expectations for locals and visitors alike. First Nations cuisine, at Karkalla Restaurant in Byron Bay, in other cafes, and through caterers, is becoming increasingly popular. It's the same story with native food. First Nations food is also accessible through bush tucker tours with Explore Byron Bay. Our people are sharing our rich culture of food.

Aunties Cafe

Operating from the incredible location of Broken Head Holiday Park, Aunties Cafe serves delicious meals with unique local flavours. Located at on the beachfront of spectacular Broken Head, and surrounded by Arakwal National Park, Aunties Cafe delivers an exceptional experience that is a feast for the senses.

'Aunties Cafe is an Aboriginal-owned cafe producing local and traditional foods and tastes for our customers' cultural experience in the Byron region. Arakwal are very excited to have Aunties Cafe side by side with our Broken Head Holiday Park in beautiful Broken Head,' said Sharon Sloane from the Arakwal Corporation.

Named for the four aunties that claimed native title for the Arakwal (Aunties Dulcie, Lorna, Linda and Yvonne), Aunties Cafe commenced from a vision 14 years ago when the Arakwal were handed back the land and a business plan was developed.

'We are very proud of the Aunties Cafe which is named in honour of our mothers and Aunties. The Elders fought long and hard to protect Arakwal country for future generations of our families and the wider community. The Elders taught and told us stories about Country and the various bush and marine tucker we could gather and enjoy,' said Arakwal man Norm Graham.

Aunties Cafe is proud to showcase the delicious flavours of Country, serving locally sourced foods with native ingredients like finger lime, bush tomato, lemon myrtle, wattle seeds, warrigal greens and many others. Aunties Cafe sources native ingredients and supplies from local producers throughout the Byron region.

'We hope the bush tucker-flavoured foods offered by Aunties Cafe are enjoyed by visitors to Broken Head. Broken Head is a special place and we hope that you take the time to have a feed of fish and chips and sit, yarn and chat and enjoy this great part of Country,' continued Norm.

Sharon Sloane of the Bundjalung of Byron Bay Arakwal Corporation

spoke passionately about the future of Aunties Cafe, 'We are currently working on our Aunties jams, chutneys and sauces to be bottled up and sell. We are using these in the cafe, and they are so popular, we want our cafe patrons to be able to take them back home with them. We have a catering menu now that we will be offering to clients for catering of small to medium sized morning tea or lunch meetings using bush tucker ingredients. We will be striving to one day open a permanent structure cafe within the holiday park and another cafe truck on Country and have Arakwal people working on Country.'

'Wijirr' (meaning native food)

Minjungbal Cultural Museum have been working on a number of Wijirr (meaning native food) initiatives including through showcasing local Goorie community knowledge-guided walks, public events and catering services.

The Tweed region has become known for the farming of sugar cane, beef, dairy, bananas and sweet potatoes, since the late 1800s. The Wijirr flavours of finger limes, macadamias, lemon myrtle, local seafood, kangaroo meat, pig face, salt bush, a wide variety of lilly pilly, and jelly bush honey are just a few of the seasonal foods that have a long cultural history in the region.





Minjungbal Cultural Museum runs special events, including a native food experience on the Tweed Heads historical site featuring local Gooris sharing their bush tucker knowledge and local experiences followed by a delicious brunch on Minjungbal Museum grounds. Minjungbal also have a catering service for events of all sizes using local native seasonal ingredients.

Growing with Country

Sian Hromek is a native food producer who is a descendant of the Brown family. 'We are Budawang people from the south coast of NSW,' says Sian. She grew up on the family farm in Mullumbimby Creek, it's on the edge of the national park, surrounded by rhyolite cliffs and old growth forest with views to the coast. Her parents grew bananas and avocados there in the 1970s and as little kids we would 'help' them by climbing avocado trees to pick fruit, and grade and sort the fruit.

Sian speaks of her relationship with the family farm. 'The best way I can describe it is this place is like a family member, it supports my wellbeing, and I support it as best as I can'.

Sian's family farm now grows finger limes. They are a local endemic species found in the rainforest areas of northern NSW and south-eastern Queensland. Selection of specific attributes from the wild population has produced over 50 varieties with varying size, and colour of skin and pulp.

As a food the 'pop' of the pearl in your mouth releasing citrus juices is the exciting element. They are sometimes called citrus caviar as they resemble fish caviar but have a citrus flavour. The colours of the pulp range from green to yellow, pink and bright red making them a fun addition to almost anything you eat.

Native food trees are part of Country, they have a different impact on Country and create habitats for native animals. 'The plants are very spikey with long thorns all over. This makes it difficult to pick, needing sturdy long gloves to prevent being shredded by the spikes. This feature however, creates a safe refuge for small creatures. Red-browed finches make their nests in the trees and share the space with lots of interesting insects like praying mantis, stick insects, cicadas, native wasps, and a range of interesting spiders. I've even spied a baby python wrapped around the central branch of a tree. It is these properties of the trees that I celebrate,' says Sian.

Sian fell in love with the finger lime fruit: the 'pop'; the range of colours and flavours; and the fact it is native to the Northern Rivers region. Sian consulted with her family and purchased 100 trees, followed by another 200 in the following years.

'I have experience in growing plants but had no idea about the native food market or running a primary production business. This has been a learning curve which

was supported by an experienced finger lime agent to whom I am very grateful,' she said.

'Apart from the day-to-day maintenance, picking, sorting and delivery of fruit, one of the recent challenges was the loss of road access to the farm due to the floods last year. Major landslides wiped out our road and I found myself filling a backpack and walking the fruit out through the bush and down the valley to get it to market. We currently supply local and Sydney restaurants along with an Indigenous family-run organisation that makes jams and chutneys with the fruit.'

There is something very rewarding about sharing culture through food, it connects us back to Country and acknowledges the seasonal changes of Country. Native foods have evolved alongside Country and are often nutrient rich with a softer footprint on Country. This is a growing industry in our region and it is important for those interested in exploring a partnership with First Nations people to be aware and respectful of Indigenous cultural intellectual property. First Nations people have a long reciprocal relationship with Country including our native foods and it is essential to recognise and respect this knowledge. There are many types of bush foods available in our region, so support the growth of the industry by supporting First Nations peoples sharing their knowledge of food Country. Enjoy the experience of eating native food!

~ Casual Eats ~

BENCHTOP ESPRESSO

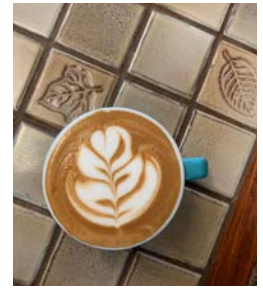
Benchtop Espresso is a bustling cafe, slinging artisan brews and delicious treats without missing a beat. They bring a great energy to Lismore, and not just with caffeine. The Benchtop crew are driven by their love and passion for great coffee. It's been amazing seeing the positive impact this has had on the people around them. The cafe has become a local hub for the community to come together, connect and lift each other up.

At Benchtop the team prides themselves on delivering exceptional coffee with every pour. Always served with a smile and the intention to brighten your day. The locally roasted coffee and fresh Middle Eastern food are an added bonus. So pull up a chair, relax in the vibrant space and experience one of the best coffee shops Lismore has to offer.

Make sure you follow them on Insta, so you always know what's coming up!

Benchtop Espresso is open Monday to Friday 6am to 2.30pm, Saturday and Sunday 6am to 2pm.

114 Keen Street, Lismore
www.benchtopespresso.com.au
@benchtopespresso



STAR BIRD CAFE

There's a new bird in Murwillumbah, right by the river, south side. Bring some colourful cheer to your morning routine and stop off at Star Bird Cafe, right on Tweed Valley Way. Start your day off with delicious and nutritious food that is sourced locally wherever possible, catering for all dietary requirements. Take a pause for a beverage of your choice, from the best coffee in town, to fresh juices and refreshing smoothies. Satisfy your hunger with mouth-watering burgers, and chunky chips cooked in sunflower oil - they are canola free!

It's a convenient location for a quick stop during the morning rush, or perfect to take some time and relax beside the mighty river. Find your perfect possie, on a picnic rug, at a gorgeous garden table or on the covered deck, with a view that's hard to beat.

At Star Bird "Our tradies are special, and we want to treat them that way! With an offer of a bacon and egg roll plus a regular coffee for only \$15, from 6am to 8am."

Service with a smile brightens your day at the Star Bird Cafe. Open Monday to Friday from 6am till 3pm and also available to hire on weekends for special events and celebrations.

237 Tweed Valley Way, South Murwillumbah



WAHLBURGERS BYRON BAY

Wahlburgers is a family-owned burger restaurant and sports bar, serving cooked-to-order American-style burgers created by chef Paul Wahlberg with brothers Mark and Donnie.

Located upstairs at Mercato on Byron, Wahlburgers is the perfect spot to bring the family for delicious burgers, fresh salads, tasty starters like fried pickles, and their famous shakes. Serving breakfast Friday through Sunday from 8am, you'll find all your favourites plus the American classics like buttermilk pancake stacks and French toast sticks.

After dark enjoy handcrafted cocktails, their 'Wahlbrewski', and adults-only boozy shakes on the terrace overlooking Jonson Street.

Walk-ins welcome or book online for groups of ten or more.

Open Tuesday to Thursday 11am to 3pm and 5pm to 8.30pm. Friday to Monday open 11am right through to 8.30pm. Happy hour is Friday only 3pm to 6pm.

Upstairs at Mercato on Byron, 108-114 Jonson Street
02 6617 4231 • www.wahlburgers.com.au
@wahlburgersau



~ Casual Eats ~

THE OLIVE PLACE

Owned and created by Byron Bay Olive Co, and perfectly located near the Bunnings/BP roundabout in the Byron Bay Arts & Industry Estate, The Olive Place is a gathering place for friends, business lunches, a quick nibble and everything in between.

French chef Bruno Pouget, former owner of La Table in Mullumbimby, is running the kitchen. His authentic French offerings rotate weekly and include homemade quiches, pissaladières, ratatouille and many other fresh and delicious dishes. Step inside for a mini getaway to the South of France, and enjoy an alfresco lunch in the garden.

From 7am, The Olive Place is open for breakfast, lunch and afternoon tea, serving Provençal sandwiches and Mediterranean fare, along with the whole range of Byron Bay Olive Co. products and a curated selection of artisan goods.

Are you a French gastronome craving escargot and confit de canard? Or just an adventurous eater curious to try new flavours? The pantry shelves are stocked with all the French staples you'll need to take your taste buds to the South of France. Don't forget to take a gander at the deli fridge for delicious marinated olives and antipasto produced on site, delectable traditional saucissons made locally and quality cheeses imported from France.

On your next visit to The Olive Place, mention the code 'I OLIVE YOU' for a 10% discount on any of their offerings! This discount is valid until 30/06/23.

3/29 Brigantine Street, Byron Bay
@oliveplacebyronbay
www.byronbayoliveco.com



Local institution, The Chincogan Store

The Chincogan Store is a locally owned and run family business, conveniently located in the heart of Mullum and open seven days a week from 6am on weekdays, 8am on weekends.

The 'Chinny' dishes up all your favourite snacks – and they don't just do hot chips, but they do them well! They also specialise in burgers, fresh sandwiches, wraps and rolls, plus delicious soft serve ice cream for just \$3.50 for a cone or \$4 for a cup.

As well as all the usual snacks you can also find healthy cold pressed orange juice, local honey, and delicious kombucha on tap, plus a selection of gorgeous fresh flowers available daily.

Planning a birthday party or function? They have all your catering needs covered for parties and work functions.

33 Burringbar Street, Mullumbimby
02 6684 2214



~ Casual Eats ~

B SMOOTHIE BAR

Bare Blends' official smoothie bar has moved!

Visit them at their new high-vibing smoothie spot located at Habitat Byron Bay, and let their awesome happy team create delicious fast smoothies for you!

Open Monday to Friday 8am-3pm, Saturday 8am-2pm.

5 Easy Street, Habitat Byron Bay

📍 @bsmoothiebar



OTHERSIDE

Otherside Byron Bay is a beautiful garden setting in the industrial estate, offering delicious organic coffee, healthy pre- and post-workout smoothies, acai bowls, house-made baked goods with vegan and gluten-free options, nutritious salad bowls, wraps and more! There is easy on-site parking, minimum wait times and easy access off Ewingsdale Road.

Boasting 150 rave reviews on Google, and amazing customer service, you won't want to miss relaxing on the grass with the dogs, kids or friends, you can even bring along your laptop for a work session. Otherside is open for casual dine-in or takeaway Monday to Saturday from 7am.

Be sure to follow along on Instagram to keep up to date with their latest pop-up evening events.

1/1 Banksia Drive, Byron Bay (corner of Ewingsdale Road)

www.othersidebyronbay.com.au

📍 @othersidebyronbay

COMBI BYRON BAY

At Combi they believe in serving fresh, wholesome, organic food that is good for you and good for the planet. They source their ingredients from local farmers and suppliers who share their commitment to sustainability and the environment. Savour the delicious flavours of Combi, enjoy a cup of their organic coffee and indulge in their guilt-free treats and cakes. You haven't been to Byron Bay until you've been to Combi!

Open daily 7am-3pm.

Shop 5B/21-25 Fletcher Street, Byron Bay

www.wearecombi.com.au

📍 @wearecombi



"Good food is all the sweeter when shared with good friends"

~ Casual Eats ~

LEGEND PIZZA

Legend Pizza has been serving fresh pizza to Byron Bay for over 30 years. Established in 1992, they have always been locally owned and operated. They use the freshest ingredients from all of their local suppliers including butchers, bakers and even candlestick makers! Their local vegetable supplier, Sunfresh, has been supplying them for over 25 years.

Legend offers eat in, takeaway and delivery options, all the way from Ewingsdale to Broken Head and everywhere in between.

They cater to all dietary requirements and offer great gluten-free, vegetarian and vegan options. They can also cater for groups of up to 150 people.

Their dough rests for 48 hours before being hand stretched so that they can make whatever creation you can imagine. You can order from the menu or create your own masterpiece. Everything is made to order so let your imagination and taste buds run wild!

Legend Pizza have recently moved to their new home at Shop 2, 3 Marvell Street after 30 years on Jonson Street. They're now located just around the corner, across from Bayleaf Cafe. Watch this space and their socials as they increase their offerings including pastas and salad ranges.

They can't wait to welcome you into their new home, so drop in and say hi. Or you can phone 02 6685 5700 or order online at legendpizza.com.au.

02 6685 5700

Shop 2, 3 Marvell Street, Byron Bay

www.legendpizza.com.au

@legendpizzabyronbay



PASÉYO

Looking for fresh, wholesome food without waiting ages? Come to Paséyo. Paséyo is a family and pet friendly cafe with a lovely outdoor setting. The menu offers a range of delicious plant-based meals, nutrient dense smoothies, awesome vegan treats and single origin aromatic Columbian coffee. Come and discover what is fast becoming the favourite place to be in Mullum. Don't have time to dine in? Phone in your order and they will have it ready for collection.

Paséyo supports local farmers and businesses, implements sustainable practices wherever possible and encourages a healthy and vibrant working environment.

Open 6am–2.30pm Monday to Friday, 6am–2pm Saturday.

Corner of Stuart Street and Tincogan Street, Mullumbimby
0498 010 881 • www.paseyo.com

BLACK DROP CAFE

Black Drop in Pottsville a hidden gem, offering a seasonal all day menu using only the freshest local produce, and the best artisan ingredients from the Tweed and Byron areas.

Their pop-ups on the last Tuesday night of each month are kind of a big deal. The formula is pretty simple; talented chefs and an incredible front of house team put on a delicious culinary event. The Black Drop team are passionate about making sure everyone feels welcome and has a chance to eat incredible local food and drink delicious drinks. They always have a cheeky wine or craft beer on hand and the best local Beam coffee pouring all day long.

Black Drop is open from 7am until 2pm every day!

18 Philip Street, Pottsville

www.blackdropcafe.com.au

@black_drop_cafe



~ Casual Eats ~

SANTOS ORGANICS

A little shop with a big heart, Santos Organics is not just an organic health and bulk food store, but also has vibrant plant-based cafes. If you're after a quick bite on the go, or wanting to sit and chill, they have you covered with a range of delicious organic wholefood meals, yummy guilt-free treats, and colourful fresh smoothies and juices. They serve locally blended organic Caldera coffee that is sure to put a smile on your face as well as a range of organic herbal teas, adaptogenic hot chocolate, and locally brewed kombuchas.

Enjoy a farm-to-table experience with exciting new options prepared by local organic farm, Conscious Ground. Every purchase you make directly contributes to the local community and the environment through their ongoing donations as a not-for-profit enterprise.

Byron Bay: 105 Jonson Street
Byron Arts & Industry Estate: 3/7 Brigantine Street
Mullumbimby: 51-53 Burringbar Street
📷 @santosorganics • www.santosorganics.com.au



VAGABOND BYRON BAY

Plant-based goodness cafe. Awesome coffee. All milks available. Smoothies to dream about. Delicious in-house baked cakes and treats. Yummy food. No bookings required.

Outside seating for 50 patrons, or lay on the lawn under the shady poinciana in the centre courtyard.

Open Monday to Saturday 6.30am-3pm and Sunday 8am-2pm.

Shop 33-34 Habitat, Porter Street, Byron Bay
📷 @vagabondbyronbay

TOMBO

At Tombo in the Mullumbimby industrial estate, they believe in diversity and using the freshest locally sourced produce. Dai makes his famous udon noodles from scratch and his passion for cooking comes through in every dish.

Open Monday to Friday from 6.45am serving Allpress organic coffee, smoothies and juices. Lunches served Tuesday to Friday from 11am to 2pm.

Keep an eye on their Insta for upcoming pop-up dinners.

Tombo is also available for private functions and catering. Give Tombo a call and let the Tombo team make your event a delicious one.

16-18 Towers Drive, Mullumbimby Industrial Estate
02 6684 6167
📷 @tombomullum



THE EMPIRE

Mullumbimby's Empire Cafe serves up delicious food, tasty brews, and good vibes, and they pride themselves on their excellent, friendly service. Whether you want something nice and healthy, or a naughty, decadent treat, or something in between - you're in luck, the modern menu has something to please everyone.

If you're after the best burgers to be found, hands down, this is where they're at! There is also loads of choice for vegans and vegetarians. The whole menu is also available for takeaway and it's easy to order online through www.mryum.com/theempire.

20 Burringbar Street, Mullumbimby
02 6684 2306 • www.empiremullum.com.au
📷 @empiremullum

~ Casual Eats ~

AMBRUNA'H SPANISH TORTILLAS

By popular demand, Ambruna'h Spanish Tortillas now have a permanent location for takeaway – in the laneway behind Sparrow Coffee in Byron town. Javi Mayrata at Ambruna'h has mastered the art of Spain's most famous dish – the Spanish tortilla – a rustic potato and onion omelette with a delicious gooey centre that's served in every single tapas bar in Spain. Have them served fresh in the traditional ways: either as a 'Pintxo', a slice of your chosen flavour with a side of Spanish tomato toast; or as their very popular 'Bocadillo', a tortilla in a baguette.

For the perfect bite for a summer picnic, pass by for a Bocadillo and check out the changing specials menu, or pre-order your whole tortilla for a Friday pick up to share with family and friends. Show your local postcode for a locals discount.

1/47 Jonson Street, Byron Bay (Cnr Williams Ln and Byron St)
www.ambrunah.com.au • @ambrunah.spanish.tortillas



AUNTIES CAFE

Aunties Cafe is proudly owned by Bundjalung of Byron Bay Aboriginal Corporation (Arakwal) RNTBC and is located at the Broken Head Holiday Park. It opened in October 2022 and serves a delicious menu inspired by local native foods.

Aunties Cafe's fantastic menu fully embraces native ingredients like finger lime, bush tomato, lemon myrtle, wattle seeds, warrigal greens and many others. Try their famous fish and chips with finger lime aioli, the prawn roll with Aunties' special sauce is a favourite, as is the roo burger with native greens and bush tomato relish, to name just a few. There is a great range of brekkie items, awesome coffee, milkshakes, smoothies, salads and muffins.

Overlooking beautiful Broken Head, it's a great place to bring the family for breakfast or lunch. Open Wednesday to Sunday from 7am to 2pm.

184 Broken Head Reserve Road, Broken Head

CARDAMOM POD

Cardamom Pod is Byron Shire's original Hare Krishna eatery, with both Byron Bay and Mullumbimby cafes serving up sattvic vegetarian food for the soul.

Everything that is prepared is done so with the purest of consciousness, an ideal in food preparation where the food is cooked and then offered with devotion. They offer so many options to suit your individual taste and dietary needs, with vegan, raw, gluten free and veggie choices... you don't even need to be a vegetarian to enjoy these wholesome flavours!

Their aim is to satisfy your taste buds, satiate your appetite and feed your soul. Open seven days 11am-5pm.

2/62 Stuart Street, Mullumbimby
8/7 Lawson Street, Byron Bay
www.cardamompodbyronbay.com.au
@cardamompodbyronbay
@cardamompodmullumbimby



THE GALLERY CAFE

This family owned and run alfresco cafe situated in the heart of Ballina was originally the Council Chambers. The iconic heritage building has since been transformed into a beautiful cafe space with an attached art gallery showcasing local artists.

Owners Alisha and Jason are passionate about delicious food, the robust aromas of coffee, and unique aesthetically pleasing cocktails. The chefs have extensive experience throughout Sydney and the local area, with the expertise to serve a high standard of food and drink, along with the assistance of friendly and experienced customer service staff.

Alisha manages and oversees the running of the cafe, whilst Jason with over 20 years experience in the hospitality industry working at award-winning venues in the south western Sydney area, has a unique understanding of what produce the region has to offer. He is passionate about using local fresh and seasonal produce and turning it into something beautiful.

46 Cherry Street, Ballina • 02 6681 3888
www.thegallerycafeballina.com
@thegallerycafeballina

Sea change to tree change

Adel Pheloung

FOR TOURISTS AND LOCALS ALIKE, the North Coast is typically associated with its pristine beaches. But our region is more than just its stunning coastline, and there are plenty of unique eating experiences to be had away from the ocean. Best of all, enjoying such individual dining experiences doesn't necessarily require a hard trek into the hills.

Only 20 minutes from Byron Bay, the charming little hinterland town of Newrybar has turned itself into a huge drawcard, particularly with its own ecological hospitality precinct – Harvest. According to Tristan and Kassia Grier of Harvest, the creations and produce on offer are 'an embodiment of the essences of the Northern Rivers'. There's coffee and gourmet deli supplies, and long, pleasant meals overlooking its own 'veritable wonderland' of a garden for those wishing to cheer up, slow down, and chill out, outside of Byron. Whilst everything on offer at Harvest

is delectable, if you are wanting to make your trip away from the coast memorable, try the Harvest Experience, where you will savour cocktails and oysters in an 'enchanted garden, followed by a tantalising tasting menu showcasing the very best' of local produce, which culminates in a 'signature martini and a heavenly selection of local cheeses'.

If you are after a deep hinterland retreat, consider Mavis' Kitchen in Uki. This 25-acre property offers relaxed, country style dining, eco-friendly accommodation and a popular events venue, right at the base of Wollumbin. The food presented for you to savour is, where possible, grown in their own organic garden. With wine pairings offered for each restaurant dish for the sommeliers (budding and professional), a kid-friendly menu for the picky eaters out there, dog-friendly areas for the dog lovers, and long walks through the gardens for nature lovers and health buffs alike, Mavis' Kitchen can give you a truly unique meal to be enjoyed in the mountains.

Looking to explore a little further south of Byron's beaches? The Eltham Hotel is a must-go. Not your bog-standard country pub, 15 minutes from Lismore and 30 minutes from Ballina's Lighthouse Beach, this pub has kept the classic building but transformed the pub experience from 'mediocre grub' to 'favourites with an exciting twist', like the 'Chicken or Eggplant Parmy'. The Eltham combines dining in a small, picturesque valley with a sense of community, being a hub for live musical performances, jovial trivia nights and even a village cricket series.

For those wishing to stay connected to the water, Murwillumbah's Tweed River House resides on the bank of the Tweed River. With the intention of creating a triune dining experience 'that was made up in equal parts of divine food, friendly and professional service and a beautiful dining environment', this lovingly restored, century-old manor house offers customers the chance to step back into a gentler time. The Tweed River House caters superbly for different dietary requirements, allowing you to



feast in peace on a menu of seasonal produce, in the ancient Tweed Caldera. If you're unsure of what to order, try their most popular dishes in the five-course tasting menu, which includes taste sensations such as local crab, lobster, duck, beef, and a calamansi citrus dessert. With a thriving artistic community and the Tweed Regional Gallery and Margaret Olley Art Centre nearby, visiting the Tweed River House for its leisurely dining experience makes for 'a perfect day's escape from the beach'.

With such a broad range of high-quality dining available to those of us that are lucky enough to call the Northern Rivers home, we should all take the time to explore what feasts are on offer, west of the sea. And, if you feel like walking off your lunch with a sunset stroll along the shoreline, you're really only a maximum of 35 minutes away from the best beaches in the country anyway.

Pictured left to right: The Eltham, Mavis' Kitchen and Tweed River House.



~ Dining ~

CIAO, MATE!

It's the hatted neighbourhood Italian restaurant nestled on the heritage strip of sleepy Bangalow. Ciao, Mate! popped up mid-2021 with a woodfired pizza oven that's barely had the chance for a breather since.

Classic snacks, a pasta or two (changing daily) and simple dessert round out this short but humble menu. Ciao is a place for mates, a quick drink or a hearty carb-loaded meal.

33 Byron Street, Bangalow • 02 6687 0669

@ciao.mate

www.ciaomate.com.au



KELP BALLINA

Kelp Ballina is a contemporary seafood-based restaurant that draws inspiration from the distinctive flavours of Asia, Latin America and the Mediterranean. Their focus is on sourcing the freshest local produce and ingredients possible and complementing them with boutique draft beers, hand-crafted cocktails, and a well-sourced selection of Australian and international wines. The restaurant's friendly casual atmosphere, together with their warm and hospitable service and delicious food, make it the perfect venue for social dining and get togethers.

www.kelprestaurant.au

175 River Steet, Ballina • 02 6686 6828

ROADHOUSE BYRON BAY

Roadhouse Byron Bay has been under new ownership since February 2020. Since the owners of Di Vino took on the venue they have worked incredibly hard building the new team and establishing a reputation in town as being a locals' favourite.

Located just outside the busy CBD, it is the perfect place to pull in for either breakfast or dinner – always with plenty of parking available.

The terrace is always bustling in the morning – it's known as one of the best places in town to enjoy a coffee and breakfast under the shade of the palm trees.

At night the venue transforms into a high energy pizzeria and bar, with live music every weekend.

Cafe open seven days from 7am.

Roady pizzeria open six days from 5pm (closed Tuesdays).

6/142 Bangalow Road, Byron Bay

www.roadhousebyronbay.com

@roadhousebyronbay



WOODS BANGALOW

Woods Bangalow offers exceptional coffee and friendly service within a lush alfresco dining setting in the beautiful Arts Precinct. Meals are created with health and wellbeing in mind, not to mention a taste bomb of seasonal, delicate, clean and fun flavours. Chef Sam and the team use as much locally grown produce as possible to support their growers and local businesses. Serving breakfast, lunch and pop-up dinners, Woods' regional approach to fresh and wholesome food is a direct reflection on how their diners like to eat.

Woods' catering service is available now to host either late afternoon or evening events at Woods, off site events, retreats or at your home.

Bookings for groups of 8+ via bookings@woodsbangalow.com.au, otherwise walk in.

@woodsbangalow

~ Dining ~



NO BONES

No Bones opened its doors in April 2018 with a mission to change the way people think about vegan food, and now after the past few years they want to do better for the community and planet.

They are striving to become 100 per cent carbon neutral, and to reduce their environmental impact they use as much Australian grown produce and as many Australian made products as they can. They're also building connections with local farmers to ensure they are providing the freshest produce, grown in the most regenerative way.

For the same reason, you'll notice that their wines and beers are all Australian, and they are on a mission to phase out most international spirits and replace them with Australian made instead.

With each menu change their executive chef, Ben Streater, takes time and care to ensure he creates a well balanced menu. They have a select few plant-based meat alternatives, but mostly they strive to celebrate vegetables, fruits, natives and fresh greens.

No Bones Ocean Shores opened in November 2022 and Yasmina and Tahlia are so thankful for the welcome and encouragement they have received from the locals. "The support of our local community means everything to us, and if you haven't been in to try yet, please come and say hi. We have fresh cold pressed juices, epic smoothies, organic coffee as well as amazing cocktails, B Corp certified wine, and of course some incredible food. A new and exciting lunch menu is coming soon! An easy way to try a bit of everything is to grab our tasting menu which is eight courses for just \$45. We hope to see you soon."

As you probably already know, a plant-based diet goes a long way towards fighting climate change, and every meal counts. Join them on their expedition to save the Earth one Brussels sprout at time.

www.nobonesbyronbay.com.au @nobonesrestaurants

11 Fletcher Street, Byron Bay
Open 7 nights from 5pm till late
0481 148 007

82 Rajah Road, Ocean Shores
Open Tuesday to Saturday 12pm-8pm
0422 355 928



~ Dining ~

Celebrate the seaside with Capiche

Overlooking the blue of the ocean, Capiche is the perfect home for your next event. For intimate elopements, weddings, birthdays, conferences and events, soak in the best that the North Coast has to offer. Capiche is a celebration of fine Italian cuisine, ever-flowing libations, and the soft sound of rolling waves.

Their bespoke packages can be tailored to suit your precise needs, and their versatile space is perfect for groups of all sizes up to 140. Come and explore the jewel of East Ballina, or enquire now about hosting your private event.

Open for dinner Tuesday to Saturday, and for lunch Friday to Sunday.

www.capicherestaurant.com.au
@capicherestaurant



LOFT BYRON BAY

Just off the sand at famous Byron Main Beach, and centrally elevated above bustling Jonson Street, Loft cocktail bar and restaurant has the ultimate Byron Bay vibe. Open weekdays from 4pm until late, and from noon on Saturday and Sundays; wander up from the beach any day of the week to enjoy casual dining, signature cocktails, and a list of international and local wines and beers on tap.

Loft's delicious dishes highlight some of the best produce in the Byron region, with a contemporary menu that is great for couples or large groups to share. The cocktail menu is sophisticated yet fun, with tried and true classics plus signature surprises including the Lychee Chilli Coconut Martini with lychee liqueur, chilli and lime, Brookies Spring Gimlet with elderflower, mint and basil and the delicious Passionfruit Vanilla Sour with whiskey, passionfruit, vanilla and lime.

Book for lunch or dinner online at www.loftbyronbay.com.au, or send an enquiry via the website for larger group bookings or your next function.

@loftbyronbay

THE DINER LENNOX

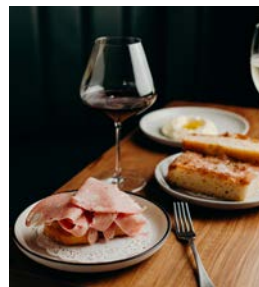
Experience a taste of modern Italy in the Northern Rivers. Tucked into the idyllic beachside town of Lennox Head is an epicurean delight with the best and freshest ingredients that the Northern Rivers hinterland has to offer.

The creation of multi-award-winning sommelier, Tim Bryar, and chef Martin Morelli, The Diner Lennox Head is a must for locals and travellers wanting to experience farm-to-table dining in a relaxed and inviting atmosphere.

With an illustrious portfolio including Aria Sydney, Rockpool Bar and Grill Sydney and The Botanical Melbourne, Tim Bryar has topped the *Gourmet Traveller's* Wine List of the Year awards several years running, while Italian born Martin Morelli brings impressive experience from Chef Hatted restaurants Beach Byron Bay and Uccello Sydney. Together they have created a community-based restaurant that showcases the best produce of the region, and chef Morelli has built relationships with local growers and distributors to create weekly changing menus that feature seasonal produce.

If you're just looking for a drink and a snack, drop in and sample the many bar snacks on offer, the perfect complement to great wine, beer or the most refreshing cocktails in the town.

2/63-65 Ballina Street, Lennox Head • 02 7251 4790
www.thedinerlennox.com.au



~ Dining ~



MILK & HONEY WINE BAR & PIZZERIA

Milk & Honey is a cosy, neighbourhood restaurant offering delicious wine, tasty cocktails and artisan wood-fired pizzas and bar snacks. Milk & Honey is a great place to catch up with friends, relax on date night, or bring the kids along for a feed (who doesn't love pizza?).

Their menu changes frequently to showcase the region's seasonal, locally sourced produce. Their pizzas are made on a 48-hour fermented sourdough base, and they embrace the artisan nature of the wood-fired oven; a dynamic entity ensuring no two pizzas will ever taste the same. The beauty of cooking with the elements!

The wine list is small and highly curated, featuring the best of Australia's smaller producers, focusing on sustainability and minimal intervention wines, with lots of different and fun varietals for you to taste. They also have a selection of craft beers and original cocktails – a margarita with your margherita? Why not!

Milk & Honey is located in Mullumbimby (15 minutes from Byron Bay). Open Tuesday–Saturday. Takeaway from 4pm, dine-in from 5pm.

Shop 5/59a Station Street, Mullumbimby • 02 6684 1422
www.milkandhoneymullumbimby.com.au



Wine, dine and delight in Crystalbrook Byron's nature-focused restaurant and bar, Forest

Set next to a lush rainforest oasis, award-winning Forest Byron Bay celebrates sustainability by working hand-in-hand with local farmers, growers and artisans. Forest is passionately local – with over 80 per cent of ingredients coming from within a three-hour drive of the restaurant.

Contemporary, social, approachable and distinctly Australian, Forest restaurant embraces the region's abundance of stunning ingredients. The utmost care for the surrounding landscape has been woven throughout the menu, with only sustainably-sourced seafood and free-range proteins used in the menu. They are doing their bit to grow, consume and compost with on-site herb gardens, four beehives and seven Subpods®.

What better way to follow a morning of discovery and delight in Byron Bay than to decompress and relax on the breezy, shaded verandah, cocktail in hand? With views of the glittering swimming pool and rainforest beyond, the verandah is the perfect place to start – or end – your evening.

The verandah is the perfect combination of poolside hangout, leisurely lunch spot and Byron Bay cocktail bar, blissfully surrounded by subtropical rainforest at Crystalbrook Byron.

As part of the Crystalbrook crowd, enjoy an instant 10% off your stays when you book direct, as well as 10% off at their restaurants and bars.

www.crystalbrookcollection.com/byron/forest
@forestbyronbay @crystalbrookcollection



~ Dining ~

SUPERNATURAL BYRON BAY

Wander down Bay Lane to find Byron's hidden gem – Supernatural. With Parisian flair and a bit of a speakeasy vibe, Supernatural makes for the best night out.

Known as Byron Bay's first natural wine bar, Supernatural set the trend for the appreciation and enjoyment of wines grown organically and with minimal intervention. Sourcing the finest natural wines from near and far, the emphasis is on boutique wine growers with an authentic passion for doing things the 'old way'.

The wines are teamed with a brand-new inventive cocktail menu, local beers on tap, and an ever-growing selection of non-alcoholic options, so there is something for everyone.

A delicious new dinner menu kicks off this week, bringing French influenced fare to the Bay.

To find out about upcoming events and weekly specials follow along on Instagram.

Supernatural is open from 5pm Tuesday to Saturdays.

9 Bay Lane, Byron Bay
www.supernaturalbyronbay.com
@supernaturalbyronbay



TROUBLE SAN

Elegant, naughty, fresh, fun. Let's cause some trouble.

Perched directly atop the turquoise of the Brunswick River, Trouble San delivers Japanese cuisine that walks the line from delicate to decadent, and everything in between.

Only a stone's throw from the bustle of Byron Bay, you'll find an old school fishing village fused with Tokyo Street chic. Beneath low lights and blonde thatch, enjoy a feast fit for the Emperor, on plush leather banquettes. Or indulge in a cocktail at their front-row river bar as the sun grows slowly softer. Pair this with the silky sounds of daily DJs and you've got a real recipe for mischief.

It's easy, swim in the river, jump off the bridge, feast at Trouble San. Trouble San, that's Mr Trouble to you.

Open Mon, Thurs, Fri: 5pm till late, Sat and Sun: 12pm till late.

2 The Terrace, Brunswick Heads
www.troublesan.com
@trouble_san



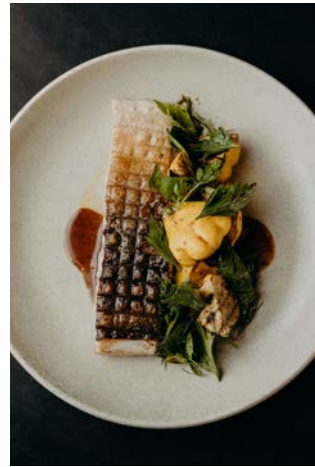
~ Dining ~

YOU BEAUTY

Bangalow's newest culinary slam dunk comes courtesy of WA chef Matt Stone, who last year who teamed up with the Mosey On Inn Group (Ciao, Mate! and The Eltham Pub) to open this innovative ode to local produce and farmers markets. With a menu featuring ever-changing small plates and substantial classics, nearly everything is house-made, from the stracchino cheese to the salami.

You Beauty features a healthy dose of vinyl, live jazz nights and tap beer, you've got a venue tipping the hat to the classic corner pub of old.

37/39 Byron Street, Bangalow • 6687 2626
www.youbeauty2479.com
@youbeauty2479



BARRIO EATERY & BAR

A passionate master of open fire cuisine, chef Santiago Socrate will take you on a grilling adventure to destinations around the world, serving up delicious, inspired regional dishes.

Open from breakfast through to dinner, Barrio is a place to meet, connect, share and eat – your home away from home. In the evening, the lights go down, dinner is served, and great bottles of natural and world-renowned wines are opened.

Keep an eye on socials for daily specials.

Open Mon and Tues 7am–3pm, Wed to Sat 7am–10pm.

Habitat, 1 Porter Street, Byron Bay
www.barriobyronbay.com.au
@barriobyronbay

BILLI'S INDIAN

Their family run restaurant showcases the best of traditional Indian food with all your favourites, as well as dishes for the more adventurous. Spice levels can be adjusted so you can play it safe, or go as hot as you dare. The extensive menu is fully inclusive making it the perfect choice for everyone, and takeaway is also available.

Open Tuesday to Sunday 5pm–9pm.

8 Wilfred Street, Billinudgel • 02 6680 3352
@billisindianrestaurant



DI VINO BYRON

Di Vino is Byron's famous neighbourhood Italian eatery. Since opening in 2018, the locally owned restaurant has served up traditional Italian food prepared by their head chef and owner Lucio Grassi. Take a seat at their beautiful copper bar and explore some new wines you may never have heard of, or find yourself at a table overlooking the streets of Byron and be charmed by their knowledgeable staff. They use produce from the best local suppliers and their natural wine list highlights the best Italian grape varieties grown in Australia and Italy.

They are a local business that is proud of our community, donating to local sports groups and organisations to make sure the heart of this town stays alive.

Di Vino is open seven days from 5.30pm. They love walk-ins but recommend booking to avoid disappointment.

For a truly authentic Italian experience come in and say *ciao!*

2 Fletcher Street, Byron Bay • 02 6680 8424
www.divinobyron.com • @divinobyron



Paddock-to-plate: an exciting

Sarah Webb

THE NORTHERN RIVERS IS KNOWN for its fresh produce. The fertile soils and high rainfall that creates the beautiful green scenery and pastures that the region is renowned for also ensures this is an excellent growing ground for an exciting range of produce. The growing and developing innovative food industry in the region means that you can find exceptional, fresh food that is perfect for a paddock-to-plate experience.

Key players in the paddock-to-plate experience in the Northern Rivers are the local farmers markets that allow farmers to bring their products not only to locals but to chefs and restaurants in the region.

'The importance of having fresh local produce available became so apparent with the fires, pandemic and floods,' said Allie Godfrey, manager of North Byron Farmers Markets that runs both the New Brighton and Mullumbimby Farmers Markets.

'So many of the local chefs attend the local farmers markets. They always say it is all about the ingredients – that is what makes the dish. They say that no matter how good a chef you are, without good produce you can't make a great dish.'

With bright green pastures and a lovely green farm Frida's Field offers a great range of fresh meals, and is currently providing a nose-to-tail feast. This is a concept that is based on honouring the life of the animal you are eating and ensuring that there is minimal waste. Frida's Field showcase all the parts of their holistically-reared beef as part of their curated menus. If you want to experience a great feast in a fresh environment Frida's Field is one local business that is ensuring they utilise everything from the farm and bring it to you at the table.

'A visit to Frida's Field is a really unique experience in the region – from the beautiful drive through the rolling green hills to get here, down the long driveway to our family farm,' Jeanie from Frida's Field says.

'You go past the cattle in the paddocks, then up the garden path to get to the beautiful barn that houses the restaurant. It is sweeping views the whole way, and you really feel immersed in the beauty of the Byron Bay hinterland.'

Their meals function like a feast; a feast that has come straight from the farm onto the table.

'We only do three set menu long lunch services per week consisting of local

sourdough and condiments, three starters, a main with three sides, and dessert (with a choice of an omnivore or vegetarian menu). Each menu lasts six weeks and our head chef Ally Waddell plans the menus based on what produce we have coming up in our market garden, food forest orchard and paddocks as well as what our local farmers will have available at the Byron Farmers Market which Ally visits every Thursday.

'The lunches are a communal feast shared amongst the members,' explains Jeanie. 'Customers can just relax and while away three to four hours enjoying delicious locally-produced food and taking in the beautiful hinterland views.'

This contemporary country dining experience is located ten minutes from the heart of Bangalow, on a 120-acre farm.

Jeanie says, 'I love working at Frida's Field because I love food and nature. Working here I get to combine these two passions and share them with others.'

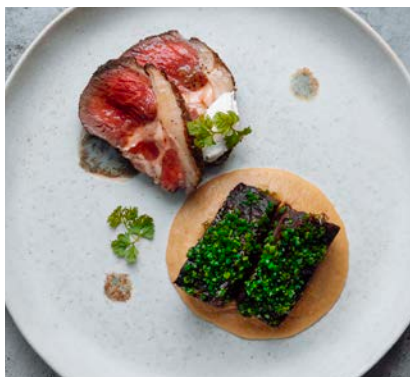
In addition to venues that offer food experiences like Frida's Field, many restaurants and food companies see local farmers' markets as a key way get farm fresh food to your table.



Northern Rivers experience



Frida's Field chef Ally Waddell designs his menus to showcase local produce.



From the paddock straight to the plate, holistically-reared Frida's Field beef.



The farmers markets offer a direct connection with our local food producers.

The Northern Rivers are filled with markets including the Byron, Mullumbimby and New Brighton Farmers Markets. At these local markets, you, like local chefs, can find many local products and fresh produce. The Byron and Bangalow Farmers Markets were started in 2002, the New Brighton Farmers Market in 2007 and the Mullumbimby Farmers Market in 2010 and they all supply locally sourced produce to locals in the region with a wide range of stalls each week.

The farmers supply everything from fresh fruit and vegetables, to local artisan-made products, cheese, and flowers that are all locally sourced. There is also live music and entertainment happening each week.

These markets are more about community says Kylie McGregor who organises the Byron and Bangalow Farmers Markets. She explains that it's different to shopping at a supermarket because

you can enjoy everyone's company, exchange goods, and get to know the produce and local area.

Kylie says she loves the Byron and Bangalow markets because they have a community feel. 'It's not like just shopping, you develop relationships with the people who have stalls and come here to shop, it's more about the feel of the community, which is very special.'

Kylie has helped run the markets for eight years and says she loves the availability of the produce, fruit and vegetables which has been grown locally. She says her favourites are the 'leafy greens and herbs and vegies in winter, and oh my gosh the cheese! It's so hard to pick one favourite thing,' Kylie says – even the flowers are really special.

Allie agrees saying that, 'you just need to look at all the colours to see the difference from what you are buying at local supermarkets. The colour, taste and nutrients are a key part of

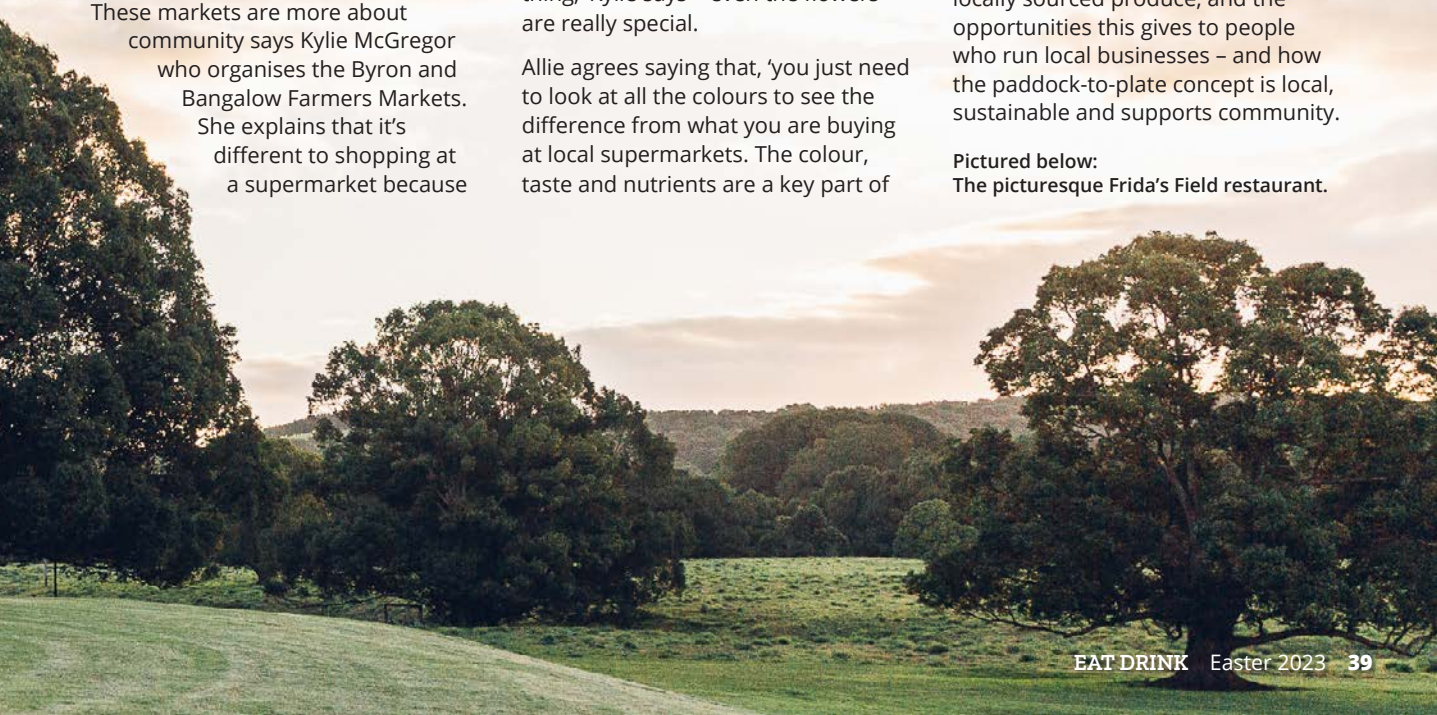
why both locals and chefs choose to buy from the local farmers' markets. A lot of supermarket produce is nutrient-poor.'

At farmers' markets, all stallholders and sellers have to go through an audit to make sure that their produce is locally grown to ensure that customers have confidence that the produce has come from the local region.

'I have done a number of comparisons with local supermarket prices and it is like-for-like with fresh produce in general,' she says.

Kylie says she has enjoyed every minute of her time working for the Byron Farmers Market. She enjoys the sense of community, the locally sourced produce, and the opportunities this gives to people who run local businesses – and how the paddock-to-plate concept is local, sustainable and supports community.

Pictured below:
The picturesque Frida's Field restaurant.





MAVIS

KITCHEN & CABINS



Mavis Kitchen is a restaurant, eco accommodation, organic produce garden and providore located at the base of Wollumbin.

Immerse yourself in nature in our lush gardens and rainforest setting. Whether you're dining for lunch, a 7-course degustation, a picnic under a tree or by the creek or staying for the weekend admiring the views from your private deck in our cabins. Picture waking up to breakfast on the veranda of this 100-year-old beauty, looking out over manicured gardens and stunning views of the mountain.

@mavises_kitchen

02 6679 5664

events@maviseskitchen.com.au

www.maviseskitchen.com.au

64 Mt Warning Rd, Uki, 2484