



eat drink

Issue #5 Summer 2023

Indulge yourself with the Northern Rivers' tastiest offerings!

Echo



NORTH BYRON HOTEL



Enjoy the best of Byron...

Soak up the Byron ambiance at the North Byron Hotel!

Visit our little oasis adorned with lush greenery, bright florals, and seasonal herbs. A place where you can escape with family & friends and, as the sun sets, watch the garden transform with the soft glow of festoon lights. It's the place to be, with a locally sourced menu including fresh seafood, wood fired pizzas and epic cocktails.

61 Bayshore Drive, Byron Bay, NSW, 2481

northbyronhotel.com.au 02 6685 6500

  @thenorthbyronhotel @thenorthbyronliquormerchants

Live Music • Garden Bar • Bottle Shop





Located just 10 minutes from Bangalow, Frida's Field is a farm-to-table restaurant open for lunch on Thursday, Friday, Saturday and Sunday; plus casual snacks and drinks on Saturday afternoons starting November 11th.

.....
WWW.FRIDASFIELD.COM



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 on Bundjalung Country in Murwillumbah, resides the award-winning bistro - the Tweed River House.

Savour our menus enjoying panoramic views from the River Verandah, or in the elegant Dining Room under pressed tin ceilings.

For a drink or lighter bite try the riverside Lawn Bar

Lunch Thursday to Sunday | Dinner Friday & Saturday

Lawn Bar Saturday & Sunday

eat drink

Issue #5 Summer 2023

AN ECHO MAGAZINE

Echo

www.echo.net.au

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© 2023 Echo Publications Pty Ltd
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Pixie

PIXIE LUNCH SPECIAL - FRIDAY TO SUNDAY
\$55 - ENTREE + MAIN - PIXIEBYRONBAY.COM.AU

Eating together builds a healthy community

From wars to weather there have been a number of recent reminders about the primary importance of access to the basics of food and water. Without it we cannot thrive as individuals or as communities.

It is no wonder that as a species we often define ourselves by the food and beverages we invent and the customs we create around them – we make these a key part of the processes that bring us together.

Research from the University of Oxford by Professor Robin Dunbar has revealed that ‘the more often people eat with others, the more likely they are to feel happy and satisfied with their lives’.

‘The results suggest that communal eating increases social bonding and feelings of wellbeing, and enhances one’s sense of contentedness and embedding within the community.

‘Researchers found that people who eat socially are more likely to feel better about themselves and have a wider social network capable of providing social and emotional support.’

So, food is not only essential to sustaining our physical bodies but also to our wellbeing. It is the connection, the glue, the way for people to come together to break bread, to drink the blood of Christ, to create community and to make peace.

Professor Dunbar explained that, ‘This study suggests that social eating has an important role in the facilitation of social bonding, and that communal eating may have even evolved as a mechanism for humans to do just that.

‘We know from previous studies that social networks are important in combating mental and physical illness. A significant proportion of respondents felt that having a meal together was an important way of making or reinforcing these social networks. In these increasingly fraught times, when community cohesion is ever more important, making time for, and joining in communal meals is perhaps the single most important thing we can do – both for our own health and wellbeing and for that of the wider community.’

From fast food to the slow food revolution, to juicing, and farming local and indigenous foods there is a wealth of food and drinks being created, invented and brought to life in the Northern Rivers.

I’ve never heard a better excuse for getting together with friends, family and our community – it is good for us – *all* of us. So take the chance to get together a picnic, book a table at a restaurant, order in a dinner party or create some of your own adventurous food and beverage inventions out of the amazing local produce available in the region and share them.

Bon appetit!

– Aslan Shand, editor



~ Pubs & Clubs ~

Where culinary mastery meets hinterland bliss: The Bowlo Bangalow

Nestled in the heart of the picturesque Byron Shire hinterland, The Bowlo Bangalow has long been a cherished destination for both locals and travellers alike. It's no wonder that this hidden gem, with its serene ambiance and unwavering commitment to excellence, is now making waves with its remarkable food and beverage offerings.

At the centre of this culinary transformation stands the visionary head chef, Greg Andren. With an unwavering passion for crafting gastronomic masterpieces, Greg is a maestro in the kitchen. His menu proudly champions the use of locally sourced, farm-fresh produce. Greg Andren himself explains, 'My approach is about preserving a sense of familiarity in our offerings while simultaneously pushing the boundaries and redefining expectations. The exceptional produce available to us in the Northern Rivers region is a true gift, and it would be a disservice not to let our menu reflect and celebrate it.'

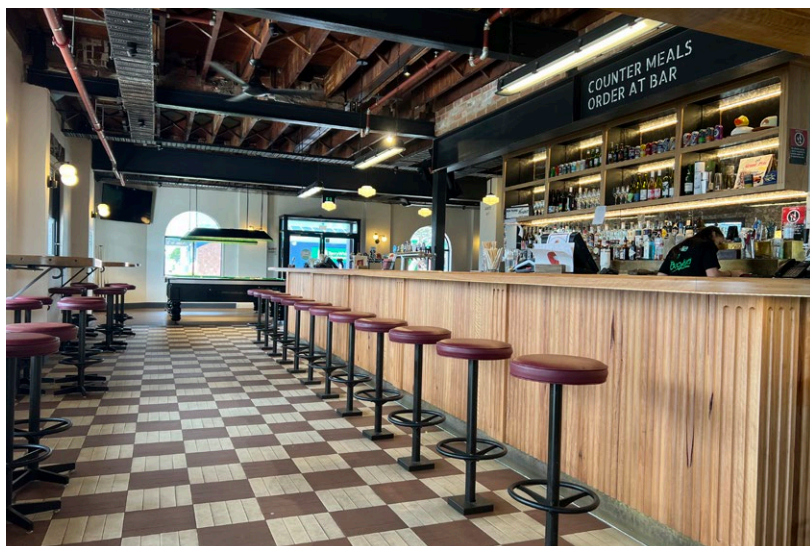
But the true magic awaits those who venture in to experience the surprise and delight offered by Greg's specials board. This ever-evolving palette of flavours beautifully captures the abundance of the Byron Shire. Whether you're in the mood for a succulent steak, a hearty vegetarian meal, or freshly caught seafood, The Bowlo's menu has something to delight every palate.

Why not indulge yourself further by pairing your meal with one of the premium beverage options? Whether you appreciate the elegance of a fine wine, the character of a craft beer, or the tantalising allure of a signature cocktail, there's something to enchant your senses and elevate your dining experience to new heights.

The Bowlo's kitchen is open from Wednesday to Saturday, serving up delectable lunch and dinner options. Pop-up kitchens on Sunday and Monday, and Gunter's Flammkuchen Pizza Tuesdays make for a whole week full of dining variety. For kitchen hours and reservations, visit the website.

An unforgettable dining adventure awaits, right here at The Bowlo Bangalow.

www.thebowlobangalow.com.au • @thebowlo



The Australian Hotel, Ballina

Welcome to The Australian Hotel, where the best seats in the house are at the newly renovated 'Public Bar', rubbing shoulders with Ballina's rich and famous during the Friday night raffles. The spectacular seafood tray, provided by Northern Rivers Seafood, is something to write home about. The 7-metre-long bar has 16 beer taps, serving up a delicious mix of independent craft beers, as well as solid staples like Tooheys Old and Reschs.

On the food front, the public bar offers a variety of classic pub style counter meals: traditional fish and chips, roast chook with crispy chat potatoes, and the house favourite – double cheeseburger with bacon. Coupled with live music on a Thursday, what's not to love?

Opening in summer, 'The Cantina' will celebrate traditional Mexican flavours, catering to families and large groups alike. Utilising top quality fresh produce from Australia, get stuck into some jalapeño poppers, Mexican street corn, and freshly made margaritas, or choose from the delicious rotating taco menu. If you are after something a little heftier, the Black Angus sirloin with charred onion and salsa verde should do it, washed down with a couple of cold cervezas.

02 9188 2454
103 River Street, Ballina
www.australianhotelballina.com.au
@australianhotelballina

~ Pubs & Clubs / Drink ~

The Channon Tavern

A quaint country pub in the heart of The Channon – a historic town at the foothills of some of the best rainforest walks and waterfalls in the Northern Rivers. Since its reopening in January 2023, the tavern has come back to life with new energy and management, including a high-quality Japanese restaurant. The new team has created an inclusive and welcoming atmosphere whilst maintaining the old country pub feel.

Whether it be a Japanese curry next to the fireplace on a cold night, or sashimi by the creek on a sunny day, The Channon Tavern has you covered. They also have a large array of classic and craft beverages to quench your thirst. There is plenty to do for the whole family, including a kids playground, free pool, pool comps, table tennis, darts, trivia, raffles, live music and more.

51 Terania Street, The Channon • 02 6688 6522

www.thechannontavern.com.au

@thechannontav



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.

Stone & Wood also run brewery tours six days a week which can be booked on the website below.

100 Centennial Circuit, Byron Bay • 02 6685 5173

www.stoneandwood.com.au

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 \$16, as well as catering for functions and events.

Open Tuesday to Sunday for lunch 12pm–2pm and dinner 5pm–8pm.

107 Tweed Street, Brunswick Heads

02 6685 1328

www.brunswickbowlingclub.com



Byron Bay Spirits

Fall in love with Byron Bay Spirits, a local brand which distils unique spirits using the finest, natural ingredients in small batches. Each spirit and liqueur encapsulates the essence of Byron by using fresh, local botanicals.

Try their new cocktails-in-cans, which come in four delicious flavours, a perfect summer sipper for your BBQs, parties or beach days. Order online, pick up a bottle or enjoy a glass at your local bottle shop and venues.

www.byronbayspirits.com

@byronbayspiritscompany

~ Drink ~

Wandana Brewing Co.

Wandana is a small local brewery situated on the outskirts of the eclectic township of Mullumbimby. Its family-friendly tap room and beer garden is a perfect place to kick-back with friends whilst gazing out over the paddocks at the iconic Mt Chincogan.

Lovingly crafted small batch beers are all made on-site and in full view of visitors, if you're in luck you might get to taste an upcoming brew directly from the tank.

The kids' room is filled with toys, so families are taken care of, and it's dog-friendly too. You don't have to just love beer to show up – there are cocktails, wines, cider, gluten-free beer and non-alcoholic drinks on offer too.

A large roster of local DJs set the scene for sunset. Food is provided by 'Sunset Eats' food trucks – offering gourmet burgers, nachos and more from lunchtime onwards, made with locally sourced ingredients.

Open Wednesday from 1.30pm, Thursday to Sunday from 12.30pm.

Takeaway beers and growler fills available seven days a week.

20 Manns Road, Mullumbimby • www.wandanabrewingco.com.au
@@wandanabrewingco @wandanabrewco



Husk Farm Distillery

Husk Farm Distillery is nestled on the Messenger family's beautiful 150-acre farm in the ancient Tweed Valley and is home to Ink Gin and Husk Rum.

A scenic 45-minute drive north of Byron Bay, Husk has a strong farm-to-bottle philosophy, practising 'full circle distilling' with all waste managed on site and returned to the land. With a kitchen garden, cocktail bar and beautiful views, Husk is the perfect day trip location.

The multi-award-winning cult classic Ink Gin was one of the first Australian gins on the market. It strives to capture the beauty of nature in every bottle. Crafted and bottled by hand at Husk Farm, Ink draws inspiration from rainforest botanicals found on the farm and across the Northern Rivers.

Husk Rum is Australia's only farm-to-bottle rum. Made entirely from sugar cane grown onsite, Husk Rum captures the unique terroir of this region in each bottle. The soil, climate and geology culminate each year in the harvest, which is reflected in these innovative Australian sipping rums sure to challenge your perspective of rum.

Husk Farm Distillery is open to the public for tours, drinks, lunch and views everyday from 11am. Bookings recommended on weekends.

1152 Dulguigan Road, North Tumbulgun
02 6675 9149
www.huskdistillers.com
@@huskdistillery



Aurum Modern Honey Mead

Aurum have taken mead, the oldest beverage in the world, and catapulted it into the 21st century. Chief meadmaker and former winemaker/brewer Louis Costa has created an exquisite new range of modern meads, made from local Byron manuka and macadamia honey and native botanicals, that taste just like fine wine or champagne, with no grapes!

Aurum is at the forefront of a new revolution for the mead industry, which is seeing a recent resurgence due to the health benefits of honey. These 'modern meads' are not sweet, but dry and elegant, and have surprised and delighted sommeliers worldwide with their finesse, taste and complexity. A great choice for those with traditional wine allergies, they also pair delightfully with food.

'We have some of the best honey in the world, right here in the Northern Rivers,' says Costa, who is a former Stone & Wood brewer and had been missing winemaking since moving from Bordeaux to Byron to be with his partner 11 years ago. 'I wanted to create a range of still and sparkling wines that truly reflected the beautiful area in which we live – the terroir of the Northern Rivers.'

You can only buy Aurum's range online and at a few select bottleshops such as The Cellar Bangalow.

For a locals' discount on the website use code BYRONLOCALS for 10% off. Free shipping on orders of a dozen or more.

www.aurummead.com • @aurummead



Azteca Margarita

For a kickass time, make yourself an Azteca Margarita!

Inspired by Mexico, made in Byron Bay – with no shit ingredients: no sugar, no preservatives, no colours, no numbers.

Try them all, and show off your good taste in margs with the Azteca Margarita Gift Pack: 4 x 250ml Maragrita Mixes + Badass Salt. Available at local stockists and online.

www.aztecamargarita.com
2/17 Lucky Lane Billinudgel
0422 106 721
info@aztecamargarita.com
@aztecamargarita



Mark Bullivant Coffee: *'I don't sell coffee – I sell taste.'*

Introducing Mark Bullivant, the genius master roaster behind Mark Bullivant Coffee, and highly regarded veteran of the coffee industry... with an undying passion for flavour. With fifty years of industry experience, and twenty years as a Ballina local, Mark is well-known in the coffee industry for his expertise, as well as his integrity, and he prides himself on delivering satisfaction with every sip

From the selection and roasting of the beans, to the packaging, to liaising with his loyal wholesale customers, the business is run entirely by Mark, allowing him to provide the kind of high quality, holistic service that is a rare find. As the man who roasts your beans, Mark is responsible for the magic that happens in your cup each morning! A true master in this field, Mark has also trained many well-known, quality brands in the art of espresso.

Mark Bullivant Coffee is a merchant of high-grade, specialty coffee, roasted or green, including: traditional and custom blends, single origins, micro-lots and rare and exotic varieties. Mark specialises in superior quality, bespoke and one-of-a-kind coffees from around the world. Make an appointment to set up your wholesale account or your own personal coffee order!

4/79 Southern Cross Drive, Ballina • 0448 878 874

www.markbullivantcoffee.com

@mark_bullivant_coffee @MarkBullivantCoffee



Cape Byron Distillery

Experience the spirit of the rainforest when you visit Cape Byron Distillery, home to the award-winning Brookie's Gin and Cape Byron Australian Single Malt Whisky. This B Corp certified distillery is nestled in the hinterland, just a short drive from Byron. Visitors can sit out on the balcony and enjoy a cocktail, or take a guided tour of the distillery which includes an extensive tasting and a walk through the surrounding rainforest.

80 St Helena Road, McLeods Shoot • 02 6684 7961
www.capebyrondistillery.com

~ Dining ~

The Levee Lounge & Bar

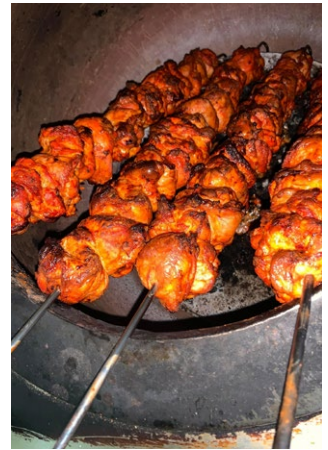
The Levee is a relaxed, down-to-earth bar that reflects Lismore's eclectic heart. It's a warm and friendly space with great wines, beers and cocktails. They're all about chill music, mood lighting, quality drinks and awesome service. There is an amazing deli serving cheese and vegan platters, and a selection of bar snacks. Their cocktails use only the best spirits and homemade syrups to ensure a quality tipple.

Every Thursday and Sunday afternoon you can enjoy live music on their back deck, as well as regular poetry nights, DJs and drag nights. The Levee is an inclusive space with a great vibe right in the heart of Lismore. Open Thursday to Saturday 4pm-late, and Sunday 2pm-9pm.

88 Magellan Street, Lismore • 02 6619 2900

www.theleveebar.com.au

Facebook: @leveeloungeandbar Instagram: @theleveeloungeandbar



The Heritage Dining, Mullumbimby

If you're after a delicious curry, or something from the tandoor, come visit The Heritage Dining at the Mullumbimby Bowling Club.

Run by brothers Harpreet, Arshpreet and Manish, it is a welcoming family restaurant with an extensive menu including plenty of vegetarian and vegan options. As expertly trained tandoor chefs with years of experience in India and Australia, they are excited to bring authentic Indian cuisine to the Northern Rivers. Dine in and the friendly staff will make sure you have a fantastic experience, or you can order home delivery.

Open six days for dine-in, takeaway and delivery, Wednesday to Monday 5-9pm. Order and book online.

7 Jubilee Avenue, Mullumbimby • 02 6684 2533

www.theheritagedining.com.au

Bay Pizza Lab

From the dynamic duo that brought pizza prowess to The Roadhouse, chefs Leonardo Giorgetti and Maurizio Gabbrielli are back on the culinary scene with their new venture – Bay Pizza Lab. Nestled just steps away from Byron Bay's bustling town centre and iconic beach, this isn't your average pizzeria. Giorgetti and Gabbrielli, both hailing from Tuscany, are elevating pizza by melding their deep-rooted Italian traditions with a keen eye for experimentation and innovation. Expect scientific precision in each slice, masterful cocktails, and a simple wine menu that highlights Australian winemakers. Keep an eye out for signature creations that showcase their dough expertise, including panettone, and more to come. No frills, no pretentiousness, just good vibes and even better food. Open Wednesday to Sunday 5pm-9pm. Happy hour from 4pm.

Shops 4/5 2 Fletcher Street, Byron Bay

www.baypizzalab.com.au

Instagram: @baypizzalab



Japanese ramen at Sou Byron Bay

Taste SOU good! The first Japanese ramen shop in Byron Bay, Sou has been born as a little brother to Kura Byron Bay – to liven up the place even more. They make authentic Japanese-style soup bases: creamy pork, creamy chicken, clear chicken, and veggie (vegan). They also have a variety of rice bowls, which can be a perfect takeaway bento box to have on main beach or take back to your work.

Drop in and try their \$19.90 epic deal at lunchtime, or ramen nights on Tuesday and Wednesday. Follow them on Insta @soubyronbay for more information.

Open Tuesday, Wednesday 5.30-9pm, Friday to Sunday 12-3pm.

8/4 Bay Lane, Byron Bay • 02 6685 6136

Instagram: @soubyronbay

~ Dining ~

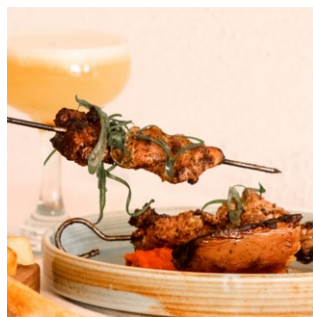
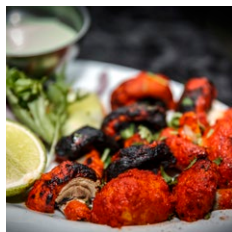
Billi's Indian

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

[Facebook icon](#) @billisindianrestaurant



Bonito Peruvian Eatery

Take a trip to Wollongbar in Ballina's beautiful hinterland and discover the hidden gem, Bonito Peruvian Eatery.

Bonito provides a modern take on traditional Peruvian cuisine, using locally sourced produce, in a relaxed atmosphere. Chefs Andres Soldi and Franco Reverditto, calling Australia home for over a decade, infuse their culinary artistry with the region's finest ingredients. The menu boasts Ballina prawns, grass-fed beef, hinterland produce, and locally caught fish. Their commitment to Northern Rivers' fresh bounty yields a dynamic, ever-changing menu anchored in Peruvian traditions.

The licensed bar offers a curated selection of Australian wines, local beers and unique Pisco sours, as well as other cocktails made with the Peruvian national spirit. The Davidson plum Pisco sour is a must try!

Shop 10/54 Simpson Ave, Wollongbar • 02 6628 3111

www.bonitoperuvian.com.au

[Instagram icon](#) @bonitoperuvian

Tom Tom Thai

Tom Tom Thai is the big brother of the much loved Mullumbimby-based restaurant, Spice It Up Thai.

Owners Matt and Elle Jackson have returned to Brunswick Heads for their latest venture, Tom Tom Thai. The menu features many dishes long enjoyed by their regulars, and have introduced some fresh creations that will soon become new favourites.

If you're looking for an icy cold takeaway beverage, try out a delicious bubble tea with a wide range of assorted flavours.

Open for dine-in or takeaway, 12.30–8.30pm, Wed to Sun.

15 Tweed Street, Brunswick Heads

02 6685 1674

www.tomtomthai.com.au



~ Dining ~

Taste and feel where you are at Mavis Kitchen and Cabins

Mavis Kitchen is a restaurant, garden, organic producer, cabin accommodation, and a spectacular space for weddings and events.

Situated below Wollumbin (Mount Warning), and surrounded by lush rainforest, the restaurant and surrounding garden are a warm, peaceful and uniquely beautiful location. Lunch is served in a 120-year-old house with an incredible history, brought down here from Queensland almost 20 years ago. Choose a table in the cool interior, or on the original verandah that allows views of the lawns, gardens and mountains.

Jackie, the resident horticulturist, aided by her son Josh, has created an organic orchard, vegetable, herb and flower garden that they use to supply the restaurant with produce, and the bar with syrups, cordials and liqueurs. Feel free to have a wander after lunch, and if you're lucky you can have a chat with them about almost anything to do with plants.

Tara, the head chef, changes her menu according to the seasons, the bounty from the produce garden, and the incredible growers and businesses in the local area. From freshly made pasta from Pasta'bah in Murwillumbah to the delicious roasted coffee from Bastion Lane Espresso in Uki.

The family at Mavis Kitchen really look forward to welcoming you to their paradise in the mountains; whether for lunch, for a quiet escape in one of their cabins, a special event or for an unforgettably romantic wedding in the shadow of cloud-wrapped Wollumbin.

The restaurant is currently open for lunch on Friday, Saturday and Sunday from 11.30am.

64 Mount Warning Road, near Uki
02 6679 5664 • eat@maviskitchen.com.au
www.maviskitchen.com.au
@maviskitchen_cabins



Live it. Love it. Eat it.

Mandy Nolan

We live in foodie heaven.

It's the place you go when you love food. I love food. I love it so much I have it every day. At least three times. Sometimes four. Forget fasting. I'm into feasting, and I've got the body to prove it!

It's unbelievable what we have available in a regional area. Most country areas are lucky to have a kebab shop. I should know, I do a lot of touring. And I've eaten a lot of kebabs. I've stopped in nearly every country town in NSW, and in some places if you ask for a salad you'll get a piece of tomato and a frightened shard of Iceberg lettuce.

It's schnitzel or nothing. Nothing wrong with the snitz, but we have a full radiant rainbow spectrum of produce, of producers, of consumers, and creators.

We eat like inner-city groovers. We have everything. It's a vegan, dairy-free, gluten-free paradise. So many choices that you actually start assuming that everyone eats like this. Even the meat people.

Nope.

There are parts of the state where vegans go to die. Where it's meat and mash and rissoles and chips. Which is delicious, but not diverse.

You can get that here too, but it's with a wild coleslaw mint salad and roughed up rosemary-infused kipfler potatoes.

It's unbelievable what food we have here in a regional area.

Here we have paddock to plate, we have car to farm gate, we have pop ups, farmers' market fry ups, we have hole-in-the-wall, drive-by coffee refuelling stations. We have lazy beachfront cafes. We have hidden hideaways lurking on long dirt road drives. We have sidewalk set-ups. We have bakeries that pop with so much action and sass it's more like Paris than Paris.

We have tapas, and yum cha, and tacos and tack. We have Asian fusion, modern Australian, local food, organic food, we have degustation, we have handmade hipster burgers made with hemp and hippy sweat.

Our community colour is something you can bite into. We have a cultural diversity that shows up on the plate. Greek and Spanish and Japanese, and Middle Eastern and kebab... and did I tell you how good the vegan is?

You could blindfold a meat-eater and they'd be seduced by the pimped-up proteins.

We have good honest pub food, we have tricked-up clever food for rich kids on Instagram, simple honest Krishna food for students on beans. We have handmade, home-spun gelato bars, we have smoky stone-cooked pizza by smoky, stoned cooks.

We have keto and paleo. We have beef broth bubbling like a cauldron of immune-boosting goodness. We have rivers of molten chocolate.

We know how to eat. We eat well. We love our food here. We kept McDonalds at bay for a reason. We have a fabulous food culture. We have standards. If we don't rate it, we don't plate it.

The villages and coastlines and country roads are home to our hungry adventure.

So take a bite and discover the flavour of our region.

Sometimes the best journeys can't be mapped. They happen in your mouth.



~ Dining ~

No Bones

No Bones opened its doors in April 2018 with a mission to change the way people think about vegan food. 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 chefs take time and care to ensure they create 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.

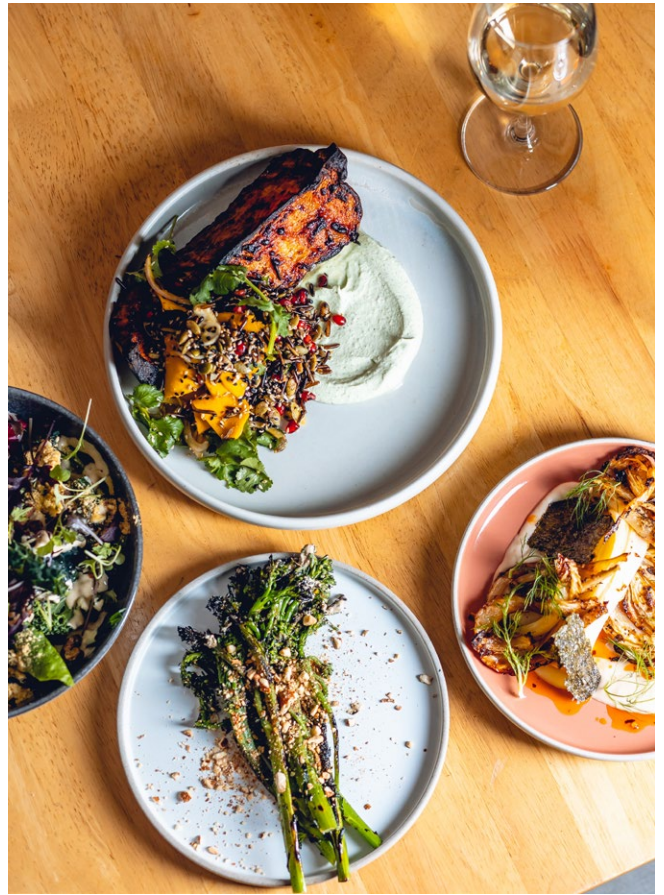
No Bones Ocean Shores opened in November 2022 and Yasmina and Tahlia are so thankful for the welcome and encouragement they have received from the locals. 'The support of our local community means everything to us, and if you haven't been in to try yet, please come and say hi. We have freshly cold-pressed juices, delicious smoothies, organic coffee as well as amazing cocktails, B Corp certified wines, and of course, an incredible brunch menu.'

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.

Byron Bay: 11 Fletcher Street • 0481 148 007

Ocean Shores: 82 Rajah Road • 0422 355 928

www.nobones.co • @nobonesrestaurants



~ Dining ~



Welcome to Harvest, the centre of Newrybar village

For the past 17 years, Harvest has served as a meeting point for the local community and visitors to the Northern Rivers alike. What started as a humble farm to table restaurant with a mission to change people's relationship to produce has now grown into a thriving precinct with a deli and abundant kitchen gardens.

The farmhouse restaurant, overlooking abundant kitchen gardens, is led by a team of passionate, talented and forward-thinking chefs whose offering shifts with the seasons. To Harvest, a seasonal menu is a return to basics, a way of cooking, eating and celebrating more in touch with the natural world and their cherished community of farmers and growers. They believe that the table is the heart of the village and that good food, grown and sourced responsibly, can be good for you and your community in more ways than one. They want their guests to experience the abundant flavours of the seasons in a relaxed, convivial and festive atmosphere. Come as strangers and leave as friends.

Located 15 minutes from Byron Bay in the heart of Newrybar, Harvest is a must-visit destination in the Northern Rivers. Stop by for a morning coffee and house-baked pastry from the deli, meander through the gardens, enjoy a long lunch or dinner in the farmhouse restaurant and settle into the serenity.

18-22 Old Pacific Highway, Newrybar • 02 6687 2644
www.harvest.com.au

Elements of Byron

Azure Bar and Grill at Elements of Byron celebrates global flavours while championing local and seasonal ingredients. Executive chef Ebony Baker transforms local produce, some cultivated on-site, into culinary masterpieces inspired by her globe-trotting adventures.

Picture savouring oysters granita with nahm jim granita, fingerlime harvested from the property and white grapefruit caviar.

In the evening, indulge in the signature pork belly sourced from Bangalow Sweet Pork, served with an apple vanilla bean puree that offsets the bitter slaw salad. To finish, experience the renowned 'Sugarcane Burn', a theatrical dish inspired by the annual burning of the local sugarcane harvest. Finally, dive into the Friday tradition of Fire Pit Fridays, where cocktails flow freely, and irresistible bar snacks abound.

Azure Bar and Grill was awarded a 3-glass rating in Australia's Wine List of the Year Awards 2023 for the third consecutive year.

Open daily for breakfast, lunch, and dinner from 7am to 9pm.
The Pizza Bar opens from 3pm to 9.30pm.

144 Bayshore Drive, Byron Bay • 02 6639 1500
www.elementsofbyron.com.au • @elementsofbyron



Corner Cartel, Bangalow

The latest addition to the food scene in Bangalow, Corner Cartel highlights local produce and brings a fresh and lighter version of Mexican cuisine to the area. From their hand made jalapeño poppers with a goats cheese blend, to the citrus-marinated calamari with chipotle mayo, or crispy fish tacos with mango salsa, to a warming chilli con carne, or BBQ pork ribs in a house ancho-chilli glaze, you can see the quality of the ingredients and the love that goes into it. This is more than just your everyday Mexican restaurant, which is reflected in the food, drinks and ambience. There are many options for gluten-free, dairy-free and vegan, as well as a kids menu.

Corner Cartel also offer a whole range of delicious margaritas, plus a variety of other cocktails, wine and beer. Check out happy hour from 5-6pm!

Open for dinner Tuesday to Sunday 5-8pm, and lunches Thursday and Friday 11am-2pm. Dine-in or takeaway.

3/43 Byron Street, Bangalow • 02 5661 7537
www.cornercartel.com.au
@cornercartel2479

~ Dining ~



Lello's Pasta Bar

Lello's Pasta Bar is a family-owned and operated Italian restaurant that specialises in homemade pasta using organic flour and organic free-range eggs, with gluten-free and vegan options available. The menu changes according to the seasons' best available local produce.

Located in the small unspoilt coastal village of Brunswick Heads, Lello's Pasta Bar is the place where good food and family come together to create memories and beautiful experiences.

Lello's Pasta Bar is renowned for its indoor/outdoor distinctive atmosphere, quality friendly service, and of course their award-winning seasonal menus. Their Mediterranean style menu features a combination of unique signature dishes, and also crowd favourites from Italy.

Their restaurant and bar offers the best fresh homemade pasta and signature cocktails in the Byron Shire. So come in, say ciao, and let them spoil you.

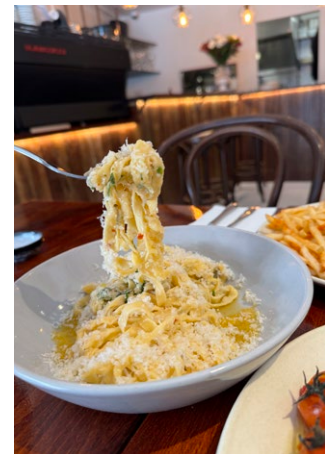
Open for dinner Tuesday to Sunday from 5.30pm, and open for weekend lunches Saturday and Sunday 12-3pm.

3 Park Street, Brunswick Heads
0419 567 249 • lellospastabar@gmail.com
www.lellospastabar.com
Facebook: @lellospastabar

Kelp Restaurant 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 gettogethers.

175 River Street, Ballina • 02 6686 6828
www.kelprestaurant.au
Instagram: @kelprestaurantballina



Hummingbird Bakery Bistro

Hummingbird Bakery Bistro is the latest addition to Byron's renowned eat street, Bay Lane. This freshly crafted eatery brings together exceptional food and great service. It is the culmination of decades of experience in hospitality, greeting customers as family, and making culinary artistry in the kitchen.

Wizz and Ash are excited to share their love of good food, wine and conversation with locals of Byron and visitors alike. Their food is inspired by classic dishes learnt from their parents and grandparents, combined with modern techniques and cooking methods. They can't wait to welcome you into their little shop!

9 Bay Lane, Byron Bay
www.hummingbirdbakerybistro.com.au
Facebook: @hummingbirdbyron Instagram: @hummingbirdbakerybistro

Boonyi Boonyi

Belle Budden

There is something special about the bunya tree. Tall and majestic, growing to between 20m and 50m in height, home to many birds and animals, abundantly producing and living for 500 to 600 years. Bunyas are ancient, they come from a family of flora, the Araucariaceae, which grew across the world in the Jurassic period. *Araucaria bidwillii*, commonly known as the bunya pine, boonyi boonyi (and apparently the monkey puzzle tree?) is a large evergreen coniferous tree. It is endemic to Australia, growing in humid areas in south-east Queensland. It is found in rainforest, often growing in alongside its close relative the hoop pine *Araucaria cunninghamii*.

The mature bunya tree has a dome-shaped crown defined by dense tufts of branchlets with the foliage at the branch ends and producing masses of large cones. The leaves are extremely spikey, protective clothing is required to get up close. The bunya tree bears a crop after the tree is around 100 years old, and then it crops once every two or three years only. The crops can be massive, consisting of large cones up to the size of a very heavy soccer ball – 30cm in length and 10kg in weight. The cones contain 30–100 nuts.

Each bunya nut weighs around 15 grams and contains more starch and protein than the average nut. The raw nuts have a dry, crunchy texture and taste similar to a chestnut with overtones of pine. Cooked, they taste like potato nuts, with overtones of pine. They mature in the summertime and are perfect for cooking on an outside fire under the stars. They are a delicious feed.

The bunya nut has kept Murri peoples of south-east Queensland healthy for thousands of years. They are low in fat and contain essential amino acids, and half the fatty acids are polyunsaturated (omega-3 and 6). Bunya nuts are a source of dietary fibre, folate and minerals (Cu, Mn, Fe, Mg), while the nut husks and inner coating are high in phenolics.

The nuts can be boiled and the shell peeled off or roasted and the shell cracked off. They can also be dried and milled (ground) to make a protein-rich, gluten-free flour suitable for mixing

The bunya nut has kept Murri peoples of SE Qld healthy for thousands of years

with other types of flour to make bread, cakes, and other baked goods. The flour has a sweetish flavour, similar to almond flour and can be used as a thickening agent in sauces, soups, and casseroles.

The home of the boonyi is the Bunya Mountains, the remnants of an old shield volcano, around 30 million years old, with peaks

rising to more than 1,100 metres. The mountains are rich in story and ceremony and ancient trees. Here, the boonyi pines grow in fertile basalt soils in this cool and moist mountain Country. The Wakka Wakka people belong to the Bunya Mountains, they are the custodians that have cared for this place. Hand and foot holes remain in some of the older trees in the Bunya Mountains made by the Wakka Wakka people to climb them. The old people were strong, brave and agile to harvest the cones from such heights. They lived in constant relationship with the trees.

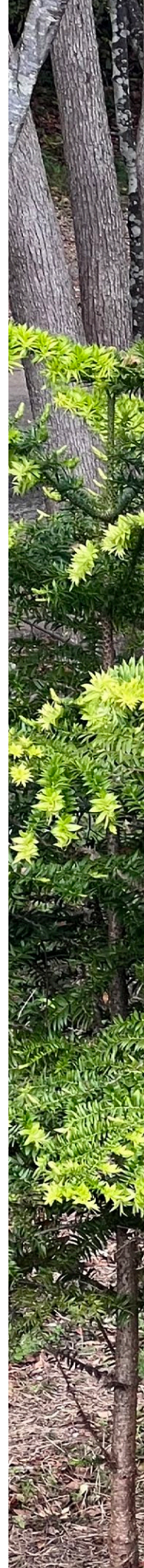
Boonyi produce in such abundance that the nuts were shared with tribes from across the eastern seaboard. Tribes travelled great distances to do business, corroboree and feast on the nuts. Producing trees can be seen planted far outside their territory all over Australia, traded or gifted as an invitation to journey for the gathering. The pathways to the Boonyi gathering were well worn on invasion and became the trails and tracks that expanded the colony. Sections of highways including the M1 are built on the walking tracks of old people to the Boonyi gathering.

Some stories are so significant that they are not written in words because the live in the land. The Boonyi song and dance continues to be shared by mobs connected to this story. The spirit of the Boonyi represents interconnectedness and sharing, the stories, the gathering, brings people together.

The Bunya Mountains are divided between Nanango, Kingaroy and Wambo Shires. The colonisation processes that took place in this region were appalling. Aboriginal people from this region were rounded-up and taken to Cherbourg mission and subjected to brutal conditions. The Wakka Wakka people and the Aboriginal tribal groups of the region are working to bring back cultural land management practices and protect the cultural values of the mountains.

Boonyi tree sapling, photo by Belle Arnold.

Inset pictures by Belle Budden from top: Music Songline, Bunya Mountains, Boonyi.





~ Dining ~

Ballina Manor Boutique Hotel

The Ballina Manor is a stylish, small luxury hotel that once you stay, will become your new home away from home. Located a short distance from the Ballina Airport and centrally located on Ballina Island, you can enjoy a scenic stroll to the town centre or some of the most pristine beaches and waterways.

The hotel is also home to The Manor Restaurant which is a comfortable, welcoming neighbourhood feature of Ballina and its surrounding local areas. The Manor Restaurant is a place where people come together to experience the culmination of the best and freshest ingredients in the area. The chef's dishes draw from locally sourced seafood, meats and seasonal produce to bring to you traditional and familiar flavours constructed for the modern palate.

25 Norton Street, Ballina
02 6681 5888
www.ballinamanor.com
@ballinamanor



Mingle all the way

This festive season, make Forest Byron Bay your go-to destination. Overlooking a lush rainforest oasis, Forest Byron Bay's menu reflects their unique sense of place and deep connection to the soil and sea, showcasing just-caught seafood, the best local meat, and the freshest produce.

With an on-site herb garden, four beehives, and seven Subpods®, Forest embraces the environment and aims to source our ingredients locally. The drinks list offers market-driven cocktails and a selection of more than 30 sustainable, organic, and biodynamic wines.

Christmas Day at Forest Byron Bay

Mark your calendars for Sunday, 25 December for the luxe seafood buffet and choose your preferred seating, starting from 12.30pm. Indulge in an exquisite, social, and distinctly festive buffet featuring the freshest local seafood and traditional Christmas favourites. From succulent prawns to mouthwatering roast turkey, they've got it all to satisfy your holiday cravings.

Adults will enjoy an exceptional experience (plus a glass of champagne on arrival) for just \$245, while children aged 4 to 12 can join the festivities for \$95. Little ones aged 3 and under are welcome as special guests and dine with compliments. You bring the guests, they'll set the mood (and handle the housework), so you can soak up the sun and enjoy a drink or two... after all, 'tis the season to be jolly.

77-97 Broken Head Road, Byron Bay • 1300 002 050
www.crystalbrookcollection.com/byron
@forestbyronbay @crystalbrookcollection

~ Dining ~

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

2 The Terrace, Brunswick Heads

www.troublesan.com

@trouble_san



Three Blue Ducks

Jump into the warmer months at the Ducks in Byron Bay. Join them for their new Thursday 'surf and turf night', where you can savour grilled local meats and seafood at a great price! Enjoy a picnic basket amidst the beautiful surroundings of The Farm's grounds. Indulge in their famous Sunday roast dinner – guaranteed to satisfy your cravings and now in its ninth year. The Farm's 80-acre working farm provides an incredible backdrop for weddings, events and live jazz sessions every Sunday. Plus, the seasonal breakfast and lunch menu is a must-try when in Byron!

With Pegs you can get a generous 30% discount on dinner, enhancing your dining experience.

11 Ewingsdale Road, Ewingsdale • 02 6190 8966

www.threeblueducks.com

@threeblueducks



Yulli's Byron Bay

From the team behind Sydney's iconic Yulli's Surry Hills and the enigmatic brewery Yulli's Brews comes Yulli's Byron Bay. Featuring a menu that fuses Southeast Asian and Southern European cuisine, dishes like truffle mash spring rolls tick all the comfort boxes, while fan-favourite san choy bow bursts with crunchy freshness. For first-timers and locals alike, it's hard to go past the plentiful \$44 per head set menu which is great value and a fantastic way of experiencing the quality Yulli's cuisine. Throw in a bar jam packed with wine, cocktails and, of course, Yulli's Brews beers on tap. This hidden gem is perfect for you to roll in alone or with 50 of your closest friends.

2/1 Carlyle Street, Byron Bay

www.yullisbyronbay.com.au

@yullisbyronbay

~ Casual Eats ~

Views, brews, cocktails, beats and eats

Lennox Pizza is more than just a pizzeria, it's a destination that combines mouth-watering eats, stunning views, a funky interior, and a killer vibe with live music every Sunday. So book a table, and enjoy some sweet beats with your favourite pizza, pasta, ribs, wings or loaded fries. Whether you're seeking a memorable dining experience, or simply a place to unwind with a cocktail, Lennox Pizza delivers on all fronts. You can eat and relax while the kids have fun at the neighbouring Ross Park playground. Plus, did we mention there's a free pool table?

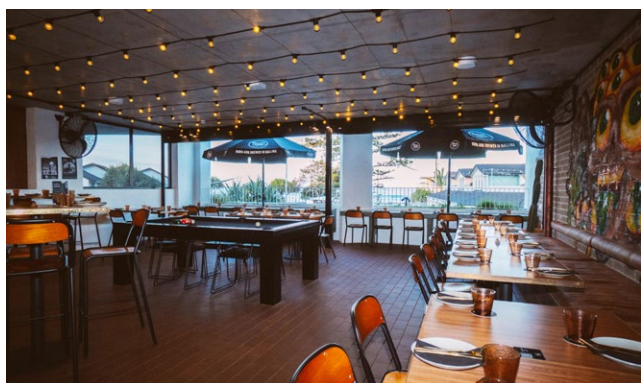
Taking bookings now for large groups and functions – long lunches are a specialty!

Open 7 days for dine-in, delivery or pickup – order online. Happy hour is from 2pm to 5pm, every day.

4/74 Ballina Street, Lennox Head • 02 6687 7080

www.lennoxpizza.com

📷 @lennoxpizza



Little Byronian

After a ten-year hiatus, iconic Byron cafe The Byronian has returned with a new location outside Woolies – and a new name too. Little Byronian is dishing up delicious Middle Eastern street food, pita pockets, and great coffee from local, ethical roasters Old Quarter Coffee Merchants – all served with a healthy side of community and old-school Byron vibes.

Locals will recognise Shai and Savita from The Byronian's heyday and be happy to hear they're still keeping it real at Little Byronian.

Open seven days: from Monday to Friday 6am–3pm, and Saturday and Sunday 7am–2pm.

Located in front of Woolworths,
108–114 Jonson Street, Byron Bay

📷 @littlebyronian

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. Opened in October 2022 and serving a delicious menu inspired by local native foods.

The fantastic menu which fully embraces native ingredients like finger lime, bush tomato, lemon myrtle, wattle seeds, warrigal greens and many others. Their famous fish and chips with finger lime aioli, prawn roll with Aunties' special sauce is a favourite, as well as the roo burger with native greens and bush tomato relish. They have a great range of brekky items and awesome coffee, milkshakes, smoothies, salads and muffins.

Overlooking beautiful Broken Head, Aunties Cafe is a great place to bring the family for breakfast or lunch.

Open Wednesday to Sunday 7am to 2pm.

184 Broken Head Reserve Road, Broken Head • 02 6685 3245



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

📷 @othersidebyronbay

~ 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 the local butcher, bakery and vegetable supplier. Their local vegetable supplier has been providing them with the freshest veggies for over 25 years!

Legend offers eat-in, takeaway and deliveries all the way from Broken Head to Ewingsdale. They are also fully licensed with a large range of beers from local breweries, rare whisky and wine to suit all tastes.

They cater to all dietary requirements and have a great range of gluten-free, vegetarian and vegan options. Legend Pizza also offers affordable catering packages for up to 150 people.

Once the dough is made it rests for 48 hours and then is hand-stretched before it is ready to be made into whatever your imagination can think of. There is an extensive menu to choose from, however you can also create your own pizza. Everything is made to order so you can let your imagination and your taste buds go wild!

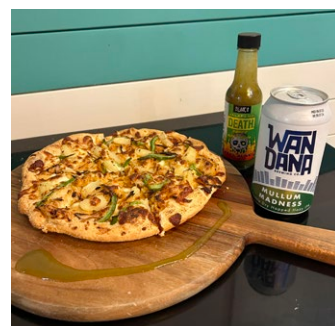
After 30 years on the main street, due to redevelopment, Legend has moved around the corner to Marvell Street. Their new location brings a new atmosphere and dimension to the locals' favourite pizza restaurant. Across from the new Hotel Marvell and Bayleaf Cafe, this little section of Byron is fast becoming a hot spot.

2/3 Marvell Street, Byron Bay • 02 6685 5700

www.legendpizza.com.au

Instagram: @legendpizzabyronbay

Facebook: @byronbayaustaliasince1992



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

Instagram: @wearecombi



The Empire

The Empire in Mullumbimby might just surprise you if you haven't dined there in a little while. Their seasonal menu is designed to make the most of great local produce, and it continues to evolve with new takes on both classic and modern dishes, often with a twist. To match the high level cuisine now on offer, the level of service has also been upped, and the team takes pride in making sure you have an excellent dining experience to go with the delicious fare.

Chef Mirko has relished the opportunity to put together a modern-Australian breakfast and lunch menu. Hailing from Italy and trained in classical French cuisine, Mirko has embraced the uninhibited Australian restaurant scene with its diverse cultural influences and exciting new methods. Look out for more creative dishes in future seasonal menus.

There is a huge selection of drinks to satisfy all tastes with everything from cafe staples, to gourmet smoothies, and invigorating brews. The Empire is licensed and offers local craft beers, cocktails and wine.

Open seven days a week, 9am-3pm.

20 Burringbar Street, Mullumbimby

www.empiremullum.com.au

Instagram: @empiremullum

~ Wholesome & Fresh ~



Bangalow Bread Co.

Located in the historic village of Bangalow, a short drive 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

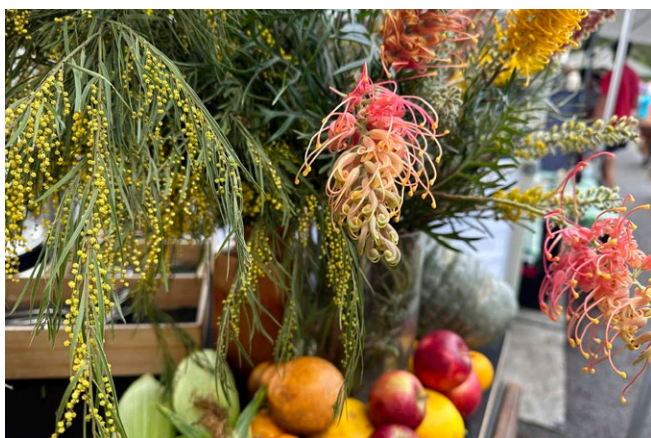


~ Wholesome & Fresh ~

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 juice or not to juice...

Eve Jeffery

There are not many things that you can consume on a hot day that will make you feel as cool and healthy as a fresh juice over ice – just steer clear of the bottled stuff, it just has way too much sugar in it. That's not to say that fresh juice DOESN'T have sugar, it just doesn't have added sugar; and it's, well, FRESH!

Are there other good reasons to drink juice? There sure are.

Fruits and vegetables are a vital part of our diet, but do we get enough? Could juicing be the best way to go?

In 2020–21 the Australian Bureau of Statistics reported that less than 50 per cent of adults were meeting their requirements of two or more servings of fruit per day and only ten per cent were eating five to six servings a day of vegetables.

Accredited Practicing Dietitian (and my awesome sister) Rachel Jeffery, says that adult women are more likely to meet the recommendations than men, with 48.3 per cent of women meeting the fruit recommendation compared to 41.2 per cent of men, and 12.8 per cent of women meeting the vegetable recommendation compared to 4.4 per cent of men.

'We know the "typical" diet Australians are eating is not meeting the Australian Dietary Guidelines (ADG) for fruits and vegetables. The first question is, why are fruit and vegetables so important, and the second question is, if they are so important what is the best way to meet requirements and should we all be juicing?'

Personally, I love to drink juice and 'should I?' is not a question I ask when I head for the celery and apples – but it is actually very important.

Rachel says that the answer to the first question is quite simple, fruits and vegetables contain many vitamins, minerals, and antioxidants, which we need to function properly.

The answer to the second question is a little more detailed.

'Whole fruits and vegetables contain natural fruit sugars, vitamins, minerals, as well as fibre,' says Rachel.

'Depending on the type of juice machine, many will retain the liquid, sugars, vitamins and minerals, but leave the pulp behind. This defeats one of the main purposes of having whole fruits – the pulp; you need that fibre.'

Fibre does two important things: it fills you up providing bulk in your stomach, keeping you fuller for longer; and it is needed for a healthy gut microbiome, which we are learning more about each day.

'If you are going to juice, look at a machine that crushes the whole fruits and vegetables and doesn't discard the pulp,' Rachel suggests.

Rachel says it is great if you can get your serves of fruit and veggies each day by juicing, but the concern is you could drink it quite easily and it would not fill you up for very long.

'You would have had the energy intake for the day without feeling full and you may end up eating other higher-energy foods and drinks to give you the bulk you have missed from juicing.'

'As I dietitian I encourage people to load their lunch and dinner plates with vegetables and salads to fill them up, and snack on fruits between meals if peckish. If you do this but still cannot meet your daily requirements of fruits and vegetables, then having the extra fruit and vegetable as a juice may be beneficial for you. But remember to use a juicer that gives you the whole fruit and vegetables back as the juice, and does not discard the pulp.'

Another hot tip if you love a good juice is to use any leftover pulp as well – vegetable pulp is great for soups and fruit pulp can be stewed for dessert!

My hot (weather) juice favourite? Apple, celery, lime and beetroot with a touch of ginger – SHAZZAM!



~ Wholesome & Fresh / Food Experiences ~



Oliver's Hens

Oliver Bora began his sustainable agriculture journey with a successful crowdfunding campaign during his last year at high school. Today, Oliver boasts a flock of 2,800 happy, healthy hens, who roam the fresh pastures of The Farm in Byron Bay, where they help to regenerate the land they live on – truly free-range. Oliver's Hens are organic-fed and pasture-raised, producing delicious, healthy eggs high in Omega-3.

Get your eggs from Oliver at the Byron Bay and Mullumbimby Farmers Markets, organic and wholefood stockists across the Shire, or drop in to The Farm to meet Oliver's Hens in person!

The Farm, 11 Ewingsdale Road, Ewingsdale

www.olivershens.com

@olivershens

Plant-based cooking classes with chef and author, Katie White

London-based chef and author Katie White has returned home to Australia and brought back some plant-based culinary gems found working for the UK's leading plant-based restaurant line and private cheffing in Italy. Now, she is offering plant-based cooking classes from her Alstonvale home set on three beautiful acres, where she also has a BnB, just 30 minutes south of Byron.

Katie's classes will allow you to take your home cooking to the next level. Learn how to make the most satisfying seasonal plant-based spread, or to roll ravioli by hand in the most traditional Italian way. Leave feeling rested, grounded and inspired after your time at Australia's first plant-based BnB and cooking school.

89 Willowbank Drive, Alstonvale • 0427 037 111

www.olivewoodvegan.com

@by_katie_white



North Coast Market Guide

This guide is online at www.echo.net.au/market-guide and in the weekly classifieds section of the *Byron Echo*.

Monthly Markets

1st SAT **Brunswick Heads**
– 0406 724 323

1st SUN **Byron Bay** – 6685 6807

1st SUN **Lismore Car Boot** – 6628 7333

2nd SAT **Flea Market, Bangalow**
– 0490 335 498

2nd SAT **Woodburn** – 0439 489 631

2nd SAT **Tabulam Hall** – 0490 329 159

2nd SUN **The Channon** – 6688 6433

2nd SUN **Lennox Head** – 6685 6807

2nd SUN **Chillingham** – 0428 793 141

2nd SUN **Coolangatta**

3rd SAT **Mullumbimby** – 6684 3370

3rd SAT **Murwillumbah** – 0413 804 024

3rd SAT **Salt Village Market, Casuarina**

3rd SUN **Federal** – 0433 002 757

3rd SUN **Uki** – 0487 329 150

3rd SUN **Ballina** – 6687 4328

4th SAT **Evans Head** – 0439 489 631

4th SAT **Kyogle Bazaar**
– kyoglebazaar.com.au

4th SUN **Bangalow** – 6687 1911

4th SUN **Nimbin** – 0475 135 764

4th SUN **Murwillumbah Showground**
– 0413 804 024

4th SUN **Coolangatta**
(in a 5 Sunday month)

5th SAT **Flea Market, Bangalow**
– 0490 335 498

5th SUN **Nimbin** – 0458 506 000

5th 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 **Duranbah Road Farmers Market**
8–11am (at Tropical Fruit World)

Each SAT **Uki** 8am–1pm – 6679 5530

Each SAT **Blue Knob Gallery** 8.30am–12pm

Each SAT **Lismore Farmers Markets**
8.30–11am

Each SUN **Ballina** 7–11am – 0493 102 137

~ To Take Home ~



The Mullumbimby Chocolate Shop

Head on over to The Mullumbimby Chocolate Shop where you'll find a huge variety of unique and fun chocolates, lollies, licorice and gelato! There is something for everyone including sugar free, organic, gluten free and dairy free options too. They have a huge assortment of chocolates ranging from fun freckles, to handmade gourmet chocolate pralines and truffles... and everything in between!

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 award winning premium Italian gelato and sorbet, so there's even more reasons to see you at 'The Sweetest Shop in Town'!

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



Shucked Byron Bay

Elevate your next oyster experience with Shucked Byron Bay. Their selection of hand-crafted oyster mignonettes and dressings are meticulously prepared with locally sourced ingredients and nurtured by the pristine Byron sea air. Whether you are indulging your love for seafood, or dazzling esteemed guests, their glass dropper bottles bring gourmet oysters to your fingertips – no matter where you are. Immerse yourself in the uncharted depths of flavour today with Shucked Byron Bay.

www.shuckedbyronbay.com
@shuckedbyronbay

Ambruna'h

After a high demand for their 'Bocadillos de Tortilla' (Spanish omelette in a baguette), Ambruna'h is extending their menu with Spanish classics, hot and cold Spanish baguettes. Top picks include grilled chorizo, lomo queso (grilled pork loin with cheese), jamón (Spanish ham) and many more including their signature sides 'gazpacho' and 'patatas bravas'. Find the Ambruna'h takeaway window by Sparrow Coffee, in Williams Lane off Byron Street, Byron Bay. Open Tuesday to Saturday for breakfast and lunch and also at the local Sunday markets.

Cnr Williams Lane and Byron Street,
Byron Bay (by Sparrow Coffee)
0455 290 723 • www.ambrunah.com.au
@ambrunah.spanish.foods



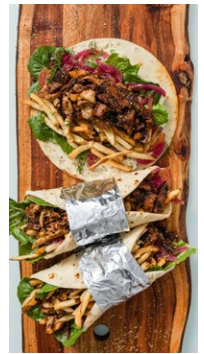
Vutcher – tasty eats, no meats

Handcrafted in Byron, Vutcher reimagines nutritious, tasty and natural vegan food. Their premium selection of mouthwatering, good-looking and planet-friendly meat and dairy alternatives pair a 1500-year-old technique with a modern twist. Vutcher is now stocked in more than 60 Australian retail stores and features in a smattering of Northern Rivers kitchens (including No Bones).

This summer, Vutcher turns up the heat with their gourmet plant pork release. Add these succulent pieces to bahn mi, gyros or Vietnamese noodle salads etc. Vutcher's range includes premium bacon and their signature Grana Plantano. Each product is all natural, GMO-free, preservative-free, artificial-colour-free, soy-free, animal-product-free and made from as many local ingredients as humanly possible.

For food service, stockist enquiries or to find Vutcher near you, head to vutcher.com.au or instagram @thevutcher.

www.vutcher.com.au
@thevutcher



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

~ To Take Home ~

Lambruk Pantry

Hand-crafted, small-batch, using only the finest local ingredients and born in the heart of Mullumbimby. At Lambruk Pantry, they are moved by the love of food, tradition, culture and family. They follow the precious teachings of their nonnas and adapt them to the needs of a modern, dynamic and healthy lifestyle, preserving the wholesome flavours and cutting out the nasties.

Lambruk Pantry select and pick their produce from the best producers in Byron and beyond, bringing it straight to your dining table in the form of gourmet, small batch condiments to delight and nourish you and your loved ones.

'The concept of Lambruk Pantry was born from my passion to create beautiful, unique products that are intended to be shared amongst loved ones – sowing the seeds for memories that you'll never forget.' – Paige, creator of Lambruk Pantry.

www.lambrukpantry.com.au



From the heart, Byron Bay Chocolate Co

Handmade in Byron Bay at their boutique chocolate factory, Byron Bay Chocolate Co 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



~ To Take Home / Catering ~



Dinner Is Served

Introducing Dinner Is Served – an award-winning local meal delivery service, cafe, pantry, and catering business based in Ballina. Conveniently situated near Ballina Airport, their cafe and pantry offer a wide range of gourmet take-home meals and artisanal pantry items for your convenience.

All their dishes are lovingly created in their commercial kitchen in Ballina, ensuring the highest standards of quality, taste, and satisfaction.

Grab a quick and scrumptious burger or salad from the cafe, or enjoy the convenience of their take-home meals to enhance your holiday rental dining experience.

Dinner Is Served also makes a great one-stop destination for a delicious and hassle-free holiday season!

As we bid farewell to 2023, let Dinner Is Served take care of your Christmas celebrations with their convenient heat-and-serve Christmas menu. Mix and match tantalising mains, sides, and desserts, or choose their Christmas menu bundles for a complete festive experience. View the weekly changing menu options and Christmas offerings via www.cookaborough.com/dinner-is-served.

Planning an end-of-year party? Look no further! Contact Dinner Is Served for top-notch catering services that will impress your guests and make your event truly memorable.

Let Dinner Is Served make your holiday season stress-free, delicious, and unforgettable. Call or email to learn more about their weekly meal delivery service, ready-made Christmas feast options and other catering services.

11/4 Ascot Road, Ballina • 02 6610 9590
events@dinnerisserved.com.au
www.cookaborough.com/dinner-is-served
 @dinnerisservedau

Positano to Byron Flavours

Introducing Carlo, who, along with his family, has called Byron Bay home for more than 20 years. Positano to Byron Flavours was born from Carlo's vision of bringing a little of Positano to Byron Bay. His food is inspired by the culinary traditions of his home town Positano, on the Italian Amalfi Coast. Carlo's cooking is simple and authentic, and he only sources the freshest local ingredients, often grown in his very own gardens.

If you are longing for a taste of Italy while enjoying the delicious products that Byron has to offer, get in touch. Let Positano to Byron Flavours make your next lunch, dinner or special event a memorable one!

www.positanotobyronflavours.com
carloirace@hotmail.com • 0432 207 977
 f @positanotobyronflavours



Mama Bear's Kitchen

Anna from Mama Bear's Kitchen creates vintage-inspired boutique cakes, cupcakes and cookies for celebrations in the Northern Rivers.

Baking from scratch with fresh, natural ingredients, Anna's cakes and cupcakes are filled with delicious home-made curds and compotes. With an eye for detail and love of colour and flowers, Anna bakes custom-designed creations, ensuring you have a unique, one-of-a-kind show stopper for your event. Anna's passion for beauty and dramatic flair is at the heart of her business, Mama Bear's Kitchen. If you would like to have one of Anna's creations at your next event, please get in touch.

mamabearskitchen@gmail.com
www.mamabearskitchen.com.au
 @mamabears_kitchen f mamabearskitchen



Local Pegs

WHERE LOCALS SUPPORT LOCALS



Download The Pegs App

Cafes & Restaurants on Pegs



NO BONES Little



Main St Burger

Lord Byron Distillery

Lord Byron Distillery makes their delicious drinks right here in Byron Bay from ingredients grown and sourced in the region. They ferment, distil, mature and bottle onsite, making their drinks truly unique.

Download the Pegs App for your local discount!

Main Street Burger

Main Street Burger uses Byron Bay's premium local produce to offer flawless burgers, icy cold beer, real shakes and delicious soda all under the same roof!

Download the Pegs App for your local discount!

NO BONES Little

NO BONES opened its doors in April 2018 with a mission to change the way people think about vegan food. NO BONES Little Ocean Shores offers tasty plant based food, made from Australian made/grown produce. Visit their vibrant Ocean Shores location and enjoy a delicious meal.

Download the Pegs App for your local discount!

Casa Luna

Casa Luna is a cultural venue providing an all round dining experience with the most exciting food, signature cocktails and local & international music. Their seasonal menus are imbued with influence and character from all areas of Latin heritage and culture.

Download the Pegs App for your local discount!



Casa Luna



Lord Byron Distillery



See all the cafes & restaurants on the Pegs App!



Bayleaf

Bayleaf

Located in the heart of Byron Bay, Bayleaf is consistently serving great food, coffee and tunes, and they do their best to make you feel at home. Their menu is jam packed with fresh, local ingredients. Their coffee is a tried and tested blend of ethically sourced beans that they know you'll love.

Download the Pegs App for your local discount!

Vagabond

Vagabond is a trendy and relaxed cafe located in the Habitat Retail and Lifestyle Precinct in the Arts and Industrial Estate. The atmosphere is friendly and welcoming, and they offer a nutritious breakfast and lunch menu that includes delicious food and drinks.

Download the Pegs App for your local discount!

MARK BULLIVANT COFFEE

Merchant of high-grade, specialty coffees, roasted or green, including traditional and custom blends, single origins and micro-lots and rare and exotics. Specialising in superior quality, bespoke and one-of-a-kind coffees from around the world.



www.markbullivantcoffee.com

